

# DREAM

## Project Update



As we are coming to the end of the year and the last third of the project (end March 2023) we would like to thank everyone once more who has worked with us to develop and shape DREAM.

We are especially thankful for your commitment, time and flexibility to this fast-moving project.

## PROJECT UPDATE:

In the last months Julie and Jess have continued to scan existing literature to see whether there are any tools that can assess things like balance and cognition at home. Our advisory groups have been helping to establish whether these tools are usable and acceptable for older people and practitioners.

Aseel has been interviewing healthcare professionals and older people about their experience of healthcare and support for the older population. Aseel has been analysing these interviews and would like to share some of her findings with our stakeholder and public advisory group in December.

Since we received additional funding to run a survey that explores the scope of Advanced Practitioners, Vicki has started to work on the development of the survey and met with our advisory groups to inform this work. We now have a new member of staff, Sam Febrey, who will continue to develop, run and analyse the survey. Welcome Sam!

In September, the DREAM core group met in person to start working on a logic model (a model to describe the projects resources, activities and planned outcomes) for a future programme that tests an enhanced Comprehensive Geriatric Assessment (eCGA).



*Sam Febrey*

Tim, our public partner in the core group, has kindly shared his reflections about the day:



## TIM'S REFLECTIONS

**F2F IRL with the DREAM team in Exeter**

There's an in-joke in my family about how we hate TLAs – our own three-letter acronym for three-letter acronyms. Many are useful abbreviations of course. Text-speak like OMG, TMI or IRL (oh-my-god, too-much-information, in-real-life) is familiar to most of us, while other blocks of initials – HMRC, DWP, NHS – are unavoidable FOLs, facts of life.

But in my role as PPI co-lead with DREAM (Patient and Public Involvement: I still have to look it up) I'm having to cope with a bewildering alphabet soup of Healthcare Professional shorthand. As a musician I'm familiar with my own insider TLAs like BPM (beats per minute) or DAW (digital audio workstation), so I'm not complaining. The HCPs all know what they're talking about when they use time-saving acronyms like PDG, OPAL and PICO. Unfortunately, I don't.

So when we had the in-person team meeting last September, an unexpected benefit for me was the chance to come to grips with a few of the more common ones. Central of course is eCGA, and even I've got this now: enhanced Comprehensive Geriatric Assessment, the whole point of DREAM (still have to look that one up). I won't list any others, but Julie, Vicky and everyone kindly translated for me when that bewildered TLA look came over my face, so I'm now able to make some decent guesses at what certain letters might stand for: F for Frailty, A for Activities, L for Leather. I mean Living. I was happy to learn too that PRISMA 7 is neither a computer game nor an electric scooter, but a well-known frailty scale.

More importantly, it was lovely to meet the team in person, in real life, IRL. Communication was much easier than on Teams for one thing, and it was a valuable opportunity to make personal connections, to chat over lunch, to have time for jokes and stories as well as what was on the agenda.

The day also gave me my first experience of the new Elizabeth Line: a 7.00 a.m. journey from home in Peckham via Whitechapel to Paddington. The return journey in the late afternoon brought news resonant with our day's discussion of geriatric care. The voice of the Elizabeth Line driver (possibly a member of ASLEF, or of the NUR, he didn't say) came haltingly over the PA. I'm no royalist, but I couldn't help but be moved by the deep sense of loss that was clearly felt by this man announcing the death of the Queen. He had been proud to serve in her armed forces for twelve years, he explained, and was proud now to be driving trains on the line named in her honour. RIP E2R.

# MEET THE TEAM

## Aseel Mahmoud

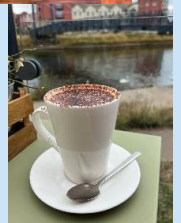


“I am a pharmacist in the background, I worked in community pharmacy for a year before I moved to academia and research.

I am from Jordan, my country is known for having the Rose City (Petra) which is one of the new seven wonders of the world.

I moved to the UK in 2017 and lived in Liverpool for four years before I moved to Exeter this year with my three daughters. I love coffee, Yoga and cooking new recipes.

I am enjoying the lovely nature in Exeter and walking on the Quay and Exmouth beach. I visited many cities in the UK; London, Edinburgh, Bath, Cardiff, North Wales, Manchester, Chester, Leeds and Birmingham. I am looking forward to visiting more places in the UK and enjoying the amazing sightseeing in Devon.”



## Tanya Hynd

As well as working for the DREAM team, I have a textile business making lampshades, textile art and decorations, I love it and find it so therapeutic working with fabric!



I am also an advocate for body positivity and alongside some other amazing women, the 'Wonders of Whimple', took part in a 'Calendar girls' type calendar raising funds for breast cancer and to enable secondary schools in Devon to show the film, 'Embrace', an inspired documentary about body image to their students. We raised over £4k allowing us to buy the licenses for several schools, helping hundreds of young women to have a positive attitude about their bodies.



Most exciting of all was what came next! We were approached by Gary Barlow's team, (the Gary Barlow of Take That) who were producing a theatrical version of calendar girls, asking if we would like to help with the marketing... the answer was of course 'YES!' so myself and three friends were whisked off to London to model for the 'calendar girls' posters that ended up in newspapers, buses and huge posters on theatres all over the UK! It was a wonderful experience that I will never forget!