



## INTERDEM MEMBERS – BRIEF CURRICULUM VITAE



**NAME:** Patricia Masterson-Algar

**TITLE:** Dr

**PROFESIONAL GROUPING:** Research Fellow / Lecturer in Health Sciences

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**PRESENT POSITION:**

- Research Fellow – [Dementia Services Development Centre](#) & [Centre for Ageing and Dementia Research](#)
- Lecturer in Research Methods (Postgraduate)

**HIGHEST ACADEMIC QUALIFICATION:** PhD

**YEAR OF PHD QUALIFICATION:** March 2016

**PROFILE OF MEMBER:**

I am a health researcher interested in improving the lives of those affected by a neurological condition. I completed a BSc and a Research Master's degree in Marine Sciences before making a career change and training as an Occupational Therapist in 2009. My interest in complex rehabilitation interventions led me to a PhD investigating the impact of a targeted course of occupational therapy on people living in nursing homes after suffering from a stroke. For the past eight years my research has explored the impact that dementia and other neurological conditions can have not only on the lives of those affected by them but also on the family as a whole. In 2017 I completed a research project where colleagues and I designed and evaluated a lay peer support

intervention for stroke rehabilitation. Leading from that work my fellowship applied innovative co-design approaches to map the experiences and identify the sources of support of young adults living in families affected by dementia, stroke or multiple sclerosis. In 2020 I joined the [Centre for Ageing and Dementia Research \(CADR\)](#) where I continue to develop research focussed on designing and evaluating interventions tailored to support families, including young carers of people living with dementia. I am a Co-I on the [iSupport for Dementia Carers](#) NIHR funded project and leading the process evaluation. As part of this project, I have worked with the World Health Organization to adapt the original online tool for adult carers (*iSupport*) and we have recently developed [iSupport for Young People](#). This is an online training programme that aims to support the mental health, knowledge, and skills of young dementia carers and help organisations, improve the support they offer. Leading from this work I am currently collaborating with dementia researchers and families in Spain ([Universidad de Salamanca](#)), Brazil ([Universidade Federal de São Carlos](#)), and Italy ([University of Bologna](#)) to explore the adaption and implementation of this tool in those countries.

#### AREAS OF EXPERTISE:

- Neurological conditions - Dementia - design and implementation of interventions to improve the quality of life and support services for families affected by dementia with a particular interest in young adult and young dementia carers.
- Peer support and online e-health
- Process evaluations of complex interventions
- Qualitative research and co-design/art-based enquiry methods

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

1. **Masterson-Algar P**, Egan K, Flynn G, Hughes G, Spector A, Stott J and Windle G. 2023. Hard to reach and hidden: improving identification of young dementia carers. *International Journal of Environmental Research and Public Health*, <https://doi.org/10.3390/ijerph20237103>
2. **Masterson-Algar P**, Egan K, Flynn G, Hughes G, Spector A, Stott J and Windle G. 2022. iSupport for Young Carers: An Adaptation of an e-health intervention for Young Dementia Carers. *International Journal of Environmental Research and Public Health*, 20(1):127. [doi: 10.3390/ijerph20010127](https://doi.org/10.3390/ijerph20010127)
3. Windle G, Flynn G, Hoare Z, **Masterson-Algar P**, et al. 2022. Effects of an e-health intervention 'iSupport' for reducing distress of dementia carers: protocol for a randomised controlled trial and feasibility Study. *BMJ Open*, 2;12:e064314. [doi: 10.1136/bmjopen-2022-064314](https://doi.org/10.1136/bmjopen-2022-064314)
4. **Masterson-Algar P**, Cheshire-Allen M, Hyde M, Keating N and Windle G. 2021. Exploring the impact of Covid-19 on the care and quality of life of people with dementia and their carers: a scoping review. *Dementia*, [doi.org/10.1177/14713012211053971](https://doi.org/10.1177/14713012211053971)
5. **Masterson-Algar P** & Williams S. 2020. 'Thrown into the deep end': mapping the experiences of young people living in a family affected by a neurological condition. *Qualitative Health Research*, [doi:10.1177/1049732319900498](https://doi.org/10.1177/1049732319900498)

#### RELEVANT RESEARCH ACTIVITY:

- Bangor University Innovation and Impact Awards (BUIIA). July 2023. (PI: Masterson-Algar). Title: *iSupport YC as a driver of change in how we support young people living in families affected by dementia* (£33,956)
- Carers Trust Wales. December 2022. Title: *Tender for the evaluation of the Welsh Government Short Breaks Scheme for unpaid carers in Wales* (£39,973)
- **iSupport:** A randomised controlled trial and feasibility study of the effects of an e-health intervention 'iSupport' for reducing distress of dementia carers, especially in the ongoing pandemic of COVID-19. (PI: Windle). January 2021. National Institute for Health Research-Public Health Research Programme (£1.48m).
- Global Challenges Research Fund – Project. October 2020 (PI: Masterson-Algar) Title: *Building interdisciplinary research capacity to progress the well-being agenda in SE Brazil* (£4700).

#### Membership of professional bodies:

- Member of The Society for Research in Rehabilitation ([SRR](#)) – Since March 2012
- Registered with the Health and Care Professions Council (HCPC) – Occupational Therapy (Registration number OT74683)
- Advisory member: [Carers Trust Wales](#) Research, Policy, and Engagement Advisory Group
- Advisory member: [Young Carers Alliance](#)
- Advisory member: [BCUHB Arts in Health Steering Group](#)
- Mentor and Steering Group member: Occupational Therapy Research and Evidence-based Practice Network Wales – [ORIENT](#)
- PloCC (Places of Climate Change) – Bangor University - <https://plocc.bangor.ac.uk/index.php/en>

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

My current research is focussed on improving the lives and support available to young people living in families affected by dementia. The online training support package that we have developed (*iSupport for Young People*) is being rolled out in the UK and I am leading a PhD studentship focussed on the exploration of its implementation and impact. In line with this I am working with relevant UK, European and International collaborators in order to address the needs of this underserved group of carers who often live in families affected by Young Onset Dementia. I am also leading the process evaluation of the *iSupport for Dementia Carer RCT study* which will provide high quality evidence on how online e-health dementia support intervention are best designed, delivered and implemented.

#### **HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:**

I have been lucky to attend and present my work with young dementia carers at a number of international events such as the IPA (Lisbon, June 2023) and Alzheimer's Europe (Helsinki, October 2023). As a result of that I am currently in contact and collaborating with INTERDEM members all across Europe. The new task force on Young Onset Dementia that has recently been approved is great news. Being an INTERDEM member will be greatly beneficial to me in order to continue my work to support families, including their young members, affected by dementia.