



## Law in action: Oluwatoyin's journey as an Individual Development Awardee (IDA)

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### Project name

Dementia, Sexuality and the Law: Is the Law striking the right balance?

### How long have you been in this role? What does it involve?

I have been a Consultant Psychiatrist for about 20-years, my work involves looking after individuals with mental health difficulties.

### What made you apply for an Individual Development Award (IDA)?

I have increasingly developed my scope as an Academic Clinician, and with my background in mental health law, I have felt the need to progress my work from addressing the "law in books" to the "law in action" as the law relates to provision of psychiatric care.

This award afforded me the opportunity to pursue this goal and I am extremely grateful.

### How easy did you find the process?

Very user friendly and well measured and straight forward.

### Where did you find out about it?

Through colleagues including Professor Najji Tabet, Professor of Dementia and Old Age Psychiatry and Director, Centre for Dementia Studies. Brighton & Sussex Medical School (BSMS) as well as Alisha O'Connor, who was working with the R&D team in my Trust (KMPT) at that time.



**Do you think this has made an impact in your work? Who is at the receiving end of this research?**

Yes, it has. The research findings are already influencing my daily clinical work, heightening my awareness of systemic ageism and intersecting biases such as ableism and mentalism. This has led me to redouble my efforts in pursuing strategies that enhance older adults' quality of life, uphold their autonomy, and ensure their meaningful social inclusion.

**What have been the highlights of the project?**

Broad acceptance of the need to review criminal and civil law in the area of sexuality in dementia, to enable People Living With Dementia to live as well as possible, despite the dementia, whilst also ensuring maximum protection from exploitation and abuse or degrading treatment etc.

**What have been the challenges?**

Logistics of carrying out the research whilst also engaged in full time work- but we did it and got the research findings published - [\*The Law, Dementia, and Sexuality—Is the Law Striking the Right Balance?\*](#)

**What kind of support did you get?**

Support was received in diverse number of ways including with logistics and contacts.

**What happens next?**

Further research on improving the welfare of older adults including People Living with Dementia.

**What advice would you give someone looking to take part in research who has never done research before?**

Seek mentorship and be dedicated to the cause.

**What qualities do you think you need to be a good researcher?**

Mentoring and dedication to the cause.