

The Ageing Scientist – Making dementia and ageing research more accessible

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One year ago now, The Ageing Scientist podcast launched. Podcasts have had a surge during the pandemic, but the idea of hosting my own podcast had been in the back of my mind for a while.

As researchers, we try to improve the lives of people, but this can take a long time. In my area of dementia research, even when knowing precisely how barriers of care can prevent those with the condition and their caregivers from accessing help and suitable interventions, implementing them into practice can take a very long time.

It is not only about how long it takes though to try to make an impact with your research. Research can also far too often stay in that academic bubble; often we publish things and move on without really sharing findings and discussing research with people who are working in the field or who have personal experiences.

That was one reason why I set up the Liverpool [Dementia & Ageing Research Forum](#) in 2019, where research can be shared freely and widely via regular seminars, webinars, and an annual conference. However, seminars only take place every two months, and not everyone can make it at that scheduled time.

Creating a podcast however is an added layer of accessibility to the latest dementia and ageing research. It is easy to access the podcast on Podbean, Spotify, or Apple Music at any point in time. One of the best things about the podcast is that I can connect with more experts in field about their work and lived experiences.

Every three months, a new podcast season is released. Past seasons have focused on COVID-19, ageing well, the basics of dementia, and health inequalities. Each season has a number of episodes with different professional and lived experts, and there are plenty of carers and care providers involved. IPA members are on the panels also, so keep an ear out to spot some of them!

For the upcoming season (Season 5), launching on the 1 June 2022, I have spoken with a number of professionals and carers about Care homes. Topics range from human rights and innovative long-term care, to family carers and big data; it is always a learning experience too for me to hear from invited guests.

If you work in the ageing and dementia field and are interested in joining the podcast as a guest panelist, please drop me an email. I will see how your backgrounds fits into a specific season topic (Email: Clarissa.giebel@liverpool.ac.uk). Most importantly, have a listen to the podcast here: <https://liverpooledementiaageingresearchforum.co.uk/the-ageing-scientist-podcast/>



Dr Clarissa Giebel is Senior Research Fellow at the University of Liverpool and directs research on inequities in dementia social care. She is working both nationally and internationally to address these inequities, and aims to enable every person with dementia to live well and independently at home.