

**Clarissa Giebel**

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# **“What makes people with dementia get lost in the supermarket? Relating cognition to everyday functioning”**

## **Seminar Presentation**

The ability to perform instrumental and basic activities of daily living (IADLs and ADLs) deteriorates early in dementia and affects both the person with dementia and their carer. In order to develop effective cognitive interventions aimed at maintaining or improving independence for as long as possible, evidence-based models of the relationship between cognition and everyday activities need to be developed. However, little, if any, work on this has been done to date.

This seminar will present findings from Clarissa’s PhD into relating cognition with everyday activities in dementia. As part of this investigation, an in-depth IADL scale was designed and tested in a two-stage process. In a study of 183 informal carers, findings suggested significant variations between initiating and performing an activity, whilst an analysis of 33 people with dementia has shown how various types of cognition are associated with initiating and performing IADLs, such as preparing a hot drink and a hot meal with processing speed. Possible implications of these findings will be discussed.

## **Brief Biography**

Clarissa Giebel is a Research Assistant at the Personal Social Services Research Unit and a final-year PhD Student in the School of Psychological Sciences at The University of Manchester. She has over five years of work experience in dementia research, and has worked on a variety of projects, including a European programme on the transition from community into long-term care; a study looking into the barriers and facilitators of dementia service uptake in South Asian minority groups; and currently a large-scale NIHR programme into effective home support. Her PhD looks into the relationship between cognition and everyday activities in dementia, which involved developing and validating an intricate IADL scale. Her goal is to develop an evidence-based cognitive intervention in this field.

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**Free. All welcome. No need to book. If you are attending from outside the University, please check the seminar is taking place.**