



## INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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**NAME:** Laura Cole

**TITLE:** Dr

**PROFESIONAL GROUPING:** Researcher, Psychologist

**WORK ADDRESS:** NIHR Health and Social Care Workforce Research Unit (HSCWRU), King's College London, Strand, London, WC2R 2LS, United Kingdom

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**PRESENT POSITION (e.g. Director of .....):** Senior Research Associate

**HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.):** PhD

### PROFILE OF MEMBER:

I have a background in psychology and have worked with older people with cognitive problems and dementia for fourteen years in various clinical, care and research settings. Prior to my academic posts, I worked in a memory clinic as a research psychologist completing neuropsychological tests with people with cognitive impairment to help aid their diagnosis and treatment for their particular type of dementia. I also worked as a care manager in an older people's team in London, and as a care assistant in a specialist dementia unit that supported people with chronic mental health problems and severe symptoms of dementia.

I am a mixed-methods researcher. My current work is an Alzheimer's Society funded study exploring the views and experiences of people with dementia and their family carers on residential respite services. In previous dementia care research, I have investigated the timing of a move to a care home, continence management (or problems with using the toilet) for people living at home, and effectiveness of reminiscence art groups in improving quality of life for residents living in care homes.

I am a council member of the Geriatric and Gerontology section at the Royal Society of Medicine in London, a member of the editorial board for *Dementia: Journal of International Social Research and Practice*, and a member of the British Society of Gerontology. I am a Fellow of the Higher Education Academy and a member of the Higher Education Dementia Network (UK). I am also the convenor and chair for the Home Care Research Forum at HSCWRU, London.

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## **AREAS OF EXPERTISE:**

### **Sensitive topics**

My work has involved discussing sensitive topics such as family relationships over time, incontinence, and dementia. These issues require sensitivity as they are often viewed as stigmatising and taboo topics, which some people might find difficult to discuss or explain.

### **Dementia care mapping**

I am a qualified dementia care mapper (8th edition) and have practiced this observational tool for over a year throughout the RADIQL study (see below) in which we used this tool as a quality of life outcome measure.

### **Neuropsychological testing**

I have extensively used neuropsychological tests to screen and assess cognitive impairment and dementia (e.g. MMSE, ADAS-cog, CAMCOG), depression and anxiety (e.g. GDS, Cornell), behaviour disturbances (e.g. NPI), and carer burden (Zarit). These skills were obtained whilst working in a memory clinic and taking part in clinical drug trials.

### **Collaboration and interdisciplinary working**

I have worked closely with clinical research officers from DeNDRoN and used the DemReg both of which helped recruit for UK studies (see below). I have also been fortunate to have been involved in research collaborations with many UK and International Universities, charities, drug companies (e.g. Pfizer Inc.) and European research groups (e.g. European Alzheimer's Disease Consortium). I view these alliances as essential for modern research in a global climate.

## **KEY PUBLICATIONS (Max. 5):**

**Cole, L., Samsi, K. and Manthorpe, J. (2018).** Is there an 'optimal time' to move to a care home for a person with dementia? A systematic review of the literature. *International Psychogeriatrics*, 30(1).1649-1670.

**Cole, L. & Drennan, V. (2017).** Living with incontinence: the experience of people with dementia. *Dementia*. OnlineFirst 19 Sep.

Adhikari, R. P., Upadhaya, N., Paudel, S., Pokhrel, R., Bhandari, N., **Cole, L.**, & Koirala, S. (2017). Psychosocial and mental health problems of older people in postearthquake Nepal. *Journal of Aging and Health*, 30(6), 945-964.

**Cole, L., Keating, F & Grant, R. (2016).** Reminiscence Arts and Dementia Care: Impact on quality of life, 2012-2015. Quantitative evaluation final report. London: Royal Holloway, University of London.

Drennan, V.M., **Cole, L.** & Iliffe, S. (2011). A taboo within a stigma? A qualitative study of managing continence with people with dementia living at home. *BMC Geriatrics*, 11(1), 75 (Royal College of General Practitioners Research Paper of the Year Award, 2011 Category Winner Dementia and Neurodegenerative Diseases).

**RELEVANT RESEARCH ACTIVITY:**

Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or completed date.

(i) Grants Awarded

**Taking a break: Use of residential respite or short break services by people with dementia and carers: experiences, access, outcomes**

Samsi, K. (PI), Cole, L. (Co-app), Orellana, K. (Co-app), Manthorpe, J. (Co-app), (2019-2021). Funded by Alzheimer's Society.

This two year study aims to 'map' existing models of residential respite for people with dementia, and explore (through qualitative interviews) the views and experiences of people with dementia and their family carers on residential respite services in England.

(ii) PhD and other projects

**Investigating "optimal time": Multiple perspectives on the timing of moving into care homes for people with dementia**

Based at King's College London: 2019

Funded by the NIHR School for Social Care Research, this was a 3-year, 3-part study to identify if there was a 'best' or 'optimal time' for a person with dementia to move to a care home. The study used that used a mixed method approach which included: 1) a systematic review of existing literature; 2) qualitative interviews with people with dementia, family carers, social workers and care home managers; 3) a factorial survey with 100 dementia care practitioners.

**Exploring experiences of intimate toileting care and the impact on the family-dyad relationship for people with dementia and their cohabiting family carer**

Based at St George's University. (Doctorate gained 2015)

My doctoral thesis was a qualitative study which used semi-structured interviews with people with dementia and family carer dyads in their own homes to explore their experiences of incontinence and dementia, and how this may have affected their interpersonal relationship together. The study was conducted through a programme of work called EVIDEM (Evidence-based Interventions in Dementia: Changing practice in dementia care in the community: developing and testing evidence-based interventions, from timely diagnosis to end of life"), funded by the NIHR.

**Reminiscence Arts and Dementia - Impact on Quality of Life: RADIQL**

Based at Royal Holloway, University of London: 2014

RADIQL (Reminiscence Arts and Dementia - Impact on Quality of Life) evaluated the impact of reminiscence art groups for people with dementia living in care homes, where their quality of life was measured over a six month intervention period using Dementia Care Mapping. This study was in conjunction with AgeExchange a charity in South East London and funded by Guy's & St Thomas' Charity.

**CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:****Current work:**

Taking a break: Use of residential respite or short break services by people with dementia and carers: experiences, access, outcomes. Funded by Alzheimer's Society.

**Current interests:**

My interests centre on the care and experiences of people with dementia and those who support them (family carers, care staff, organisations, services). Themes within this are: care homes, care workforce, continence (using the toilet), family carers, home care, person-centred care, integration of health and social care, interpersonal relationships, mental health, quality of life, sensitive topics, social psychology, stigma.