

Studies

[Process evaluation of APPLE-Tree \(active prevention in people at risk of dementia through lifestyle behaviour change and technology to build resilience\): dementia prevention study focused on health and lifestyle changes](#)

The intervention supported behaviour change, through increasing knowledge and providing space to plan, implement and evaluate new strategies and make social connections. Feedback indicated that the intervention was flexible and inclusive of diverse preferences and needs.

[Physical Activity Over the Adult Life Course and Risk of Dementia in the Framingham Heart Study](#)

In this cohort study of adults in the Framingham Heart Study Offspring cohort, higher levels of midlife and late-life physical activity were associated with similar reductions in risk of all-cause and AD dementia. These findings may inform future efforts to delay or prevent dementia through timing interventions during the most relevant stages of the adult life course.

Policy

[Alzheimer's Policy & Impact Playbook: A Strategic Framework and Tactical Guide for Driving Awareness, Funding, and Access in the Alzheimer's Advocacy and Policy Community](#)

This Playbook is built on the collective experience of Alzheimer's disease experts, advocates, policymakers, healthcare professionals and leaders from other disease areas—capturing what has worked, what hasn't, and why. By learning from the successes and challenges in fields like HIV/AIDS, cancer, cardiovascular disease, diabetes, and others, we can apply proven strategies to accelerate progress in Alzheimer's disease advocacy and policy. The Playbook is built to support advocacy at every level and synthesizes findings from expert convenings, policy research, cross-disease lessons, and lived experience.

Webinar

[Beyond age-appropriate – tailoring services for the individual with young onset dementia and their family](#)

At our webinar on Wednesday 25th February 2026, Maud Ritzen, PhD student at Alzheimer Centre Limburg, Maastricht University, Netherlands, will present how the needs of people with young onset dementia vary depending on dementia subtype, stage and living situation. She will explain how understanding this context shapes the types of support that is most needed and how these insights can be utilised in practice.

News

[Crossing the brain's protective barrier – the next generation of dementia treatments](#)

The blood-brain barrier acts as a gatekeeper restricting what can and cannot reach the brain. Researchers are now designing the next generation of antibody treatments to cross the blood-brain barrier more effectively.

[Promising research into shingles vaccine as a treatment for Alzheimer's disease](#)

A new study, funded by Alzheimer's Society, has identified three existing medications that could be repurposed to treat or prevent Alzheimer's disease.

[UK charity records original music by people living with dementia](#)

Project aims to unlock memories and sensations for participants while creating nine-track CD, recorded at Glyndebourne.

[Pinprick blood test could detect disease 10 years before symptoms appear, study finds](#)

The world's largest study into key substances in the bloodstream has paved the way for a swathe of pinprick tests that can detect early signs of disease more than a decade before symptoms appear, researchers say. Work on the tests follows the completion of a project by UK Biobank to measure the levels of nearly 250 different proteins, sugars, fats and other compounds in blood collected from half a million volunteers. The complex molecular profiles give a detailed snapshot of each person's physiology, and when combined with medical records and death registries, allow scientists to predict the risk of a host of diseases from diabetes and heart disease to cancer and dementia.

[Dementia is still UK's biggest killer – where do we go from here?](#)

New analysis from Alzheimer's Research UK has revealed that dementia remained the UK's leading cause of death in 2024, killing more people than heart disease, stroke or lung conditions.

[Could diabetes and weight loss drugs treat Alzheimer's disease?](#)

You may have seen the recent news about diabetes drug semaglutide – a GLP-1 receptor agonist given as an injection in medicines like Ozempic and Wegovy – being tested in a pill form for the treatment of early Alzheimer's disease. The results are now in: semaglutide did [not slow disease progression](#) in people with early Alzheimer's. But researchers did notice some changes in certain biological signals linked to the disease.

[Brain-healthy gifts to bring home this Christmas](#)

The festive season is a time to come together and spend time with the people you love. Are you looking for presents that truly make a difference? Here are some thoughtful gifts that help your loved ones support their brain health this Christmas and into the new year.

[Christmas gifts for people with dementia](#)

Our dementia specialist Admiral Nurses have put together suggestions for appropriate Christmas gifts for people with dementia. These gift ideas are grouped according to the different stages of dementia, focusing on presents that stimulate the mind or senses – and most importantly, have the person's identity at heart.

[The aftermath of Christmas with dementia](#)

Christmas can be a hectic time for everyone and often generates a range of emotions. Some people find it exciting and uplifting; others can find it overwhelming and difficult to manage. And if someone is living with dementia, Christmastime can provide additional challenges for them and their family. A dementia specialist has put together some tips to help you navigate the aftermath of Christmas.



NHS
Mersey Care
NHS Foundation Trust

10 December 2025

[Christmas activities for people living with dementia](#)

Making Christmas inclusive for people with dementia is less about new ideas and activities and more about keeping to traditions and things the person enjoys. Our dementia specialist Admiral Nurses have put together some ideas on how you can adapt Christmas activities for a person living with dementia.

[Innovative brain health clinic has now assessed 500 patients and improved accuracy of dementia diagnosis](#)

One of the UK's first Brain Health Clinics is marking two major milestones as it celebrates five years since it launched and more than 500 patients using its services.

