



HOW COULD YOUR GIFT HELP RESEARCH INTO DEMENTIA?

Dementia Research UK is a grant-making charity, raising funds for research projects across the dementia community in all regions of the UK. We recognise the need to support research which aims to alleviate and eventually eradicate the disease. We also recognise the importance of funding research which seeks to find ways to improve the quality of life for people with dementia right now, through services, support groups and technology. Our grants therefore cover research in both areas, so we can make a positive impact on the lives of people with dementia both today and in the future.

We currently support large-scale dementia research within universities and hospitals, looking into new ways of diagnosing and treating dementia, and into the availability of end-of-life care for people with dementia.

We also fund regional centres across the UK which deliver services and support directly to people with dementia, and which also carry out research with those who use their services, to identify the new forms of support they need.

Your gift could help support all those initiatives and would really make a difference to the lives of those living with dementia, and to their families and carers. Keeping our administration costs low means we can devote a significant proportion of our donations to giving grants, so you can be sure that your gift will go direct to where it is most needed.

We are very active in monitoring developments in this fast-moving field, so we are in a strong position to identify new organisations or initiatives which could benefit from receiving a grant from us in the future.

Our diverse grant-making programme currently provides funds to the following universities and organisations.

The Dementia Research Centre at University College London

The UCL Dementia Research Centre, based at The National Hospital for Neurology and Neurosurgery in London, is a hub for patient-centred research into various forms of dementia. The work of the Research Centre focuses on identifying the disease processes that cause dementia, with a view to understanding the factors that influence those processes, in order to find ways to improve diagnosis and treatment. Running in parallel with the Dementia Research Centre is the Cognitive Disorders Service. Together, these clinical and research components form a national centre of excellence for diagnosing and treating patients with cognitive problems, and the group is recognised internationally for ground-breaking research in dementia.

The Centre runs clinical trials to develop and test medicines that may slow the progression of diseases causing dementia, or even prevent the onset of symptoms.

The Centre also carries out 'non-drug' research studies with people with dementia, involving different types of assessments such as questionnaires, psychological tests, blood tests, measurement of eye movements and muscle activity, and MRI scanning of the brain. These studies are designed to help understand not only how dementia can affect an individual's memory but other functions as well, such as language, perception, spatial navigation, emotion, and social awareness.

The Dementia Research Centre operates a number of support services for people with dementia and their families and carers. The Counselling and Diagnosis in Dementia service (CANDID) offers information about the statutory and voluntary services available to people with dementia, as well as advice on how to access information on legal and financial matters. The Centre's world-leading Rare Dementia Support service combines social, emotional, and practical support with research and training about rare, genetic, and young-onset dementias.

Should you wish to find out more about the UCL Dementia Research Centre, you can find their website here: www.ucl.ac.uk/drc

Research Institute for the Care of Older People (RICE)

RICE is an internationally renowned research and treatment centre based in Bath. The aim of RICE is to help people live as well as possible for as long as they can, by reducing the impact of health problems in old age. The main focus of RICE's research is to identify the best ways to diagnose, manage, treat, and understand dementia, but its research also investigates other chronic conditions of older age, to understand their connections to dementia. RICE shares its research and expertise across the UK and globally, influencing health and care policy, and helping to improve dementia diagnosis, treatment, and care as widely as possible.

RICE researchers also look at how lifestyle changes can improve the quality of life of people with dementia, assessing the impact of exercise, memory strategies, music therapy and a range of other activities. RICE provides memory clinics, support groups and education courses for people with dementia and their families and carers, designed to help people live as well as they can with their diagnosis.

RICE's direct contact with patients and their families has a dual impact – it provides people with dementia with an opportunity to participate directly in research and make a personal contribution to improvements in healthcare; and it gives RICE direct insight into the mental, physical, practical and social needs of those with dementia, enabling it to pinpoint what is most needed in terms of treatment, care, services and support.

Should you wish to find out more about RICE, you can find their website here:
www.rice.org.uk

The Cicely Saunders Institute at Kings College Hospital, London

Dementia is among the leading causes of death in the UK but the extent and availability of end-of-life care for dementia patients is variable and inconsistent. The imprecise boundaries of health and social care can be perplexing to patients, their families and carers when seeking help at critical times. The funding of end-of-life care can also vary between regions and health care providers, adding to an already confused picture.

