



Dear @FIRSTNAME@,

We are delighted to welcome you along to the Winter edition of your ASI Research Newsletter. This update showcases the collective work of the ASI Research Team, the Dementia Research Advisory Team and our TeamUp for Dementia Research service, alongside the collaborations that continue to strengthen dementia research and public involvement across Ireland.

The Alzheimer Society of Ireland Research Highlights

Supporting Early Career Researchers and Lived Expertise - DRATgons' Den 2025

In October, The Alzheimer Society of Ireland's dedicated Public and Patient Involvement (PPI) panel, the Dementia Research Advisory Team (DRAT), hosted the inaugural DRATgons' Den — an interactive knowledge-exchange event where Early Career Researchers (ECRs) pitched their research ideas to DRAT members and fellow researchers in the style of the TV show *Dragons' Den*.

This innovative format placed lived experience at the centre of decision-making, challenging researchers to communicate their ideas clearly and accessibly, while ensuring that public input genuinely shaped project development. DRAT members shared insights and provided constructive feedback, ultimately selecting the strongest proposal.

Participants competed for a €3,000 research funding prize, awarded to the project that best demonstrated clarity, relevance, and meaningful engagement with lived experience.

This event was made possible with thanks to the Health Research Board Events and Conferences Sponsorship Scheme 2025.



To learn more about the work of the Dementia Research Advisory Team please click [HERE](#).

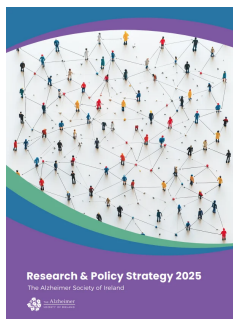
ASI Supports Walking the Talk for Dementia



Now in its third year, Walking the Talk for Dementia is an immersive research conference that brings together people living with dementia, family caregivers, researchers, clinicians, policymakers and advocates from around the world. Participants embark on a multi-day walk along part of the Camino de Santiago, before engaging in a two day symposium where scientific discussion is blended with personal insight. This shared physical experience creates space for connection and reflection across diverse perspectives, breaking down traditional hierarchies between lived experience and professional expertise.

The Alzheimer Society of Ireland was delighted to support Ruth Forrest, Kevin Cullen and Tom Hennessy, members of our Dementia Research Advisory Team, to take part in this year's event. They were supported by Research Project Officer, Cíara O'Reilly.

ASI Research Strategy Launched July 2025



Building on the progress made through our 2022–2024 strategy, and informed by consultation with key stakeholders, our 2025 strategy sets out a clear and focused plan for the years ahead. At a time of rapid change in dementia research, it is designed to maximise impact and support meaningful improvements in people's lives.

For a comprehensive overview of the six key priorities which will guide our work for the coming years, please click [HERE](#).

Brain Health & Dementia - book your tickets now!

We are excited to announce that, in collaboration with Dementia Research Network Ireland (DRNI), we will be hosting a free public research day focused on dementia and brain health!

The event will feature leading researchers, clinicians, local service providers and people with lived experience, sharing insights in a clear and accessible way.

Venue: The Civic Theatre, Tallaght, Dublin.

Date: Tuesday, 25th February, 2026

Time: 10:00 - 15:00

Click [here](#) to view our exciting line-up of speakers.

This is a free, ticketed event with booking essential. Tickets available [HERE](#).

THE CIVIC THEATRE, TALLAGHT,
DUBLIN 24
10AM-3.30PM

February 25th
2026

Brain Health & Dementia:
Understanding & Connection

Expert advice from health and social care professionals

Insights from people with lived experience

Information on local services and supports

Purchase E-Tickets at www.civictheatre.ie
or Call Box Office: 014627477

Individual Ticket: Free (subject to booking fee, €2)

There will be ample opportunity to network and chat with experts in the field.

Refreshments will be provided throughout the day.

THE CIVIC

TeamUp for Dementia Research



The TeamUp for Dementia Research service had a bumper year of exciting research opportunities. From lab-based studies, to in-person focus groups, online surveys and 1:1 interviews, the Members generously supported researchers from the University of Galway, Dublin City University, University College Cork and many more!

The participation of people affected by dementia in research is invaluable and we are grateful to all of our members for their generous contributions.

We look forward to bringing you many more exciting opportunities in 2026.

**Research Opportunity for TeamUp for Dementia Research members
(Member Profile: Family Carer, Location: Online)**



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY



Are you caring for a loved one with dementia and looking for learning and connection?

Join a New 8-Week Online Programme for Family Carers

Who can join?

Informal carers (family members, friends) who are currently caring for someone with dementia.

What to expect?

- ★ The programme is designed to help reduce **caregiving strain** and build **confidence** in your caring role.
- ★ It offers an integrated mix of **information provision** (practical knowledge and resources) and **peer support** (shared understanding and encouragement).
- ★ You will join **8 weekly online Zoom sessions, co-led by a healthcare professional and a family carer (peer supporter).**

Weekly Topics:

- Week 1: Introduction and Building Relationships
- Week 2: Understanding the Dementia Pathway and Caregiving Journey
- Week 3: Coping with Daily Challenges
- Week 4: Building and Using Social Support
- Week 5: Self-Care and Balancing Caregiving Roles
- Week 6: Managing Emotions and Stress
- Week 7: Family Dynamics and Collaborative Caregiving
- Week 8: Reflection and Planning Ahead



- ★ You'll also get access to **self-paced eLearning course** about **dementia care**.

Schedules:

You'll join one of two groups (7–8 carers each) weekly and stay with the **same group throughout the 8 weeks**.

- **Group A: Mondays, 1:00–2:30 PM (starting January 5)**, Led by an Occupational Therapist and a peer supporter
- **Group B: Fridays, 4:00–5:30 PM (starting January 9)**, Led by a Speech and Language Therapist and a peer supporter

Interested in participating?

Scan the QR code to fill your information

OR contact:

Qiuxia Li, PhD candidate, School of Health Sciences, University of Galway

✉ q.li6@universityofgalway.ie

☎ +353 (87) 601 0400



Scan me to join

Happy Holidays & Best Wishes for 2026

We would like to thank everyone for their continued support for dementia research and wish you all a safe and enjoyable holiday season.



 **1800 341 341**

For anyone needing support during the festive period please reach out to our National Helpline.



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