

## **INTERDEM MEMBERS – BRIEF CURRICULUM VITAE**

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**NAME:** Karan Jutla

**TITLE:** Dr

**PROFESSIONAL GROUPING:** Association for Dementia Studies

**WORK ADDRESS:** Association for Dementia Studies, Bredon Building, St John's Campus, Henwick Grove, St John's, Worcester. WR2 6AJ

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

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

**PROFILE OF MEMBER:**

Karan graduated from the University of Salford with a First Class Honours Degree in Health Sciences in 2006. Her interest in ethnicity and dementia led to her doctoral study at Keele University where she researched how personal histories and migration experiences influence experiences of caring for a person with dementia for Sikhs living in Wolverhampton. As a result of her research, Karan brings a depth of knowledge about the experiences and challenges for those living with dementia in minority ethnic communities. Karan currently works as a Senior Lecturer in Dementia Studies at the Association for Dementia Studies, University of Worcester, where she is developing the research agenda in this area and delivering cultural competency training for health care professionals working with people with dementia. Outside of work, Karan manages a Bhangra dance company called 'Eclectic Dancers' and has a keen interest in dance and music therapies for people with dementia.

**AREAS OF EXPERTISE:**

Person-centred dementia care  
Ethnicity and diversity in dementia care  
Creative therapies for people with dementia  
Qualitative research methods

My undergraduate degree gave me the opportunity to collaborate with Dementiaplus West Midlands in 2005 (now known as Dementia UK) to conduct research on Asian carers, caring for an older person with dementia in Wolverhampton. As result of conducting this research (entitled 'Twice a Child III'), not only was I able to identify important gaps in this subject area which led to my PhD but, I also developed a huge interest in ethnicity and dementia.

My PhD has researched Sikhs in Wolverhampton who are caring for a person with dementia. It highlighted how migration experiences and personal histories influence the perceptions and experiences of caring for a person with dementia amongst Sikh carers within this locality. This qualitative study revealed that Asian communities are not homogeneous groups by demonstrating how the diversity within the Sikh community in Wolverhampton can have important implications for care. The findings of this research support a person-centred approach to dementia care. In addition to making suggestions for policy and practice, it also highlighted further research possibilities within the field of ethnicity and dementia – an area which I am currently developing as part of my role at the Association for Dementia Studies (ADS), University of Worcester.

Another specialist research area is concerned with the use of creative therapies for people with dementia. My personal interest in Bhangra dancing has inspired me to develop and research dance and music therapies for Asians with dementia. In order for this to be successful I have had to develop sound knowledge base of the various therapeutic interventions currently being used for people with dementia ranging from physical activities and reminiscence work, to the use of software programs such as touch screen technology. Again, this is an area of research that I am currently developing as part of my role at the Association for Dementia Studies.

Since my employment at ADS I have developed a wealth of knowledge and skills in relation to both teaching and research. I have designed and delivered bespoke specialist dementia care course programs for staff working with people with dementia across health and social care. I have led and participated in research projects that have involved both qualitative and quantitative methodologies.

**KEY PUBLICATIONS (Maximum 5):**

Jutlla, K. (2014). The impact of migration experiences and migration identities on the experiences of services and caring for a family member with dementia for Sikhs living in Wolverhampton, UK. *Ageing and Society*, Available on CJO 2014 doi:10.1017/S0144686X14000658

Jutlla, K. (2013). Cultural Norms About the Roles of Older People in Sikh Families. In Singh, A. (Ed). *Indian Diaspora Voices of Grandparents and Grandparenting*, Sense Publishers: Boston

Jutlla, K. (2013). Ethnicity and Cultural Diversity in Dementia Care: A Review of the Research. *Journal of Dementia Care*. Vol. 21, No. 2, pp. 33-39.

Jolley, D. Moreland, N. Read, K. Kaur, H. Jutlla, K. & Clark, M. (2009). The 'Twice a Child' Projects: learning about dementia and related disorders within the black and minority ethnic population of an English city and improving relevant services. *Journal of Ethnicity and Inequalities in Health and Social Care*. 2 (4), pp. 4-9.

