

JOIN THE TRENT AGEING PANEL AND CONTRIBUTE TO LOCAL RESEARCH

The **Trent Ageing Panel** is seeking older adults aged 60+ to join our **community** of participants in Psychology research.

If you become a panel member, you will be invited to participate in Psychology research conducted at **Nottingham Trent University**. You will be notified about studies for which you are eligible, and your participation will be entirely voluntary and at your convenience.

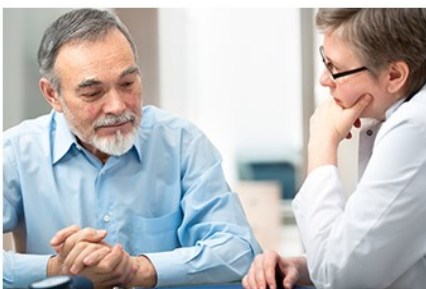
The Trent Ageing Panel also hosts **Open Day events** where members, families and friends are invited to see our laboratories, hear about current research and meet researchers and ask questions.

To **join the Panel**, please fill in the form online: <http://bit.ly/2FzEiQQ> or contact us using the details below.



You can participate in studies using:

- Surveys and questionnaires
- Psychological assessments
- Attention and memory tasks
- Neurological research



HOW DOES THE AGEING PANEL WORK?

Who will contact me?

You will only be contacted by NTU researchers who have already received ethical approval for their project. Your contact details will be kept securely and will never be passed on.

How often will I be contacted?

This depends on which studies are currently running and your suitability for these. Most members are typically contacted a few times a year.

How do I choose what studies to participate in?

When we contact you, you will receive a brief description of the study and what will be involved. You will be free to join or decline the study. And if you choose to join you are free to withdraw your participation at any time, no reason is required.

What information do I need to give?

You will be asked some simple demographic, health and lifestyle questions when you sign up to join. This information will be stored securely and only used to match you with suitable studies. All questions are optional, you do not have to answer any questions you do not want to. Reports of research anonymise participant data.

Will I receive compensation?

If a study requires travel to an NTU facility, we will compensate you with shopping vouchers. Some studies requiring online participation are not able to offer compensation.

What if I want to withdraw from the Panel?

You do not need to give any reason. Simply contact the panel or a researcher and we will delete all our information from our database.



WHO RUNS THE PANEL?

The Trent Ageing Panel is led by Prof. Suvo Mitra and is currently organised by Chloe Wider (left) and Cecilie Lolansen (right). Both are currently PhD students in the Department of Psychology at Nottingham Trent University.



Contact the Trent Ageing Panel
Telephone: **0115 848 4319** or Email: **trentageingpanel@ntu.ac.uk**



Current Research at NTU

Using technology to help manage loneliness resulting from COVID-19

Researchers are developing new technologies which will seek to mitigate loneliness among older people who are socially distanced due to COVID-19.

Nottingham Trent University (NTU) is collaborating on the project, *Social and Emotional Resilience for the Vulnerable Impacted by the COVID-19 Emergency (SERVICE)*, led by Blaine Price, Professor of Computing at the OU, along with the Universities of Exeter and Lancaster.

The project, which has just received £400,000 from the UK Research and Innovation Ideas to Address COVID-19 fund, will work with communities in the over 50s age group, together with the carers and Social Prescribing Linkworkers who support them. The aim is to develop an app and platform that helps users to share their experiences with their supporters in a secure and private environment. These data will also be used to analyse the effect of the pandemic on these communities and to recommend personalised interventions to help manage their emotional wellbeing.

This 18-month project will collaborate with NTU's Trent Ageing Panel and Age UK Exeter to gain insight into the range of experiences of the pandemic among older adults. From this, the researchers will produce a working prototype of the support app within six months, which will then be tested and rolled out.

Prof. Clifford Stevenson, Professor of Social Psychology at NTU, said: "Loneliness among socially vulnerable groups has clearly been exacerbated by the current pandemic. Our research at NTU into the lived experience of loneliness among older adults will help our computer science colleagues design effective digital interventions".



Professor Clifford Stevenson

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Other Researchers at NTU

Understanding how we move as we age

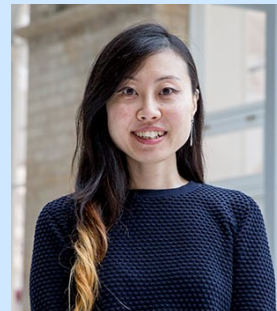
My research focuses on age-related changes in the control of movements and body posture, and the interactions between control tasks (like reaching to or carrying an object) and mental workload. With collaborators from Brazil and the US, I have recently concluded a project supported by the Newton Fund in which we measured coordination across the body's joints during young and older people's sit-to-stand movements. We discovered differences in young and older adults' performance (depending on how their attention was focused) that will inform novel balance training interventions.



Professor Suvo Mitra

Connecting with the world as we get older

My recent study investigates how older people are perceived by young people and how this affects feelings of closeness. We plan to run this study in different cultures to see whether cultural ideals and expectations about older people are linked to differences in young people's perceptions. I plan to investigate the experience of positive ageing in the near future. We will explore the experience of getting older, focusing on activities, connections and experiences that are rewarding and meaningful.



Dr Miriam Sang-Ah Park

Making the most of post-retirement working

My project examines how workers of post-retirement age introduce changes to their work in the face of changing job demands and work capacities (a process called job crafting) to develop meaningful work, maintain health and wellbeing, and active performance. We collected data using a daily diary to measure fluctuations in job crafting and its outcomes. We then developed a short self administered training intervention aimed at stimulating job crafting behaviour among post-retirement workers. The intervention, which is currently ongoing, will help to pilot ways to encourage job crafting in this group.



Dr Maria Karanika-Murray

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