

# Ageing and Multi-morbidity (AMM) theme

## Information Sheet

### Ageing and Multi-morbidity theme

The Ageing and Multi-morbidity theme aims to improve how older people and anyone living with multi-morbidity are supported by health and social care and their local communities to keep well and be active members of their communities.



### Our aims

- To work in collaboration with partner ARCs and local patient and community groups to combine knowledge and resources and maximise impact.
- Engage with key partners in the 4 'populations in focus' and others across the East of England
  - City of Peterborough and Fenland
  - Great Yarmouth and Waveney
  - Stevenage
  - Thurrock
- Develop individuals, teams and organisations research capacity and increase patient and community engagement and participation.

## Current priority areas

- Optimisation of medicines for people living with multiple health problems.
- Community engagement and support for people affected by dementia.
- Research with care homes.
- Research with assisted technology.



## What is ARC East of England?

The NIHR ARC East of England is a five-year collaboration between researchers, NHS Trusts, local governments, charities and industry partners across the region. We aim to improve care by undertaking applied research which supports NHS and Social Care staff to change practice and look at whether care and treatments are effective and provide good value.

## Who can I contact for more information?

**Dr Krystal Warmoth** (Research Fellow),

University of Hertfordshire. Email: [k.warmoth@herts.ac.uk](mailto:k.warmoth@herts.ac.uk)

Areas of interest: Care home research; Older people with complex health needs; Frailty; Deprescribing (stopping or reducing medicines).

**Dr Sion Scott** (Senior Research Associate)

University of East Anglia. Email: [Sion.Scott@uea.ac.uk](mailto:Sion.Scott@uea.ac.uk)

Areas of interest: Secondary care deprescribing; Behavioural medicine; Qualitative research.

**Nicole Darlington** (Senior Research Assistant)

University of Hertfordshire. Email: [n.darlington@herts.ac.uk](mailto:n.darlington@herts.ac.uk)

Areas of interest: Older people with complex health needs; community engagement and involvement; social networks of people living with dementia.