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North Wales Organisation for
Randomised Trials in Health & Social Care
Sefydliad Hysbysu-Deallusrwyddwr Iechyd
& Gofal Cymdeithasol Gogledd Cymru

PrAISED

Promoting Activity, Independence
and Stability in Early Dementia

DEMFIT

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This describes independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research (RP-PG0614-20007). The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.



DEMENTIA Friendly exercise Toolkit

The characteristics and core components needed to implement exercise classes for people living with dementia in the community. A mixed-methods study



- It is not a normal part of ageing
- “it’s not called getting old it’s called getting ill”
- Estimated 885,000 people living with dementia in UK in 2019



Economic Impact

Total Cost

£

34.7 Billion

Social Care Costs

£

15.7 Billion

Unpaid care

£

13.9 Billion



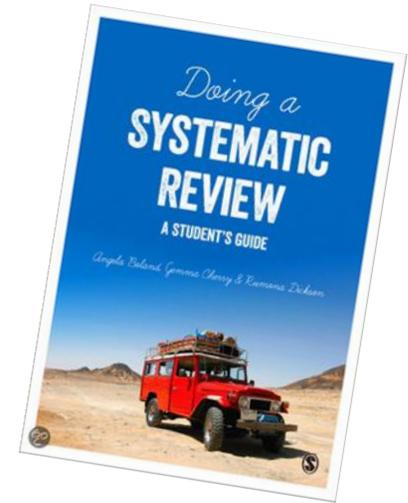
- Potentially improves physical function and psychological wellbeing.
- Systematic literature reviews shown that exercise can improve mobility, strength, mood and self esteem.
- Need to sustain to continue benefit.





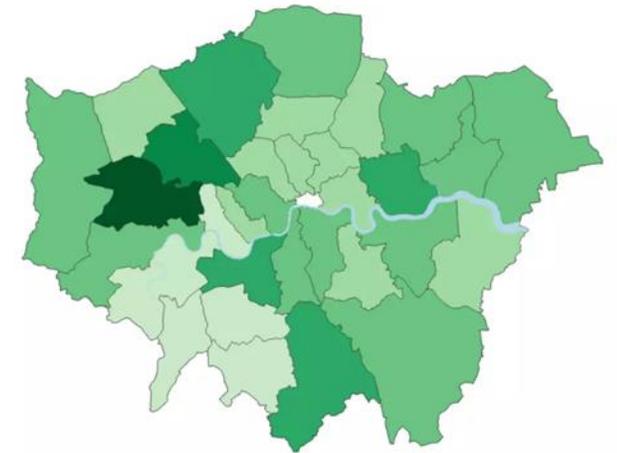
Mixed Methods Systematic Literature Review

- Effectiveness
- Barriers and Facilitators



Spatial Analysis

- Explore location with reference to population age, socioeconomic status and rurality





