ILC Friday three - 19 May 2023

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International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - a four-day working week



The latest UK Labour Market data shows economic inactivity due to long-term sickness has increased to 2.55 million - a record high. According to the Office for National Statistics (ONS), many are unable to work due to poor mental health. Perhaps the introduction of a shorter week might help. The results of the four-day week trial are compelling:

- The number of staff leaving the 61 participating companies decreased by 57% over the trial period, with sick days reducing by 65%.
- 39% of employees reported being less stressed, with 71% having reduced levels of burnout at the end of the trial.
- 54% of employees found it easier to balance work with household jobs, with 60% finding an increased ability to combine paid work with care responsibilities.

practices and longer hours. And of course, there are many jobs where the implementation of a four-day week would seem impossible.

However, many sectors adapted rapidly to hybrid working and - with the introduction of new tools, including AI, and efficient operating practices - it should be possible for many employers to reduce working hours, increase wellbeing and fuel productivity.

What do you think? Since the start of the year, we've been highlighting examples of policy and practice which could help us adapt to increased longevity. And we've had a great response, with many of you sending us their solutions - thank you. We will collate ideas into a plan for the next Government and launch it at our Future of Ageing Conference on 7 December 2023. So, what do you think? Do you have different or better ideas? Let us know via events@ilcuk.org.uk

LET US KNOW

PriDem project - including people living with dementia in research



People living with dementia are too often excluded from research about their own needs, with just 2% registered with Join Dementia Research, which matches people to dementia studies in the UK. However, the game-changing PriDem project, which aims to improve post-diagnostic support for people living with dementia, is involving people with lived experience of dementia at every stage of the study.

In a blog in Dementia Researcher this week, researchers involved in the PrimDem study outline practical strategies for the genuine inclusion of people living with dementia and their carers. These include:

- **Proactive and inclusive recruitment** with a range of participant information formats and follow-up phone calls using a script developed by people with lived experience.

- **Making it as easy as possible for carers to find the time to participate**
- **Being sensitive about language and respecting individual preferences.** Feedback from carers suggested that "memory and thinking problems" or "cognitive impairment" was often preferred to the term "dementia"
- **Offering various participation options** providing choices for completing questionnaires from home visits, online completion, or video calls.
- **Visual aids for questionnaire support**
- **Building relationships and taking time** with participants was prioritised, allowing extra time for visits, informal conversations, and tea and cake.

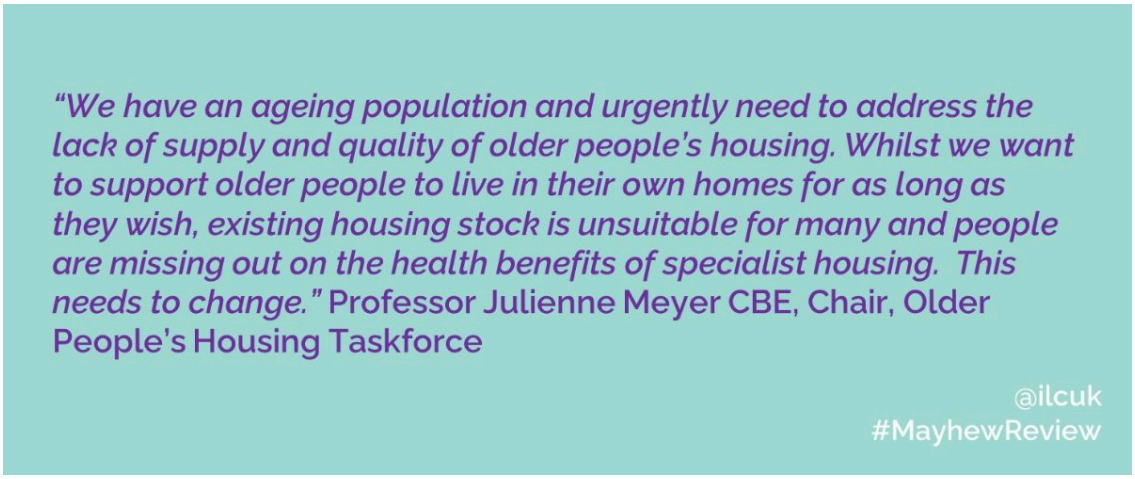
Inclusive research will mean more supportive and effective interventions and ensure future solutions better reflect what really matters for people living with dementia and their families.

The PriDem programme is funded by the Alzheimer's Society and is a partnership between Newcastle University, University College London, Kings College London, University of Sussex, University of Manchester; Dementia UK, London School of Economics and Political Science, University of Exeter - and the ILC.

You can read more about the project here and find the whole blog via the button below.

READ MORE

Older People's Housing Taskforce - the work begins



Following a three-year campaign led by the Associated Retirement Community Operators (ACRO), the long-awaited Older People's Housing Task Force met for the first time this week. We are delighted that ILC's Professor Les Mayhew is a member of the Task Force which will, in part, be informed and shaped by his report "The Mayhew Review – Future-proofing retirement living" published by the ILC in

The Mayhew Review, supported by ARCO, recommended the construction of up to 50,000 new homes per year suitable for older people per annum. Achieving this growth would help older people stay healthy for longer and reduce the burden on the NHS and care homes. Each new home would free up housing and surplus bedrooms for younger families and first-time buyers, making housing more affordable. And new developments could play a major part in revitalising declining high streets.

The Taskforce was set up by the Department for Levelling Up, Housing and Communities and the Department for Health and Social Care to ensure "the housing market works for older people, now and in the future, and gives them greater choice in where they choose to live". Chaired by Professor Julienne Meyer, the expert Taskforce will submit an independent report to the Government in 12 months' time.

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

Future of Ageing 2023 takes place on Thursday 7 December. If you haven't got your ticket yet, please register here.

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