Jutlla, K. & Moreland, N. (2009). The personalisation of dementia services and existential realities: understanding Sikh carers caring for an older person with dementia in Wolverhampton. *Journal of Ethnicity and Inequalities in Health and Social Care*. 2 (4), pp. 10-21.

**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.

**Name of investigators:** Professor Dominic Upton, Professor Dawn Brooker, Dr Karan Jutlla, Dr Tim Jones, Dr Penney Upton.

**Years:** Jan 2011-Dec 2011

**Title of Project:** The evaluation of the impact of touch screen technology on people with dementia and their carers within care home settings.

**Name of awarding agency:** Department of Health, West Midlands (£15,000)

**Name of investigators:** Dr Karan Jutlla, Dr Simon Evans, Professor Dawn Brooker, Jessica Morgan

**Years:** Jul 2013- Oct 2013

**Title of Project:** A dementia education program to enhance dementia care in care homes: a service evaluation.

**Name of awarding agency:** University of Worcester; Vacation Research Assistant Scheme.

**Name of investigators:** Professor Christina Victor, Professor Vanessa Burholt, Dr Wendy Martin, Dr Alkhie Ahmed and Dr Karan Jutlla.

**Years:** May 2012-May 2014

**Title of project:** ESRC Seminar Series: Ageing, Race and Ethnicity

**Name of awarding agency:** ESRC

**PhD:**

Caring for a person with dementia: a qualitative study of the experiences of the Sikh community in Wolverhampton.

Start: September 2006

Completion: July 2011

Funded by Keele University

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

The following information is of current ongoing research projects detailing the: name of investigators; start date; duration; title and description of the project and; name of the awarding agency.

**Name of investigators:** Professor Dawn Brooker, Dr Simon Evans, Kate Read, and Dr Karan Jutlla.

**Start:** August 2012

**Duration:** 3 years

**Title of project:** At Home with Dementia: A holistic model of service provision to support carers and families of those living with dementia.

**Project description:** Royal Surgical Aid Society (RSAS) is seeking new and innovative ways of improving the quality of life for people living with dementia and their families at home. The charity wishes to contribute to improving the quality of life for people living with dementia, by providing support to their carers and families, so as to enable them to live at home and within their community for long as possible. They wish to achieve this through the design and delivery of a project or service model which can provide support to carers and families of people living with dementia at home to ensure that they can maintain their independence, their dignity and remain in their own homes for as long as possible. The Association for Dementia Studies are working in partnership with the charity to develop and deliver a practical evidence-based service model through various literature reviews, consultations and evaluation activities.

**Name of awarding agency:** RSAS (£85,000)

**Name of investigators:** Dr Karan Jutlla, Dr Simon Evans and Jennifer Bray

**Start:** May 2013

**Duration:** 3 years

**Title of project:** Connecting Communities Project: External Evaluation.

**Project description:** This is a three year pilot project to engage volunteers from BAME (Black and Asian Minority Ethnic) communities to design and deliver dementia awareness raising activities appropriate for diverse communities across eight London boroughs. The Association for Dementia Studies have been commissioned by the Alzheimer's Society to undertake the external evaluation for the project.

**Name of awarding agency:** Alzheimer's Society (£30,000)

**Name of investigators:** Professor Dawn Brooker, Dr Simon Evans, Dr Karan Jutlla and Dr Shirley Evans

**Start:** March 2014

**Duration:** 3 years

**Title of project:** MEETINGDEM - Adaptive Implementation and Validation of the positively evaluated Meeting Centres Support Programme for people with dementia and their carers in Europe

**Project description:** This is a joint programme led by the Netherlands with the UK, Italy and Poland as project partners. The aim is to adapt and to evaluate the Dutch Meeting Centres model for people with dementia and their families in UK, Italy and Poland. The Association for Dementia Studies, University of Worcester are the UK project partners responsible for the evaluation methods & analysis for the implementation of the Dutch meeting centres across UK, Italy and Poland.

**Name of awarding agency:** JPND (EU Joint Programme for Neurodegenerative Disease: 1,199,819 euros)