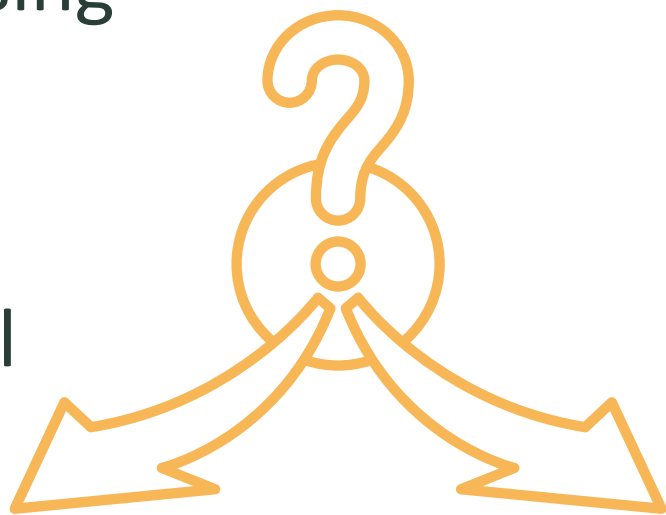


# Lifecourse predictors of increasing care needs in the Lothian Birth Cohort 1936

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## Background

- Older adults, especially those with cognitive impairment or dementia, have increasing health and care needs as they age.
- When and how individuals respond to changes in their cognitive and physical abilities remain unclear.



## Research Gap

- Lack of understanding of how lifecourse factors influence care decisions.
- Unclear which factors predict the need for increasing care at home.
- Limited insight into the ultimate decision to transition to an alternative home with 24-hour care.

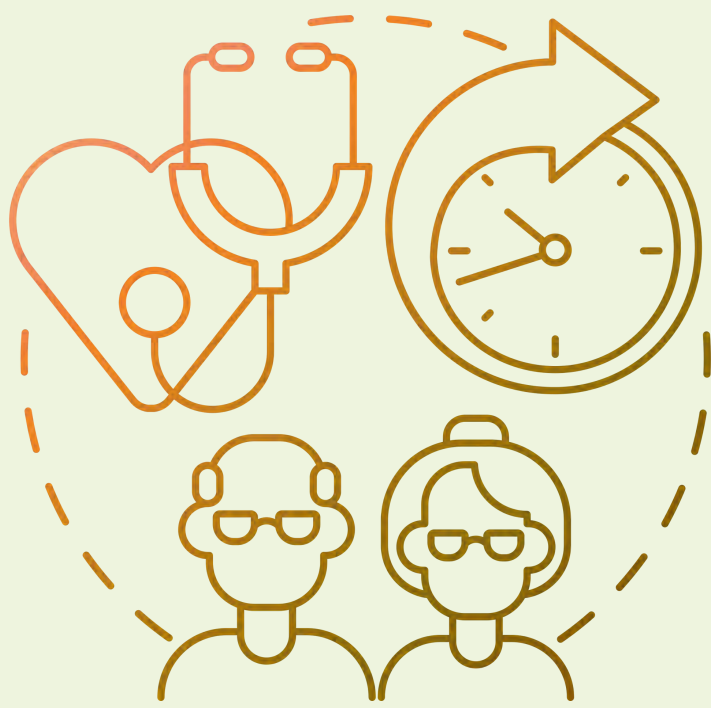


## Aim

To investigate how individuals make decision about when and how to access increased care, using health and care information across the lifecourse.

## Objectives

- **Identify lifecourse predictors of care needs** for individuals with varying health conditions, including dementia, cognitive impairment, and those without a diagnosis.
- **Understand individuals’ decisions** regarding when and how to access care, including transitioning care needs at home and the ultimate decision to transition to a care home.
- **Examine relationships** between lifecourse predictors and the decisions to access increased care.



## Methods

### Study population



**Lothian Birth Cohort 1936**  
A well-phenotyped longitudinal study of ageing, including older adults with dementia, mild cognitive impairment, and healthy cognitive ageing<sup>1</sup>.

