



***THE Awards 2019 – Research Project of the Year: STEM***

Institution/Nominee	University of Exeter
Title	The WHELD programme – dementia in care homes
Submission	<p>In the UK, 350,000 people with dementia live in care homes, making up some of the most vulnerable people in society. Research has shown that the average care home resident gets just two minutes of social interaction within a six-hour period.</p> <p>Social interaction is a key factor in improving wellbeing and reducing cognitive decline in later life. The Improving Wellbeing and Health for People with Dementia (WHELD) trial is the first study of its kind to show benefits to quality of life for people living with dementia in care homes.</p>