

# Transitions in later life: From maintaining independence, through to frailty and advanced dementia

## Aging Research Workshop



14<sup>th</sup> & 15<sup>th</sup> November 2017, 10.00am Onwards

At National Institute of Mental Health, Sri Lanka



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# Welcome

Hello every one..!

Welcome to our Aging Research Workshop: **Transitions in later life: From maintaining independence, through to frailty and advanced dementia**

Thank you for coming today, we have an exciting day planned which we hope you will enjoy. This workshop series is as a result of the partnership between University College London, UK (UCL) and Institute for Research and Development, Sri Lanka (IRD). Our intention is to expand research into the area of mental health of older adults.

#### Enclosed in this pack:

- General information
- Schedule of events
- Speakers' biographies (in order of talks)

We hope that you enjoy the workshop. We encourage you to make the most of this opportunity to learn and talk about research into older adults and also to share your views and experience when caring for older adults with dementia.

Best wishes,

**Professor Athula Sumathipala**

Professor of Psychiatry,

**Dr. Nathan Davies**

Senior Research Fellow,



# General information

## Lunch and Tea

Lunch and Tea will be provided at the specified time.

## Photographs

We will be taking photographs throughout the conference. If you would not like to have your photo taken then please inform one of the organisers for this event.



## Mobile phones

Please ensure mobile phones are switched off or put on silent mode during presentations and group discussions. Please refrain from answering calls inside the hall during the workshop, but if you must you may leave the hall and answer to avoid disturbing others.



## Social media

During the seminar please do include us in your Twitter and Facebook activity. Details are as follows:



IRD Sri Lanka



@IRD\_SL

## FUNDING FOR THE WORKSHOPS HAS BEEN PROVIDED BY:

Personal award to Dr Nathan Davies Royal College of General Practitioners and Society of Academic Primary Care, Yvonne Carter Award for Outstanding New Research

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# Workshop for Professionals

## 14<sup>th</sup> November 2017

**Leads:** Nathan Davies and Kalpa Kharicha

**Facilitators:** Athula Sumathipala, Kaushalya Jayaweera, Kalpani Abhayasinghe

Time	Item
09.15	Arrival and registration
10.00 – 10.15	<i>Welcome, introduction and overview of the morning</i> Professor Athula Sumathipala
10.15 - 10.35	<i>Health, wellbeing and frailty prevention in later life: findings from systematic reviews and qualitative work</i> Kalpa Kharicha
10.35— 10.50	<i>Small group work and feedback: how appropriate are these findings to an older Sri Lankan population and what else should be considered?</i>
10.50 –11.10	<i>Components and delivery of a frailty prevention intervention</i> Kalpa Kharicha
11.15—11.30	<i>Small group work and feedback: engaging older people with mild frailty in prevention in Sri Lanka</i>
11.30—12.00	Tea Break
12.00—12.15	<i>Dementia and palliative care: What are the differences and similarities of providing palliative care for someone with dementia?</i> Dr. Nathan Davies
12.15—12.50	<i>How can we manage uncertainty at the end of life when caring for someone with dementia? The use of a decision aid toolkit.</i> <i>Interactive session considering how these can be applied in a Sri Lankan care system.</i>
12.50—1.15	<i>Current practices in dementia care (in hospital and out-patient care settings): A practitioner's view</i> Professor Shehan Williams
1.15—1.30	<i>Caregiver concerns when caring for someone with dementia in a home setting</i> Dr. Nathan Davies and Kalpani Abhayasinghe
1.30—2.00	<i>Group Discussion, Further questions and closing Remarks</i> Professor Athula Sumathipala
2.00	Lunch and networking

