

Studies

[Nutritional status, Mediterranean diet adherence, and quality of life in older adults with dementia: A cross-sectional study](#)

In older adults with dementia, nutritional status is independently associated with quality of life, whereas adherence to the Mediterranean diet shows no significant relationship with nutritional status or quality of life in this cross-sectional sample. These findings highlight the importance of routine nutritional assessment and individualized nutritional support in dementia care.

[SAFER-Dem: generating co-designed adaptations to a discharge care planning bundle for people living with dementia](#)

The SAFER-Dem care bundle was well received by stakeholders, showing promise for improving discharge quality for people living with dementia. Participants identified areas for improvement to enhance accessibility and effectiveness. Findings suggest that with further evaluation, SAFER-Dem could become a valuable tool in supporting dementia-inclusive discharge practices. Research and co-design with people living with dementia have been instrumental in understanding experiences during discharge.

[Association of diabetes severity with cognitive function in US adults: a cross-sectional analysis of the AI-READI multicentre cohort](#)

Previous epidemiological studies indicate that individuals with diabetes have a higher risk of cognitive impairment and dementia compared with non-diabetic individuals. A meta-analysis of longitudinal studies found that diabetes is associated with a 50% higher risk of developing Alzheimer's disease, a 21% higher risk of mild cognitive impairment and a 51% higher risk of any dementia compared with normoglycaemic controls. Similarly, a comprehensive review reported that diabetes confers 1.25- to 1.90-fold higher risk for cognitive impairment or dementia and suggested that even pre-diabetes and subclinical hyperglycaemia are linked to elevated risk of cognitive decline.

Guidance

[BGS key messages: Dementia and brain health](#)

We have published a new series of key messages on dementia and brain health. All of our key messages have been developed to provide members and multidisciplinary colleagues with topline information about specific issues relating to older people's healthcare.

Articles

[The Secret to Super-Ager's Brain Health](#)

What makes the brains of so-called super agers—those aged 80 and older who remain as mentally sharp as someone 30 years younger—so robust? It may be their ability to generate new brain cells, even into very old age. A new study found that super agers generate more than twice as many new neurons as their less mentally nimble peers.



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[10 Minutes to Better Brain Health - Fisher Center for Alzheimer's Research Foundation](#)

Older adults who regularly engaged in exercise sessions lasting at least 10 minutes at a leisurely pace had healthier brains than their sedentary peers, according to a new report. The findings add to growing evidence that even short periods of low-intensity exercise can help to keep the brain in good working order as we age.

Blogs

[Changing sleep patterns linked to cognitive decline and dementia](#)

Two large cohorts (one UK, one Chinese) found shifting from optimal to non-optimal sleep or stopping napping linked to higher dementia risk. But reverse causation limits certainty about prevention.

[What Alzheimer's and Parkinson's researchers can learn from each other](#)

Researchers from across the world have come together to share the latest developments in Alzheimer's and Parkinson's research. One of the clearest messages from the conference has been that these two conditions have more in common than once thought. Scientists are increasingly looking beyond symptoms and focusing on the underlying biology of disease. That shift is creating important opportunities to learn across traditional disease boundaries. No one field will solve these challenges alone and if researchers in Alzheimer's and Parkinson's can share knowledge, test ideas together and learn from each other's progress, we stand a better chance of speeding up the search for better treatments for people living with dementia and related conditions.

News

[£1m Longitude Prize awarded to AI smart glasses companion for people living with dementia](#)

[The Longitude Prize on Dementia](#) has awarded the £1 million grand prize to CrossSense, a personalised AI-powered assistant, developed for smart glasses, that identifies everyday objects and guides people living with early-stage dementia through daily activities, with the ultimate aim of supporting them to live safely in their own homes for longer.

[NHS spending watchdog to review evidence on Alzheimer's treatments](#)

NICE is to look again at whether new treatments for Alzheimer's disease should be made available on the NHS. An appeal found that National Institute for Health and Care Excellence (NICE) had failed to properly account for the wider impact of the treatments, including the heavy burden on unpaid carers, when calculating the cost effectiveness of the medicines. Both treatments, lecanemab and donanemab, will now return to a NICE committee for further consideration.

[Bridging the Dementia Care Gap: How e-DiVA Supports Families Where Help Is Hard to Find](#)

e-DiVA - the empowering Dementia Carers with an iSupport Virtual Assistant is a culturally adapted digital support platform designed with and for dementia carers across the Asia-Pacific region. It provides practical, easy-to-use guidance in multiple languages that helps carers feel informed, supported and less alone - no matter where they live or what language they speak.

