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| Host department: Exeter |
| Project Title: |
| Life space mobility and well being of care home residents |
| Proposed supervisory team:  Names and areas of expertise to be included  Prof Vicki Goodwin, University of Exeter, clinical and research expertise in ageing and rehabilitation, mixed methods, intervention development and evaluation  Dr Abi Hall, University of Exeter, physiotherapist, expertise in ageing and dementia, qualitative methods  TBC- co-supervisor from another member of SPCR |
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| Potential for cross consortium networking and educational opportunities: |
| Inclusion of underserved populations in research  Underpinning future research involving care homes  Bridging research across NIHR Infrastructure (ARC, SPCR and SSCR) with opportunities to link with the Cross-ARC Care home network [The Cross-ARC Care Home Network | ARC East of England (nihr.ac.uk)](https://arc-eoe.nihr.ac.uk/cross-arc-care-home-network)  Building new relationships across SPCR |
| Project description:  Background: Mobility is more than just walking. It is the ability to move around in an environment including the home, the community and beyond and can be defined in terms of ‘life space’. Mobility may be undertaken independently, using assistive devices (such as a walking aid), with help from another person or using transportation. Research on mobility in care homes has tended to focus on walking, physical activity and activities of daily living within the care home environment. There is limited research on broader concepts of mobility and life-space outside of the care home environment. Being outdoors and trips outside the care home to improve residents’ well-being were identified for future research by care home residents as part of engagement activities we have undertaken with care homes and residents’ families.  Aims: To develop an intervention to improve life space mobility amongst care home residents.  Methods: Mixed method systematic review of factors that affect the life space mobility of care home residents; Qualitative interviews/Focus groups with staff, care home managers, residents and family members to understand what life space mobility contexts they feel are important and what may help/hinder life space mobility in care homes; iterative co-development and co-design of approaches to support life space mobility to promote wellbeing amongst care home residents; initial feasibility and acceptability testing of the intervention. |

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| Training and development provision by host: |
| Formal training:  A personalised training and development plan will be informed by training needs analysis completed by the PhD researcher in month 1. Training will focus on specific project needs such as evidence synthesis, qualitative methods and complex interventions, as well as personal development and leadership. |
| Informal training:  The supervisory team will meet formally each month to plan and discuss progress. Additional informal meetings will take place as required with individual supervisors. The student will be supported to identify a mentor external to the supervisory team. The PhD research will benefit from the supervisors’ networks and multidisciplinary expertise within the University of Exeter’s Faculty of Health and Life Sciences and externally. They will have the opportunities to attend seminars, join the early career researcher network and be part of the Ageing Research Group. As NIHR Academy members, the PhD researcher will have the opportunity to attend NIHR Academy and SPCR training and networking events and apply for additional funding to develop networks and new skills. |
| PPIE:  The topic for this proposal was came from a stakeholder engagement session involving care home staff, residents and family members. Engagement with care home residents, families, staff and managers will be embedded throughout the PhD contributing to design, interpretation and dissemination. Prof Goodwin leads the PPIE for the NIHR National Priorities Programme for Ageing, Dementia and Frailty. The supervisory team have extensive experience of involving public contributors to research including those living with dementia and carers. |