

How can I get involved?

Please ask your hospital doctor, nurse or healthcare professional about clinical trials or other health and care studies that may be suitable for you.

The decision to take part in research is always voluntary and your care will not be affected whether you take part or not. Additionally, you can change your mind and withdraw from the study at any time and you do not have to provide a reason.

Care of the Elderly Charity Fund

If you would like to financially support the Care of the Elderly Research Team, please consider donating to the Care of the Elderly Charity Fund (Royal Berks Charity).



Your generosity can help to fund initiatives in research and support staff training.

Who can I speak to for more information?

If you are enrolled in a study, you will be given information on how to contact the research team directly.

For general information, contact the Trust's Research and Innovation (R&I) Team:

Email: ResearchAndInnovation@royalberkshire.nhs.uk

Tel: **0118 322 8140**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Elderly Care.

Dr Aubretia McColl, Consultant Physician,
Elderly Care Medicine, September 2025

Next review due: September 2027



Older adults in clinical research studies

Information for patients, relatives and carers

This leaflet explains what research is, the importance of research in older adults and how you or your relative can get involved.

What is clinical research?

Clinical research is the way we find new and better ways to detect, diagnose, treat, and prevent disease. There is good evidence to show that hospitals actively involved in clinical research have better clinical outcomes for patients. Therefore, this Trust aims to provide all patients with equal opportunity to participate in relevant studies.



Research and older adults

Older adults are under-represented in clinical research studies. This is in part due to worries about how medication may affect you, concerns about ability to consent for the study (e.g. due to dementia) or difficulty in attending the follow-up appointments (due to problems with mobility / transport).

Ageing affects all parts of the body and treatments for diseases / conditions that work in younger adults may not work the same for older adults, so it is important that we do research to find out why this is.

In addition, some conditions are much more likely to affect older adults (such as dementia and Parkinson's) meaning we need to do more research in older adults for those conditions.

Research and dementia

Dementia affects more than 850,000 people in the UK and only through research can we understand what causes dementia, develop effective treatments and improve the care of those living with dementia.

For research to make progress, we need more people with and without dementia to take part in vital studies. Patients who are unable to consent (e.g. due to their dementia) can still take part in some research studies (depending on ethical approvals and with support from their relatives or carers).

The National Institute of Health Research (NIHR) in the UK has set up a database for people who wish to be considered for research in dementia. Please visit their website for more information:

www.joindementiaresearch.nihr.ac.uk/

Who will carry out the research?

Your hospital team can tell you about research studies that may be right for you. The Royal Berkshire Hospital's dedicated Research and Innovation (R&I) Team will then support you and the clinical team caring for you. Some of the studies may involve other hospitals, even in other countries, as higher numbers of patients improve the quality of research.