

Co-Design Dementia Awareness-Raising Sessions: Translating Research into Public and Patient Engagement



Mentor:

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About the topic

Every 3 seconds, somebody in the world is diagnosed with dementia. There are currently over 57 million people worldwide living with dementia, and this number is forecast to reach 78 million by 2030. People affected by dementia need socially and physically enabling environments across home, healthcare, and community settings to thrive. However, understanding of such strategies remains limited among families and service providers, particularly within culturally and linguistically diverse communities, where higher levels of stigma delay intervention and contribute to poorer health outcomes. Dementia education programs have been globally implemented to combat knowledge and attitude gaps to facilitate more timely help seeking and support provision. These programs typically provide information on symptom management and service navigation for dementia through community workshops. Culturally and linguistically diverse people with dementia and their carers are often excluded from such programs due to insufficient resourcing, language barriers, and cultural competency concerns. As global communities age and diversify, co-designed dementia awareness-raising education programs that are culturally inclusive are required. Implementing such programmes requires structured engagement processes and evaluation strategies to ensure their feasibility and adoption in the community.

What will be done?

The aim of the bootcamp will be to develop a plan to co-design dementia education with and for diverse older people and their carers. You will learn how to apply appropriate implementation science approaches for co-design, facilitate inclusive awareness-raising sessions, evaluate their impact, and disseminate their outcomes to broad groups of community stakeholders.

The workshops will address the following objectives:

1. Explain principles of equity and apply them to co-design processes.
2. Compare and select relevant theories, models, and frameworks to implement co-design.
3. Design a protocol for inclusive dementia awareness education sessions.
4. Develop evaluation and dissemination strategies to assess and share the impact of co-designed dementia education to service consumers, providers, and policy-makers.

What will you learn?

- An understanding of how to translate principles of diversity and inclusion into participatory research practice.
- An awareness of implementation science approaches and methodologies used to guide effective co-design.
- How to co-design and evaluate inclusive dementia awareness-raising initiatives with real-world impact.
- How to create a dissemination plan for the results of the research to maximise community uptake and sustainability.
- The capacity to adapt these learning to your own research context to support broader translational initiatives.

The Bootcamp is implemented within the project *“From Community Screening to Neuroimaging: Training for Early Detection of Cognitive Decline in Baltic-German Collaboration”*, funded by the Baltic-German University Liaison Office (Hochschulkontor) under the *Baltica Germanica and Innovativa* programme line.