### Mixed methods approach

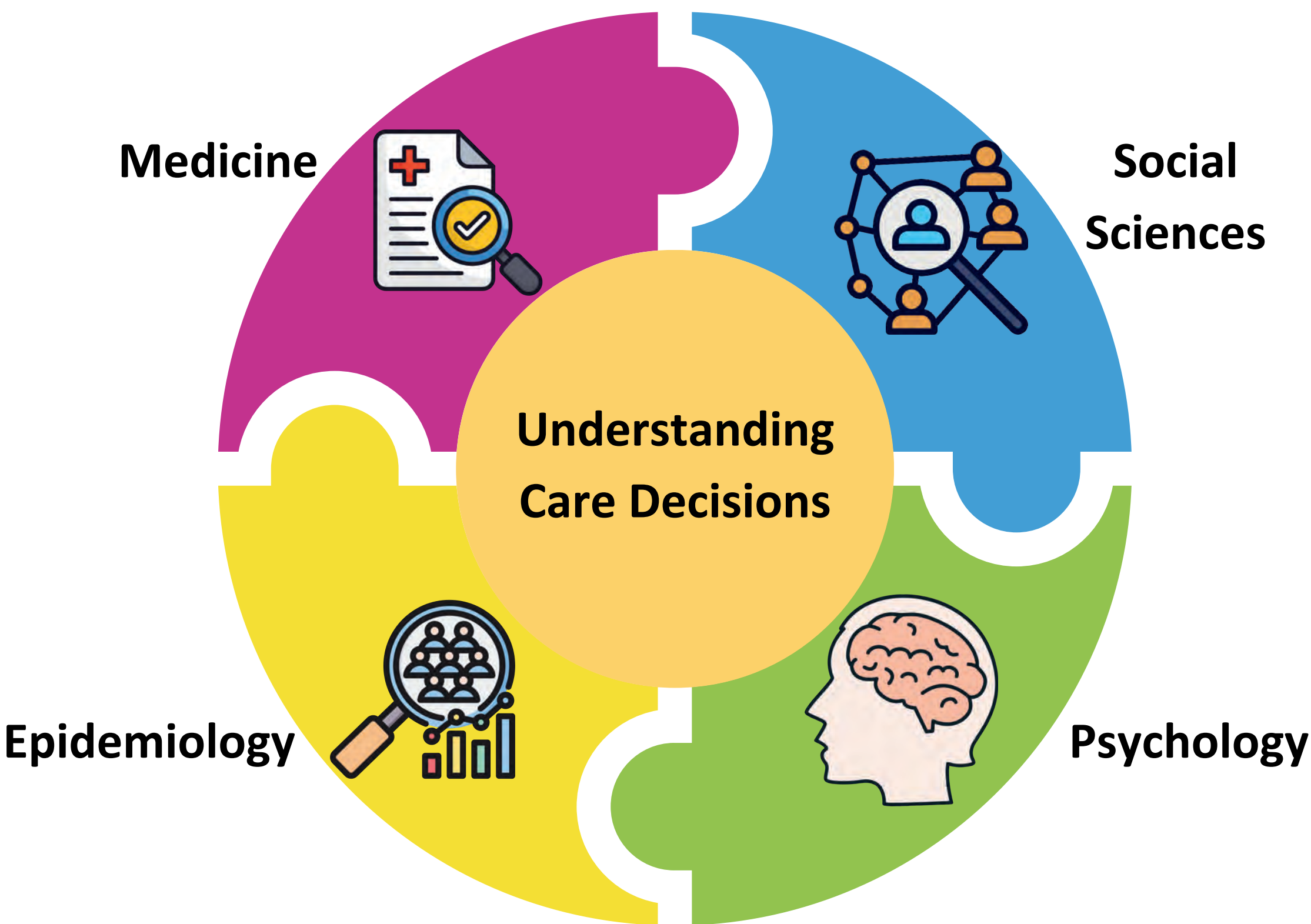


**Qualitative:** Interviews to gain insights into decision-making processes.



**Quantitative:** Statistical analyses of longitudinal data.

## Interdisciplinarity



## Implications



- Improve the quality and sustainability of later-life care provision while reducing the care burden.
- Inform the development of personalised, affordable care environments based on Individuals’ wishes, priorities and needs in later life.