

Study

[Late-onset depression predicts cognitive impairment and subsequent dementia among older adults with major depressive disorder: findings from UK Biobank and primary care linked data](#)

Late-onset depression showed more severe impairment in fluid intelligence compared with LLD-EO. Late-onset depression was associated with increased incident dementia compared with depression-free individuals.

Public advice

[Diagnostic clinic leaflet](#)

Young Dementia Network has collaborated with people with young onset dementia, their family members and professionals who work within the field to create a leaflet that informs people of the national organisations which may be able to offer support and information.

Blog

[Encouraging earlier conversations about brain health: a case study on MoCA-Xpresso](#)

ADI is pleased to invite [MoCA Cognition](#), a Canadian company led by Dr. Nasreddine, focused on research and innovation of cognitive assessments grounded in the Montreal Cognitive Assessment (MoCA), to share their recent case study of a newly developed tool: MoCA-Xpresso. The tool highlights encouraging data that demonstrates how diagnostic screening tools could enable greater engagement between medical practitioners and those seeking an early diagnosis.

News

[Restraining and sedating dementia patients 'routine' in hospitals in England, study finds](#)

People with dementia are being subjected to restraints and non-consensual sedation while in hospitals in England, according to the first study of its kind. These restrictive practices were found to be an "embedded aspect of routine ward care", according to the analysis, with such examples including dementia patients having their bedside rails raised, doors and pathways blocked by furniture, experiencing verbal commands to sit down or go back to bed, and physical interventions such as non-consensual sedation. The report, by academics at the University of West London, involved analysis of 225 days of ethnographic observation across nine NHS wards in England alongside more than 1,000 interviews with healthcare professionals.

[Louise Casey: England's social care system faces 'moment of reckoning'](#)

England's "creaking" adult social care system is confusing and impenetrable to the people that rely on it and held together with "sticking plasters and glue", the head of a government-commissioned [review](#) has said in a withering critique. Louise Casey said the country faced a "moment of reckoning" over its failure to effectively and fairly meet the needs of Britain's ageing population and rising numbers of people with chronic conditions such as dementia and Alzheimer's.

[Using stories to improve quality of life after a dementia diagnosis](#)

Dementia affects not only memory and cognition, but identity, relationships, confidence, and wellbeing. In this blog, Linda O'Raw, LEND Programme Manager, writes about the Lived Experience Narratives in Dementia (LEND) Programme. [The LEND Programme](#) was created to address this gap, by placing the voices of people with dementia and carers at the heart of research and innovation.

[Fighting Inflammation May Help Protect Your Brain](#)

Doctors increasingly recognize the role that inflammation plays in many diseases of aging, including heart disease and diabetes. Now a new study adds to growing evidence that the simmering irritation of chronic inflammation is a major contributor to Alzheimer's disease as well.

[Brain Training Games May Have Long-Term Benefits](#)

Older men and women who completed five to six weeks of a computerized brain training program showed benefits up to two decades later, according to a new report. The study found that those who engaged in a program designed to speed the brain's processing were less likely to develop Alzheimer's disease years down the road.

[2 to 3 Cups of Coffee a Day May Lower Your Alzheimer's Risk](#)

A large new analysis found that people who drank two to three cups of caffeinated coffee a day had lower chances of developing Alzheimer's disease or other forms of dementia than their peers who drank little or no coffee. Tea also appeared to provide a brain boost. Drinking one to two cups of caffeinated tea a day was associated with a lower risk of dementia, though decaffeinated beverages did not provide the same brain benefits.

[Lifelong Mental Stimulation May Protect Against Alzheimer's](#)

Staying mentally engaged throughout life may lower your risk of developing Alzheimer's disease in old age, according to a new analysis. The study found that people who pursue lifelong learning activities like reading and writing or learning a new language had a lower risk of Alzheimer's disease. They also showed slower declines in memory and thinking skills as they aged.

[Highlighting the financial impact of young onset dementia and the vital role of social workers](#)

The [DYNAMIC research project](#) about social care planning and provision for people with young onset dementia and their families in England took place from 2023-25. It was funded by the NIHR Research for Social Care programme. As part of the project, the Young Dementia Network created a short animation to raise awareness of how effective [financial guidance from social care staff](#) for people affected by dementia in mid-life can help to reduce stress and financial costs for the person, their family and services. It also created a second animation to [raise awareness among social care staff](#) about the social care needs of people with young onset dementia and their families.

[Potential use for blood biomarkers in dementia diagnosis where medical resources are limited](#)

Blood biomarkers are highly accessible for use in diagnosis, and there is very strong potential for them to be valuable in low- and middle-income countries (LMICs) where they can be scalable and extend accurate diagnosis.

elderly vascular geriatrics
Alzheimer's environment
cognition early onset lewy bodies support
fronto-temporal dementia
research memory old age



NHS

Mersey Care
NHS Foundation Trust

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[Early accumulation of tau varies between neurodegenerative](#)

New research led by Prof Sir David Klenerman and Dr Dorothea Böken (UK DRI at Cambridge) reveals insight into how the accumulation of toxic tau protein varies early on in different neurodegenerative conditions. The study, published in Cell Reports, could inform the development of new biomarkers and targeted therapeutics.

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

At our February 2026 webinar, Maud Ritzen, a PhD student at Alzheimer Centre Limburg, Maastricht University, presented how the needs of people with young onset dementia vary depending on dementia subtype, stage and living situation. She was joined by Dr Suzanne Heron, Lecturer in Mental Health Nursing, University of the West of Scotland, who explored the concept of 'age-appropriate support' and what will enhance age- and life-stage appropriate care in the future. You can view the recording now.