The Cicely Saunders Institute based at Kings College London is a centre for research into the provision of end-of-life care in the UK. The Institute acts as the hub for a network of international research, by bringing together academics, healthcare professionals, community organisations, patients, and carers in one centre. The Institute integrates cutting-edge research for new treatments, skilled multi-professional care and support for patients and carers, and innovation in education and training, in order to create the very best in palliative care and rehabilitation. A key initiative for the Institute is the assessment of the cost and availability of end-of-life care for dementia patients, together with the potential for improving access to such care throughout the UK.

Should you wish to find out more about the Cicely Saunders Institute, you can find their website here: www.kcl.ac.uk/cicelysaunders

Dementia Services Development Trust (DSDT)

The Dementia Services Development Trust is a grant-giving charity which exists to promote best practice in the development of care and support for all those living with dementia. The overriding aim of the Trust is to make life the best it can be for all people who are affected by dementia.

The Trust was set up to improve services for people with dementia in Scotland. It now supports work across the UK and the rest of the world. Over the past 30 years the Trust has led improvements in care; supporting training for health and social care staff to deliver the best person-centred care for people with dementia.

The Trust provides grants and financial awards to organisations which seek to improve the environment for people with dementia, and to change the public's perception of dementia.

An important focus for the Trust is to dispel common myths about dementia. The Trust funds 'Disruption Awards' in an attempt to improve the public understanding of dementia. These awards have been used to develop a range of impactful projects and services to help people affected by dementia, including the development of dementia-friendly walking paths, dance events, board games, and exhibitions.

The Trust produces a range of resources for people with dementia, their families and carers, and health and social care professionals, such as films about living with dementia, videos explaining about the disease and its diagnosis, guidance for those working directly with people with dementia, and publications focusing on how people with dementia can benefit from the arts, church attendance, and improved architectural design.

The Trust also funds projects at the Dementia Services Development Centre at the University of Stirling. The Stirling Centre provides access to a wealth of information and practical advice about dementia, drawn from research evidence and practice across the world. The Stirling Centre has a particular focus on how design and technology can best be used to improve the lives of people with dementia.

Should you wish to find out more about the Trust, you can find their website here:

www.dementiatrust.org.uk

Dementia Services Development Centres (DSDCs)

Dementia Research UK is committed to supporting DSDCs throughout the UK, as follows:

- DSDC Scotland at the University of Stirling
- DSDC Wales at the University of Bangor
- DSDC Northern Ireland at the University of Belfast
- Trent Dementia, the DSDC at the University of Nottingham

The focus of the DSDCs is to improve the quality of life for people living with dementia. The DSDCs tend to be active in the provision of services, advice, social and practical support, events, and peer support groups for people living with dementia, and for their families and carers. They run research projects designed to improve the provision of health and social care services, and to enhance the health and wellbeing of dementia patients. They also provide education and training for professionals and carers, and innovative design and technology services to meet the practical needs of people with dementia. A key feature of the Centres' work is that they talk directly with those who are affected by dementia, so they can ensure that their voices are heard and their needs reflected in the services and resources provided for their care.

Should you wish to find out more about the DSDCs, you can find their websites here:

www.dementia.stir.ac.uk, www.dsdcbangor.ac.uk, and www.trentdementia.org.

Memory Matters

Memory Matters is a Community Interest Company that has been managing projects and services for people with dementia in Cornwall and Devon for over 12 years. These projects have been designed, developed, and built to enrich the lives of people affected by dementia.

The team runs Moments Café in Plymouth for people living with dementia, and their families and carers, providing fun and engaging activities. The specialists at the Memory Matters Hub provide advice and practical support for anyone concerned about memory loss or dementia. Training on dementia and brain health is provided for individuals and for healthcare professionals.