Mixed Methods Study: April 2019

- Observations
- Prospective Repeated Measures Cohort Study
- Focus Groups

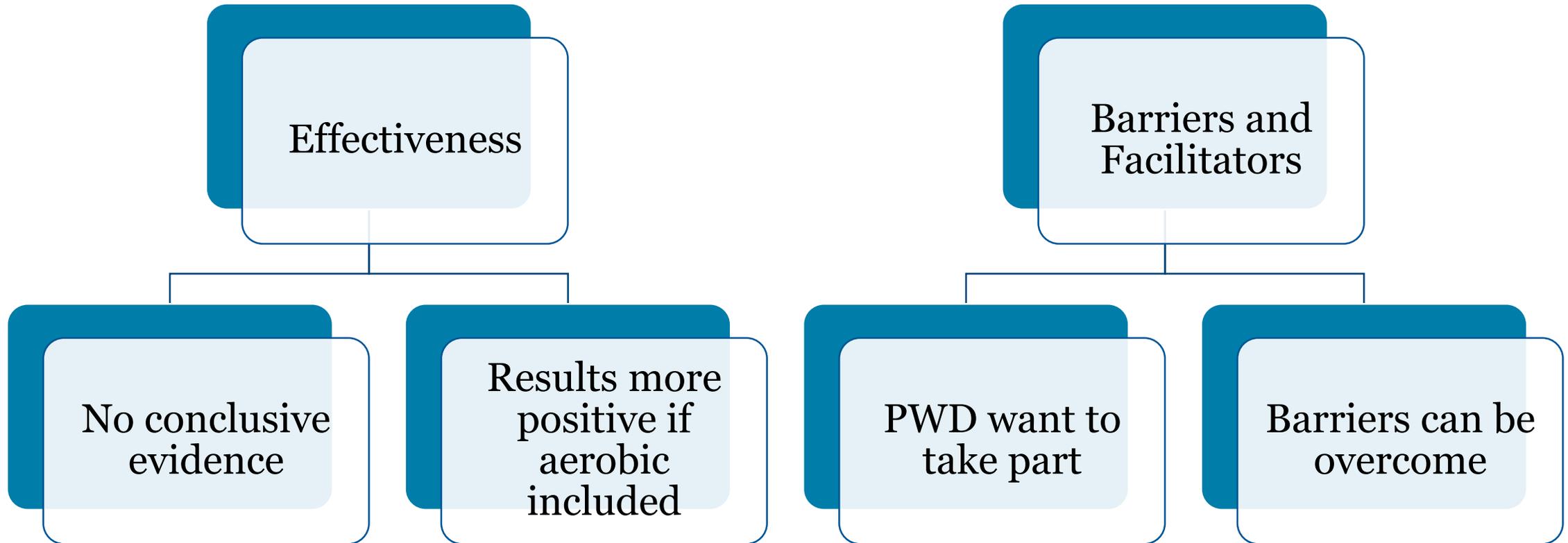


Ethnographic Study April 2021 – Jan 2022

- Observations
- Focus Groups and Interviews

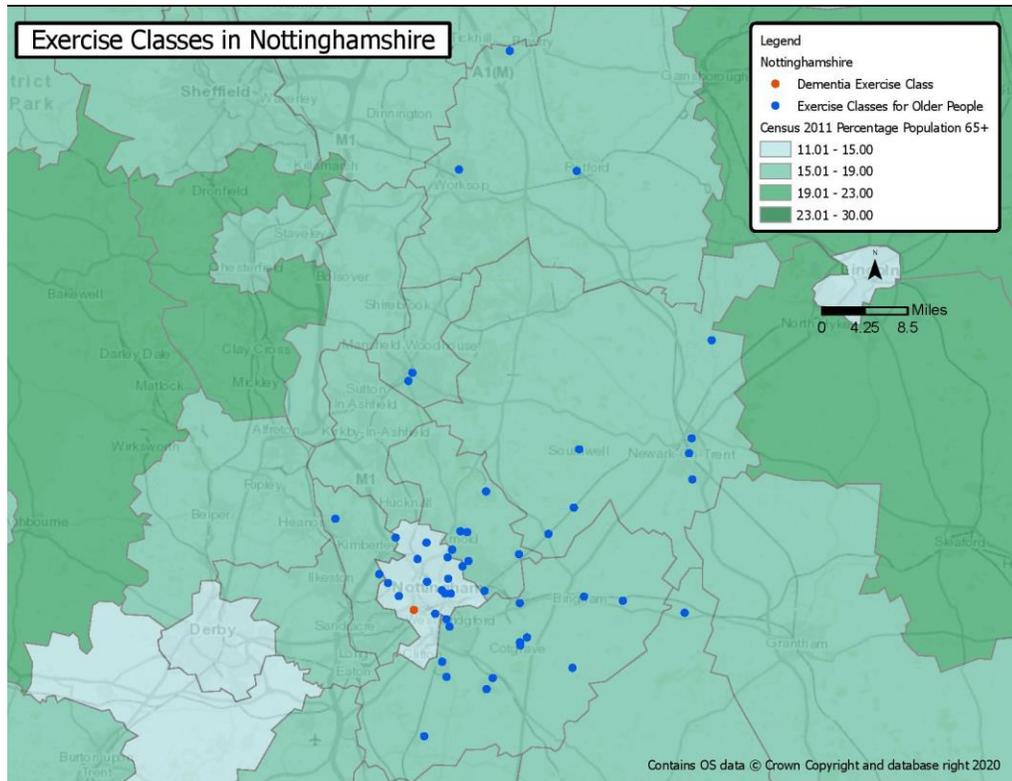


Mixed Methods Systematic Review



