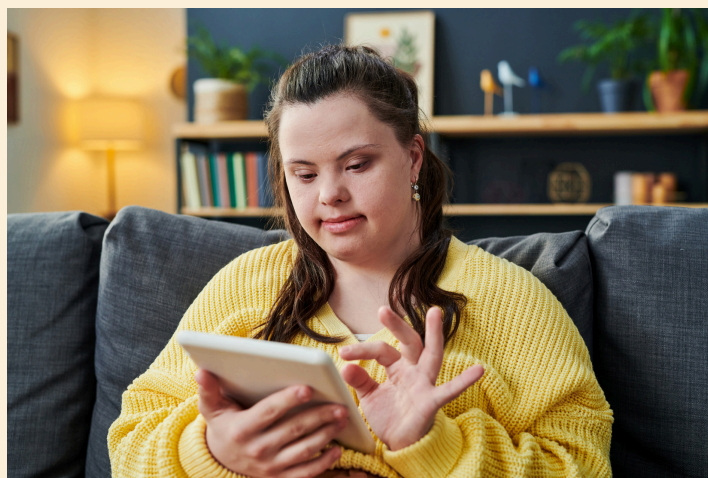


# IDS-TILDA SUMMER NEWSLETTER 2024



## EASY-TO-READ VERSION



**Trinity Centre  
for Ageing and  
Intellectual Disability**



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

**Greetings from Professor Mary McCarron and the IDS-TILDA team**

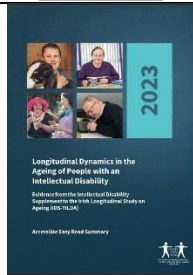


Hello from Professor McCarron and the IDS-TILDA Team!

We are very happy to send you our IDS-TILDA Summer Newsletter



We hope you enjoy reading it!



We have been very busy.

We had the launch of our Wave 5 report.



Now we are sharing what we learned from Wave 5 of our study.



Your support to our study has been so helpful!



A big thank you to all our participants, family members and support staff.



We hope you enjoy the summer!

We look forward to seeing you again soon!

**TCAID at 16<sup>th</sup> International Dementia Conference, Mullingar**  
Written by Mei Lin Yap, Ambassador Liaison Officer



On the 8<sup>th</sup> of May, I got the wonderful opportunity to speak at the Engaging Dementia Conference.



I spoke alongside Professor Mary McCarron.



On the day, we first had tea and coffee.

It was a nice experience mixing with the other delegates.

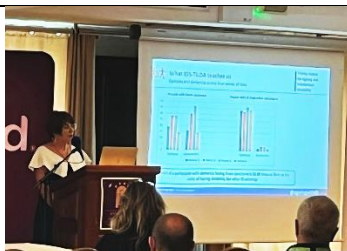


I got to meet Minister Mary Butler.

It was great to be in her presence!



After that the presentations started.



Professor Mary McCarron presented first.

She was presenting on the Post-Diagnostic Supports for Dementia.

	<p>After that I got up to speak.</p> <p>I summarised the post-diagnostic supports from my own point of view.</p>
	<p>It was an honour to follow on from Mary who is such an expert in her field.</p>
	<p>I may not be an expert in research, but I am an expert in my own disability!</p>
	<p>I love speaking from my perspective.</p> <p>I love what I do, and I put my heart and soul into what I speak.</p>
	<p>I spoke about what I do to keep my brain healthy.</p>
	<p>It was an amazing experience!</p>

## IDS-TILDA Easter card competition



We had our easter card art competition again this year.



We really enjoyed all the wonderful entries we received.



Thank you so much to everyone who entered.  
Our panel had a very difficult job choosing the winner.



This is the first-place winner from Donna Fusco at Sunbeam House Services in Wicklow.



This is the second-place winner from Maureen Cullen at Sunbeam House Services in Wicklow.



This is the third-place winner from Karen Vaughan in CoAction in Cork.

**Empowering Voices:  
Women with Down syndrome speak on Health**



We celebrated world down syndrome day!



We wanted to focus on women with down syndrome and talk about their health.



We got women with down syndrome all over the world to send us a video of themselves.

They told us what health means to them.



They told us how they take care of their health and what is important to them.

They told us how they choose to end the stereotypes each day!



We made a video of all their responses.



You can watch the video here:  
<https://youtu.be/FGnsaDAGpKQ>

Or scan the QR code on the left.

## First lecture at Queen's University Belfast by Professor Mary McCarron



Professor Mary McCarron gave her first lecture at Queens University Belfast on Tuesday, 21st May 2024.



This was a talk to colleagues and students at the university.

The talk was about her journey as a nurse.



This talk happened because she became an honorary professor last year.



They were celebrating this big achievement.



Lots of important guests came to the event.

There were a lot of colleagues and students there too



It was a very proud moment!

## Making Oral Care Better: Training Nurses with the MOSST Research Tool



The centre recently worked with the school of dentistry to make a new research tool.



This research tool helps our researchers to learn about your teeth.



It is called the MOSST.

We used the MOSST in our health fair.



The health fair nurse looked at people's teeth and used the MOSST to check them.









The health fair nurse had to do special training to be able to check your teeth.



This showed us that the nurse can check your teeth too, not only the dentist!



	<p>In March, Katrina and Dr Kev did a training day on the MOSST.</p>
	<p>They trained some nurses on how to use the MOSST to check your teeth.</p> <p>This training means they can use this tool to check people's teeth.</p>
	<p>Now more nurses are trained to check your teeth.</p>
	<p>This is great news for future research!</p>

<p><b>Building Circles of Support for People with Intellectual Disabilities</b></p>	
	<p>One of our research projects is called 'Building Circles of Support for People with Intellectual Disabilities.'</p>
	<p>The people working on this project were Darren and Lara.</p>



With this project, they wanted to show some examples of positive circles of support.

They also wanted to show people how to build good circles of support.



They used a person-centred approach.



They created a video and a booklet.



In the video people told them about their circles of support.



Other people can learn what good circles of support look like from watching these videos.



To learn more about the project and find the video and booklet, Use this link:

<https://www.tcd.ie/tcaid/research/buildingcirclesofsupport.php>

Or Scan the QR code on the left

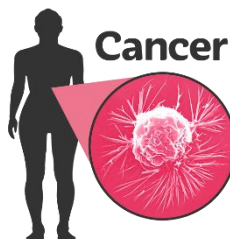
## Research Participants Wanted!



In March the centre started a new project called EuCan.



This project is funded by the Irish Cancer Society.



It's a project about cancer.



This study researches older people and people who have physical or intellectual disabilities.



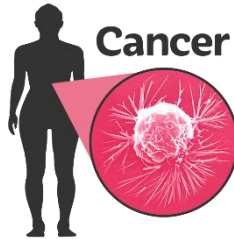
It looks at some of the difficulties these people might face when getting diagnosed with cancer.



The project also looks at the problems they might face when getting care for cancer.



This project is looking for people with intellectual disabilities to participate in their research.



They want to hear about your experiences with cancer.

This will help other people learn from your experience!



If you have cancer, or have ever had cancer, we would love to hear from you.



To take part in the study, you can contact Shauna Walsh.

You can contact Shauna by phone at 086 196 6824, or by email at [WALSHS89@TCD.IE](mailto:WALSHS89@TCD.IE)