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Background

- Dementia is a condition impacting 850000 people and poses significant public health and social issues
- Non-pharmacological treatments like physical activity are recommended,
- There is a lack of guidance on how to support and encourage participation in physical activity.
- Physical activity is a lifestyle factor which can reduce or delay progression of the symptoms of dementia.
- Stroke, mid-life hypertension and diabetes increase likelihood of developing dementia in later life (1) . Risks posed can be reduced by adopting healthy lifestyles (2), including physical activity (3).

Physical activity is also associated with:

- Improved physical function /functional living in people living with dementia (4)
- Improvements in psychological condition (mood) and sleep (5)
- Falls prevention (6)
- Improvements in mild cognitive impairments (7)
- Psychological benefits for carers (8)

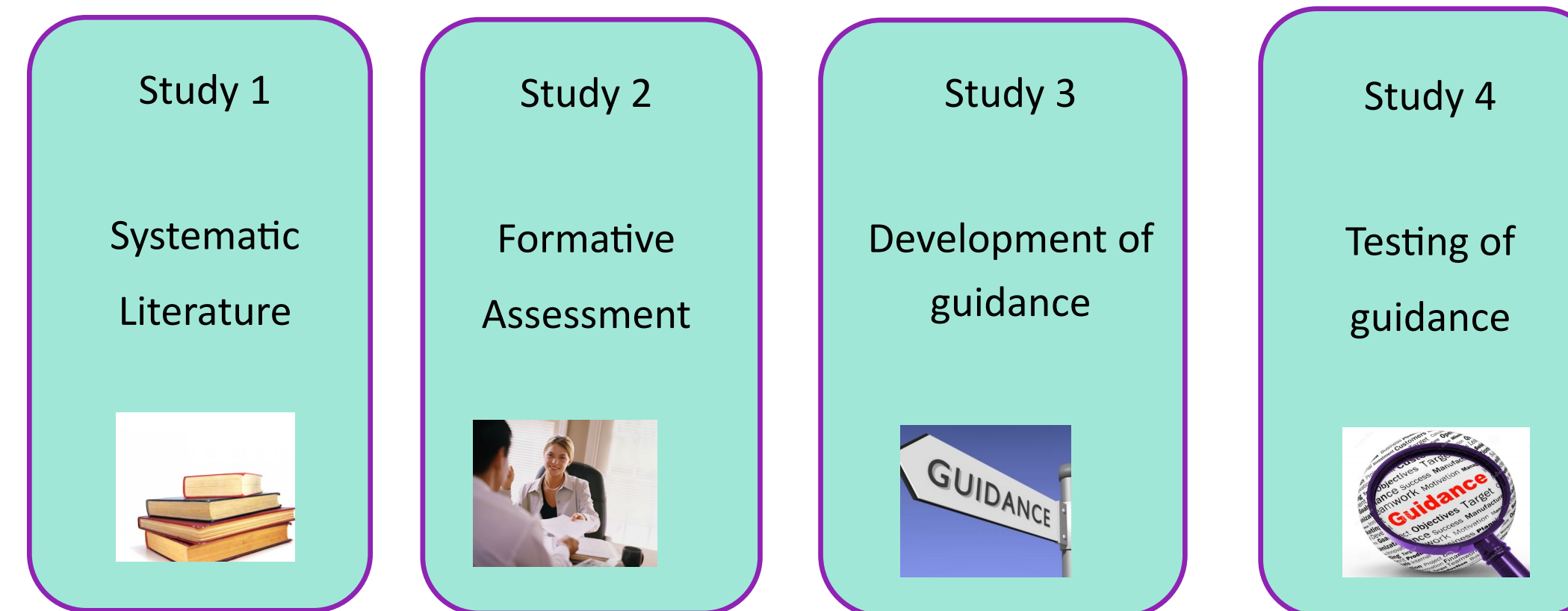


Aim and Research Questions

Aim:
Develop evidence based guidance to enable stakeholders to encourage and support people living with dementia to be active, reduce sedentary behaviour and improve health

- Research Questions:**
- ◊ What is the role of physical activity in supporting people living with dementia?
 - ◊ What evidence could support the development of guidance?
 - ◊ What do key stakeholders understand about the role of physical activity ?
 - ◊ What is stakeholder understanding of physical activity and factors influencing engagement ?
 - ◊ What is stakeholder understanding of sedentary behaviour and its impact ?
 - ◊ What are stakeholder needs regarding guidance ?
 - ◊ Where will the guidance be best targeted ?
 - ◊ What is the effectiveness of draft guidance in: (I) supporting key stakeholders and (II) achieving physical activity, health and social outcomes for people living with dementia?

What are we going to do?



Study 1: Systematic Literature Review

- A systematic search process to establish studies which could support the development of guidance.
- Development of key inclusion and exclusion criteria
- Will utilise and search a range of databases .
- Focus in particular on A) The Public Health Context, B) The Health Benefits of undertaking PA and reducing sedentary behaviour and C) The Current Scope of Public Health Guidance

Study 2: Formative Assessment

- Will assess understanding of the role of physical activity ,factors influencing engagement , understanding of sedentary behaviour ,needs in terms of guidance and where to target.
- Sample to include a wide range of stakeholders.
- Research method to include questionnaires, focus groups and semi structured inter-

Study 3: Development of Guidance

- Identification of the gaps in guidance
- Identification of stakeholder/stakeholders the guidance to be focussed upon.
- Construction of draft guidance
- Focus groups will be used to support the development

Study 4 : Testing of Guidance

- Measurement of use, value and relevance of the guidance twill combine qualitative and quantitative methods
- Draft guidance will be assessed through an implementation study.
- Implementing the draft guidance with both the process and impact being measured.
- Research methods to include questionnaires, focus groups, semi structured interviews and diaries

Which stakeholders can be involved?



Significance of Research and Impact

- Events to be held to share research outcomes for the full range of stakeholders and relevant voluntary sector organisations e.g. Alzheimer's Society, Dementia UK , Local Dementia Action Alliances
- Guidance available for relevant stakeholders/practitioners for implementation
- Guidance may have potential to influence commissioning of services /policies
- Contribution to academic knowledge in the field.
- Contribution to the teaching curriculum at Leeds Beckett University

Contact Details

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