Spatial Analysis

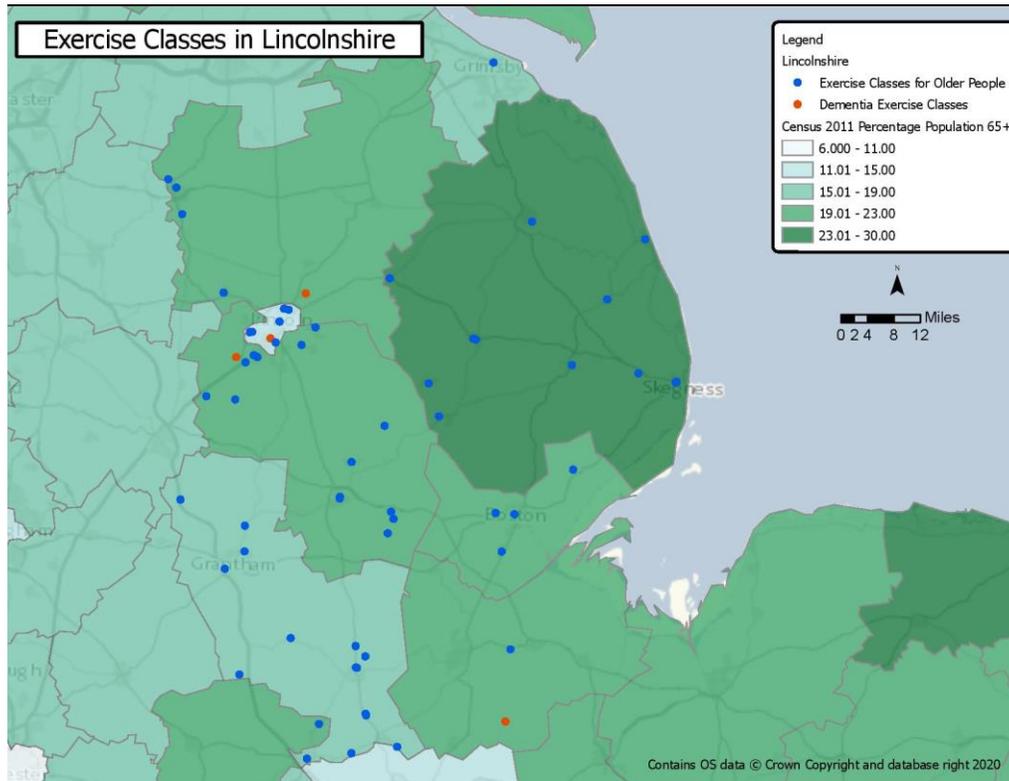
- Often located in areas with low percentage population over 65



County	Nottinghamshire
No. of Classes	71
Pop. over 65	173,000
Ratio (pop/class)	2,441
<15% over 65	18%
15.1 – 17% over 65	0%
17.1 – 20% over 65	82%
>20% over 65	0%



