

Research Assistant Moïse Roche enjoyed success at the recent prestigious Health Services Research UK conference in Nottingham.

A poster outlining Moïse's work, as part of our [\*\*\*Improving care of people with memory problems in Black African and Caribbean groups\*\*\*](#) study won the People's Poster Prize at the event – as voted by attendees.

# “Getting help for forgetfulness”

A tailored evidence-based intervention for timely diagnosis of dementia in Black African and Caribbean elders: a feasibility randomised controlled trial

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## Background

- In both US and UK, the prevalence of dementia is higher and its onset earlier in Black African and Caribbean elders (BACE) compared with their White counterparts.
- BACE access dementia services later in the course of their illness, often in response to crisis, and are less likely to take part in research trials of novel therapies.
- In most countries, a timely diagnosis of dementia is recommended because therapeutic interventions are more effective in the early stages of dementia. Also, it facilitates access to health and social care, prolongs independent living, allows patients and carers to maintain good quality of life for longer, and reduces crises and costs.

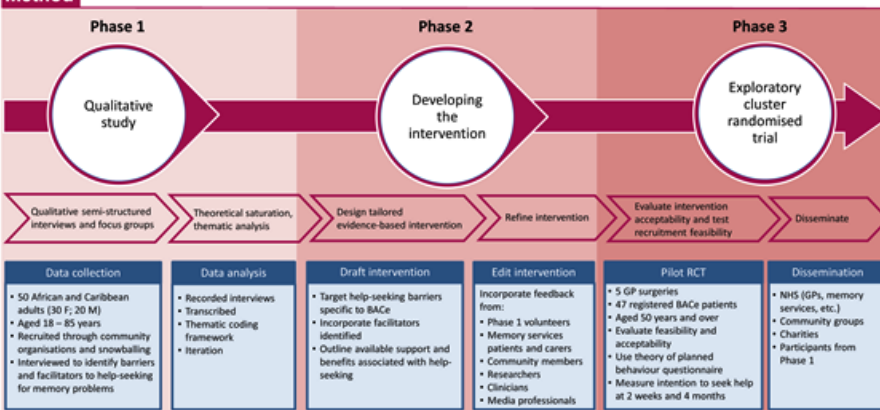


## Aim

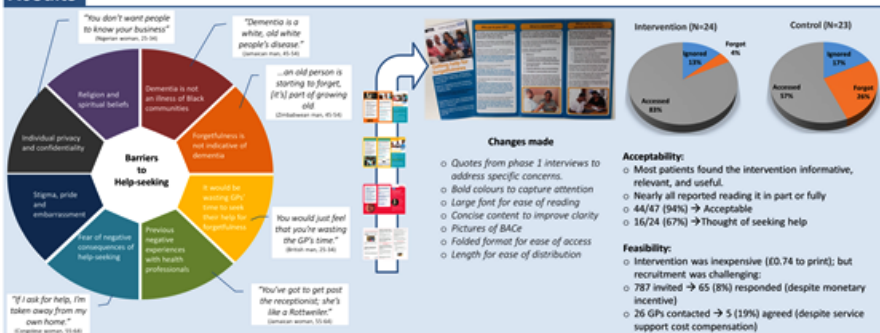
- To develop and evaluate acceptability of a tailored evidence-based intervention that facilitates timely help-seeking for dementia in BACE, and test feasibility of recruitment.
- To evaluate the impact of the intervention on attitudes and intentions to seek help for memory problems in an exploratory cluster randomised controlled trial.



## Method



## Results



## Conclusions

In light of the recruitment challenges, the potential costs, and the fact that the tailored leaflet show no evidence of harm, we found it proportionate to make it available to NHS, community and charitable organisations without the benefit of a full scale RCT.

Tailoring interventions to specific cultures may have both long and short term benefits in raising awareness and providing information to facilitate timely diagnosis of dementia in high risk groups.

The “Getting help for forgetfulness” leaflet has been in high demands around the UK and is available to order through the contacts in the section below.



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Follow CLAHRC North Thames @CLAHRC\_N.Thames

**Our research partners:**  
Funders: NIHR CLAHRC  
Researchers: NHS and UCL  
Communities: African and Caribbean adults around Greater London and Brighton.  
Patient and Public Involvement from individuals and organisations.

Camden and Islington NHS Foundation Trust

Collaboration for Leadership in Applied Health Research and Care North Thames

Congratulations to Moïse!



Gill Livingston @Gill\_Livingston · Jul 6

Great poster @martialroche. Improving black elders access to dementia services @Naaheed\_Mukadam @CLAHRC\_N\_Thames @UCLPsychiatry @CI\_NHS



Moïse Martial Roche @martialroche

Many great studies & posters #HSRUK17 @Gill\_Livingston @UCLPsychiatry @CLAHRC\_N\_Thames @IDEMCareProject @UCLDementiaMSc

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Moïse Martial Roche

@martialroche

Following

Replying to @Gill\_Livingston @CLAHRC\_N\_Thames and 3 others

Delighted that our poster was awarded the new people's poster prize #HSRUK17