# Workshop for Family Caregivers

15<sup>th</sup> November 2017

**Leads:** Athula Sumathipala, Nathan Davies and Kalpani Abhayasinghe

**Facilitators:** Kalpa Kharicha, Kaushalya Jayaweera,

Time	Item
09.30	<i>Arrival and registration</i>
10.00—10.15	<i>Welcome, introduction and overview of the morning</i> Professor Athula Sumathipala
10.15—10.45	<i>Awareness of dementia</i> Dr. Nathan Davies
10.50—11.10	<i>Research with carers and families of people with dementia in the UK</i> Dr. Nathan Davies
11.10—11.40	Tea Break
11.40—12.00	<i>Small group work and feedback: what do families find challenging about caring for someone with dementia in Sri Lanka?</i>
12.00—12.30	<i>Research with carers and families of people with dementia in Sri Lanka</i> Kalpani Abhayasinghe
12.30—12.45	<i>PPIE Session: What is PPIE? How does research with carers in the UK inform practitioners work? Worked example of decision making</i> Professor Athula Sumathipala and Dr. Nathan Davies
12.45—1.00	<i>Small group work and feedback: What are the priorities for dementia family and carer research in Sri Lanka?</i>
1.00—2.00	<b>The way forward: Further questions and closing remarks</b> Professor Athula Sumathipala
2.00	Lunch and networking

## Resource Personnel

### Professor Athula Sumathipala

*Hon. Director, Institute for Research & Development, Sri Lanka*

*Professor of Psychiatry, Keele University, UK*

*Honorary Consultant Psychiatrist, SSSFT, UK*

*Emeritus Professor of Global Mental Health, Kings College London, UK*



Athula Sumathipala is a professor of Psychiatry and a consultant psychiatrist. Athula's research interests are centred on inter-connected disciplines; the epidemiology of chronic disease and multi-morbidity, especially physical and mental illness combinations; evaluation and implementation of complex interventions; using twin methods in the study of illness aetiology; and, ethics related to research. Athula is a cofounder of the Institute for Research & Development (IRD) in Sri Lanka ([www.ird.lk](http://www.ird.lk)) and the Sri Lankan Twin Registry; one of the few large scale functioning population based registries for twin and genetic research in a low- and middle-income countries (LMIC). Athula co-leads the Mental Health Research Group in the Research Institute.

### Dr. Nathan Davies

*Senior Research Fellow*



Nathan Davies is Senior Research Fellow and an Alzheimer's Society Junior Fellow. Nathan leads a team and portfolio of research on dementia. He has an interest in improving the support that family carers receive when caring for someone with dementia, particularly at the end of life. Nathan's current work has developed a decision tool for practitioners making end of life decisions and a support website for family carers.

### Kalpa Kharicha

*Senior Research Fellow*



Kalpa Kharicha is a Senior Research Fellow in the Centre for Ageing Population Studies, Department of Primary Care and Population Health at University College London, UK. Her main research interests are in the promotion of health and wellbeing in later life, addressing inequalities and engaging 'harder to reach' groups. She is currently undertaking a PhD on older people's experiences and management of loneliness in later life.

# Resource Personnel

## Professor Shehan Williams

Professor in Psychiatry, University of Kelaniya

Consultant Psychiatrist



Shehan Williams is a professor in Psychiatry and a consultant psychiatrist. Shehan's research interests are centred on Dementia, Elder Abuse and Deliberate Self Harm. He has published many papers, contributed to book chapters and sections. He is also an editor, South Asian Journal of Psychiatry. Shehan is an executive director at Lanka Alzheimer's Foundation (<http://alzlanka.org/>)

## Dr. Kaushalya Jayaweera

Lead Medical Research Coordinator, IRD



Kaushalya Jayaweera has a background in medicine. He is the lead biomedical research coordinator at the Institute for Research and Development, and the coordinator of the Sri Lankan Twin Registry. His research interests are in mental health and non communicable diseases. He is currently reading for a postgraduate diploma in epidemiology at the London School of Hygiene and Tropical Medicine, University of London, UK.

## Kalpani Abhayasinghe

PhD student at Keele University, UK



Kalpani Abhaysinghe is a lecturer in Nursing at Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University. She also is a honorary research associate at Institute for Research and Development. Currently she is reading for her PhD on 'Informal caregivers of older adults with dementia in Sri Lanka' at Research Institute for Primary Care and Health Sciences, Keele University, UK.

# Section for your notes

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