Spatial Analysis



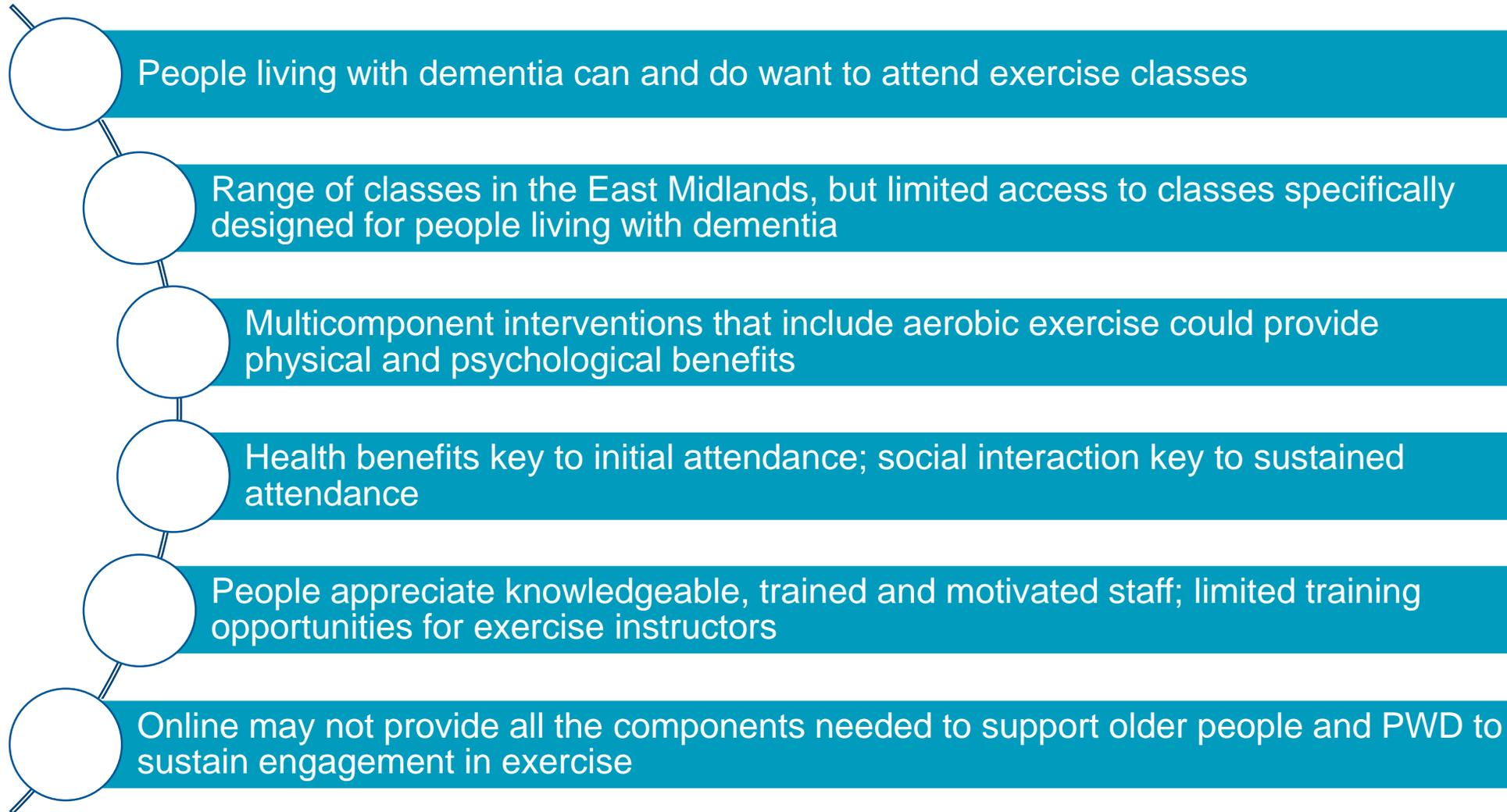
County	Lincolnshire
No. of Classes	91
Pop. over 65	179,000
Ratio (pop/class)	1,976
<15% over 65	23%
15.1 – 17% over 65	0%
17.1 – 20% over 65	19%
>20% over 65	58%



Mixed Methods Study

- Observations
 - Adaptable class
 - Positive environment and atmosphere
- Repeated Measures Cohort
 - Improved physical and psychological measures
 - Activities of Daily Living Unchanged
- Focus Group
 - Benefits to PWD and Carers
 - Exercise and Environment Characteristics

Discussion – what do we know now?





- Classes should be multicomponent, include an aerobic element and consist of familiar and enjoyable activities
- Instructors need training to enhance awareness of dementia
- Opportunities for social interaction should be maximized
- Venues need to be open and accessible and selected to serve areas of potential demand
- Face-to-Face classes should be offered where possible
- Marketing of classes needs to be more effectively co-ordinated.



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Any Questions?

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