

DEM-SAFE: PROMOTING BRAIN HEALTH AND REDUCING THE RISK OF DEMENTIA

Information Sheet

BACKGROUND

There are currently 944,000 people living with dementia in the UK. Due to a rapidly ageing population more and more people will be living with dementia in the future.

There is currently no cure for dementia, but we can make lifestyle changes to reduce our risk of developing dementia. There is currently a lot of misinformation about dementia, and we want to find out what knowledge people have about dementia and brain health.



We would like to invite people aged over 18 years, who are not currently providing care for an immediate family member (spouse, parent, grandparent) living with dementia, to fill out a survey concerning dementia risk factors.

What do we want to find out?

We are interested in finding out whether the public know what the dementia risk factors are and their knowledge about dementia. We are also interested in finding out how people feel about dementia risk and what would prevent and help them to change their lifestyle.

What is dementia?

The word dementia is used to describe a group of symptoms such as memory loss, problems with spatial awareness, personality changes, problems with communication and judgement. There are lots of different types of dementia and the most common type is Alzheimer's Disease.

What do I have to do?

You can fill out the questionnaire whatever way suits you best.



We can send a paper copy which you can complete at home. Or you can continue with this online version. Whichever method you use, it shouldn't take longer than 20 minutes. Please get in touch if you have any questions. **By completing a questionnaire, you agree to be part of the project.**

Please only complete this questionnaire if:

- Aged over 18 years
- Are **NOT** currently a carer for an immediate family member (parent, spouse, grand parent) living with dementia
- You currently live in the UK

What will be done with the information?

The findings will help us to identify current knowledge of dementia risk factors in the general public. This will enable us to design an information programme to improve understanding of dementia risk factors and how to improve your brain health. The results of this project will be written up as reports and presented at conferences. No personal details will be used.

My English is not very good, can I still take part?

Yes! The team can speak and understand a number of languages including Hindi, Urdu and Punjabi. Please get in touch if you need support to complete the questionnaire.



For more information and study updates about DEM SAFE

You can follow us on Twitter:

@DemSAFE_Study

Our website:

<https://www.bradford.ac.uk/dementia/research/current-projects/dem-safe/>



What are the risks and benefits of me taking part?

It might be possible that you find responding to questions about your future risk of developing dementia upsetting . If you become upset, you have the choice not to finish filling out the questionnaire.

Will my taking part be kept private?

Yes! All your information will be kept confidential. Until the project is completed, we will store your completed questionnaire in a secure place separate place from your personal details, and then information will be deleted. We will not include any personal details in reports based on the information you have provided.



WHO WE ARE

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Ethics

All research is looked at by an independent group of people, called a research ethics committee to protect your interests. Ethics approval has been granted by the Chair of the Humanities, Social and Health Sciences Research Ethics Panel at the University of Bradford on 26/10/23.

Complaints

If you want to complain about how researchers have handled your information, you should contact the chief investigator: Dr Sahdia Parveen (see details above). If you are not happy after that, you can contact the Data Protection Officer. The research team can give you details of the right Data Protection Officer. The data protection officer at the University of Bradford is Alison Jones and her email is data-protection@bradford.ac.uk

If you are not happy with their response or believe they are processing your data in a way that is not right or lawful, you can complain to the Information Commissioner's Office (ICO) (www.ico.org.uk or 0303 123 1113).