Memory Matters are champions of Cognitive Stimulation Therapy (CST) and its use in helping those living with dementia to improve their cognitive abilities and quality of life. Memory Matters has developed the first CST e-group therapy app, which can be used directly by someone who has dementia. CST group sessions are also provided for those who prefer to engage with the therapy in a social setting.

Should you wish to find out more about Memory Matters, you can find their website here:

www.memorymatters.org.uk

Ageing and Dementia Research Centre at Bournemouth University

The Ageing & Dementia Research Centre (ADRC) at Bournemouth University brings together cross-faculty research expertise in areas of ageing and dementia. The research team is supported by experts in health and social science, and in science and technology. The aim of the ADRC is to use the team's collective expertise to develop person-centred research which will improve the lives of people with dementia and their families.

The team at the Centre works closely with people with dementia and their carers in the development and implementation of their research. Key areas of activity relate to developing ageing and dementia-friendly environments; nutrition and well-being; activities and social inclusion including healthy lifestyles with minority ethnic communities; developing and evaluating innovative dementia education including working with people with dementia to develop these materials.

The research carried out at the ADRC significantly impacts on theory, education and professional practice relating to dementia, and the research team has developed a number of resources to guide families, carers, and healthcare professionals on how best to help people with dementia.

Should you wish to find out more about the Ageing and Dementia Research Centre, you can find their website here: www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre

Dementia Prevention UK

Dementia Prevention UK is a registered charity which provides education to men, women and children from underserved communities on dementia risk factors and practical tools to prevent or delay dementia through lifestyle modification. The charity's overarching objective is to ensure universal access to the essential knowledge and resources required for fostering and sustaining brain health.

Their innovative research and workshop programmes focus on how behaviours can impact the brain, and on the measures which individuals can take to maintain brain health and protect the brain. The workshops provide individuals with the knowledge and practical techniques necessary to lower their risk of developing dementia.

Should you wish to find out more about Dementia Prevention UK, you can find their website here: www.dementiapreventionuk.com

Music for my Mind

Music for my Mind is a registered charity which promotes the use of personalised music as an effective therapy for people who are living with dementia.

The basis for the research conducted by the team at Music for my Mind is that providing personally meaningful music to someone living with dementia can have a positive impact on their well-being, and can help to relieve anxiety and depression. Favourite music reaches parts of the brain that people living with dementia may no longer be able to access on their own, including memories and emotions that soothe and/or stimulate them. It can also help their engagement with loved ones, and may even reduce reliance on drug treatments.

The charity has developed new technology which enables personalised playlists to be created quickly and easily, based on an individual's background and musical preferences, for use within a care home or an individual's own home.

Should you wish to find out more about Music for my Mind, you can find their website here:
www.musicformymind.com

ADVICE ON LEAVING A GIFT IN YOUR WILL

We have set out below the different types of gift, and some suggested wording for each type. Please note that this wording is not intended to constitute legal advice; we would always recommend that you seek professional guidance in drawing up or changing your Will. We would also recommend that you take legal advice on the implications any gift may have on your inheritance tax obligations.

Residuary gift

This is a share or percentage of your estate, after all your other gifts and debts are paid. It will keep its value over time and will not be affected by inflation.

Should you wish to choose this type of gift, we suggest the following form of wording:

“I leave to Dementia Research UK of 207 Regent Street London W1B 3HH Charity Registration Number 1154143 (proportion of residue to be completed) for its general purposes and I direct that the receipt of the Treasurer or other duly authorised officer shall be a sufficient discharge to my executors.”

Pecuniary gift

This type of gift is for a fixed sum.

Should you wish to choose this type of gift, we suggest the following form of wording:

“I leave to Dementia Research UK of 207 Regent Street London W1B 3HH Charity Registration Number 1154143 the sum of £ (to be completed) (amount in words) for its general purposes and I direct that the receipt of the Treasurer or other duly authorised officer shall be a sufficient discharge to my executors.”

Specific gift

This type of gift is for a specific possession.

Should you wish to choose this type of gift, we suggest the following form of wording:

“I leave to Dementia Research UK of 207 Regent Street London W1B 3HH Charity Registration Number 1154143 absolutely, my [include name and description of the specific item].”

Dementia Research UK
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www.demruk.org