

Physical Activity Providers

Services need to be ...



Adaptable and Flexible



Dementia Inclusive and Specific



Sociable and Fun



Accessible and Local - take services to people

Recommendations:

Utilise local authority resources to coordinate collaboration and information



Consider what information is important at time of diagnosis and after



Implement training for service providers throughout the community



Involve people living with dementia in decision-making about services



Recommendations

Local Authorities - Key in Dementia Friendly Communities

- Promote **access** to physical activity ("movement") in the community.
- Offer activities at home, in the community and in care homes.
- Act as **Anchor Institutions** (enable, coordinate, signpost, fund, resource)
- Be a **hub of information** and **collate activities** available.
- Promote Physical Activities as **Dementia Inclusive** (with other health conditions) as well as Dementia Specific activities.
- Encourage **collaboration** between those organisations/individuals with expertise on setting up and running physical activities and those who have dementia knowledge/experience.

Information at Time of Diagnosis

- Provide coordinated, systematic information about dementia inclusive physical activities at diagnosis and throughout dementia journey (e.g. in regular "check - in appointments").
- Use Social Prescribing.

Training for Service Providers

- **Mandate on-going, flexible dementia training and awareness for all staff.**
- Time for service providers to debrief after sessions, and share learning.
- **Remember dementia comes in many forms with different symptoms.**
- People living with dementia may also have **other health conditions.**
- Offer **person-centred support** with activities for people soon after diagnosis and also as dementia advances (adapt activities).
- Be welcoming, **be inclusive**, tell people it is okay "to do your own thing" and they can join in (or not), help to reduce stigma.

Involve People Living with Dementia

- Involve people living with dementia to design and shape activities.
- Include people with Young Onset Dementia.
- Connect with existing groups of people living with dementia to seek advice about designing, and promoting activities.
- Involve people living with dementia in auditing physical activities.



TOP
TIPS

SHARE SUCCESSES and good practice amongst other service providers. Share challenges and how to overcome them.

FINANCIAL CONSTRAINTS will affect how much physical activity people can engage with.

The importance of trained staff

A couple go to local Sports Centre each week. Joan was referred from hospital by a podiatrist. Joan (who lives with dementia) uses a treadmill for 25 minutes supported by staff. She is suspended in a harness (zero gravity), so that the weight is taken off her legs. Her husband, Joe, is free to use the rest of the gym. Something they can do together, but separately. There is a reduced cost to use the Sport Centre. The couple said:

"I have somebody with me all the time, so I'm safe. They're very good....you've got somebody at the side of you, chatting away" - Female living with dementia

"...all the people who look after them have been trained. I mean, there's a girl started last week and they refused to let her stand with [Joan]. But certainly these other people have had training" - Husband

Dementia Inclusive throughout the Dementia Journey

"So, depending on their level of advancement of their dementia they would either have somebody riding on the side-by-side tandem, or if it wasn't too advanced potentially they might be on a solo trike with a support worker on a trike alongside, you know, cycling with them on another trike"
[Physical Activity Provider - Cycling]

Physical Activity as a way of Reducing Social Isolation

"Yes, absolutely. Anything to do with nature, anything at all. Once we got the diagnosis, I threw myself into giving her as much time outdoors as I could, because I knew it was going to come to an end at some point. ..., anything that was enjoyable, exciting, stimulatory, physically demanding to some extent. We just had a terrific time doing that"
[Family Supporter]



Being **Dementia Inclusive** also means being inclusive to other health conditions and disabilities.

Research Background

Our aims...

To understand the experiences, benefits, and constraints on provision, of physical activity provision for adults living with dementia in Dementia Friendly Communities (DFCs).

WHO?

Who did we talk to?

- 95 participants
- 31 DFC leads, 50 activity providers, 15 people living with dementia and family carers.

In three areas of England

WHAT?

What did we do?

A survey, interviews and focus groups.

DID YOU KNOW?

Findings relating to Service Providers

- People living with dementia and family supporters/carers want to continue to participate in activities they enjoyed before diagnosis or take up new ones
- Health professionals are not routinely offering information about physical activity
- Dementia trained staff/volunteers are key to support people living with dementia to take part in a variety of adapted activities

Find out more information about the study: [Here](#) and [Here](#) :
<https://arc-eoe.nihr.ac.uk/research-implementation/research-themes/ageing-and-multi-morbidity/contribution-physical-activity>

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