

# The Promoting Activity, Independence and Stability in Early Dementia [PrAISED] Programme.

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## The PrAISED Philosophy

*“We are passionate about improving services for people with dementia, helping them to do more and live better, in a way that is good for them, their family carers and the NHS. We also want to do good science – providing the evidence, about what works, how to make it happen in practice, and be as cost-effective as possible”*

Professor Rowan Harwood, Consultant Geriatrician, Professor in Geriatric Medicine & Principal Investigator in PrAISED.

## Background

People with memory problems can struggle with everyday activities. They may stop doing things they want to do. They are more prone to accidents and have a higher risk of falling. Occupational therapists can advise on how to do daily activities set at the right level, and safely. Physiotherapists can teach exercises, which improve balance, and increase activity, confidence and energy. They may also help maintain memory. The best results come from doing regular exercise several times a week.

Whilst we are aware of the benefits of activity and regular exercise, there is little research on how to make these therapies work for people with memory problems.



## PrAISED programme

We have designed an activity and exercise programme consisting of a combination of exercises, activities of daily living and memory strategies to help improve and maintain physical and mental health. This programme is tailored to each individual, helping them to achieve their own goals, whilst supported by visits from health professionals including Occupational Therapists, Physiotherapists and support workers.



## PrAISED research study


We will be testing our programme in 2018 and will be recruiting volunteers with mild cognitive impairment or early stage dementia. We want to know what works best, how useful the support is, and how we could encourage participants to keep up with the programme.


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-Promoting-Activity-Independence-and-Stability-in-Early-Dementia

This poster presents independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research Programme (Reference Number RP-PG-0614-20007). The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.

Photographs funded by the Alzheimer's Society, UK (grant number 206) on behalf of the Healthcare Management Trust.

