

Khoo, Yvonne J-Lyn ORCID: <https://orcid.org/0000-0002-7499-6790> (2014)
Happy antics: holistic exercise for people with dementia. In: Health and Social
Care Institute (HSCI) seminar series, 15 January 2014, Teesside University, UK.
(Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/4974/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
 - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.

Happy Antics: Holistic Exercise for People with Dementia

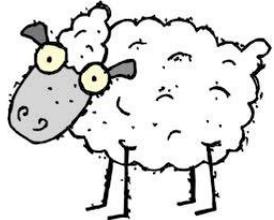
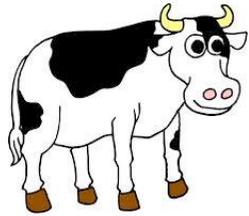
HSCI seminar series
Teesside University

Yvonne Khoo J-Lyn

15th Jan 2014



...before the Introduction...



Waberthwaite



Middlesbrough

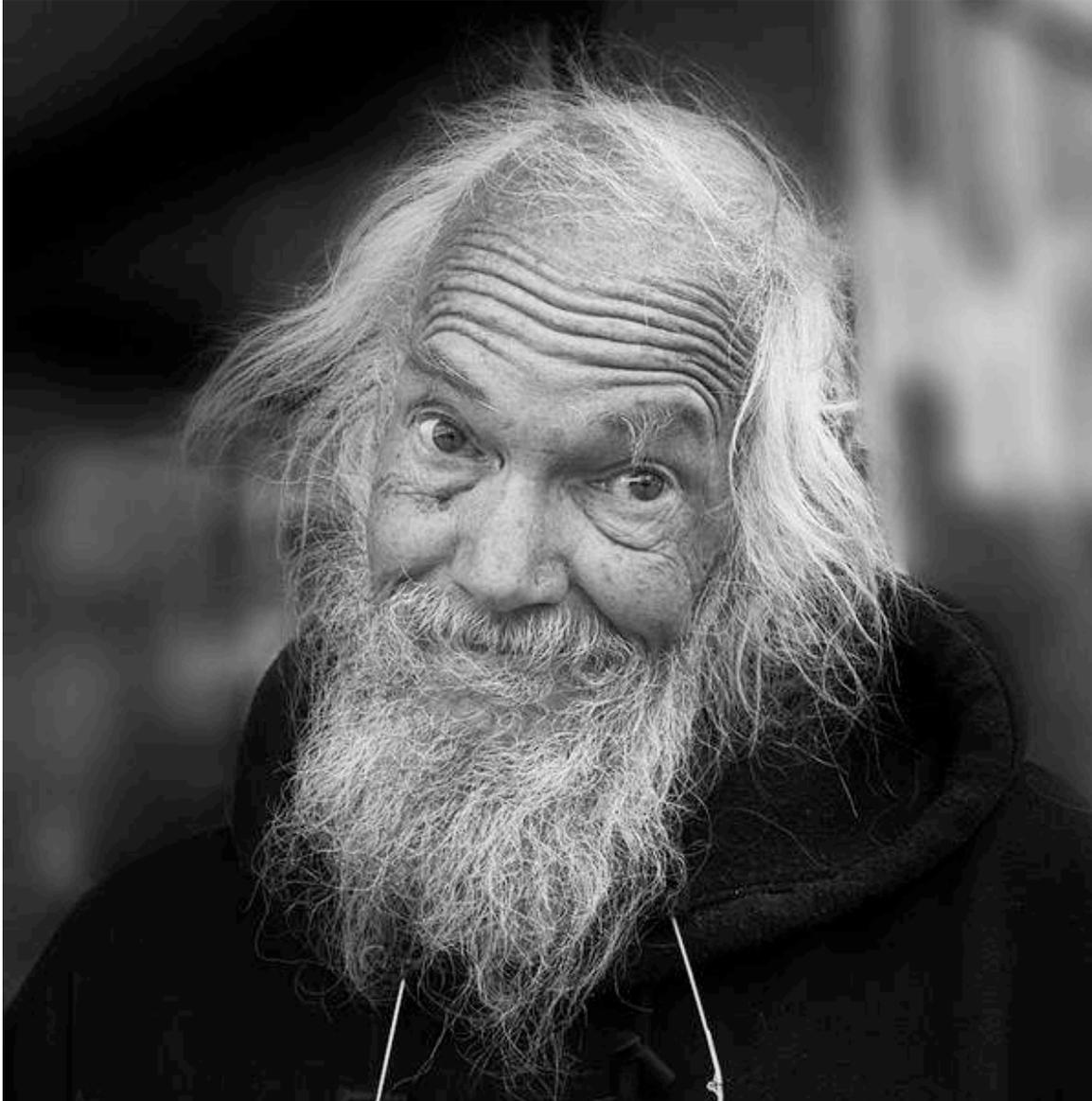


Seaton



Workington

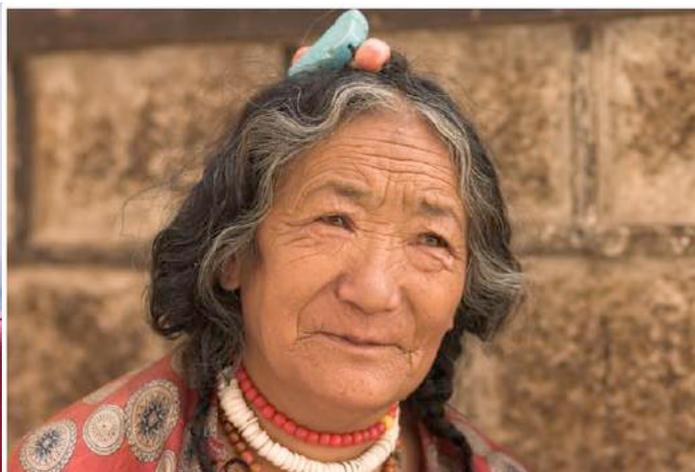
Introduction



- Alzheimer's disease and dementia
- Exercise for older people
- Holistic exercise

Happy Antics: Holistic Exercise for People with Dementia

- To examine the feasibility and acceptability of holistic exercise as a physical activity for people with dementia



The Happy people

Ethics guidelines & risk assessment	Alzheimer's Society staff
Attendance	Alzheimer's Society staff
Reception & refreshments	Volunteers
Observation & care of participants	Volunteers/carers
Research, choreography & delivery of programme	me

Participants

People with dementia	8
Carers	5
Volunteers	2
Total	15

Happy Antics sessions

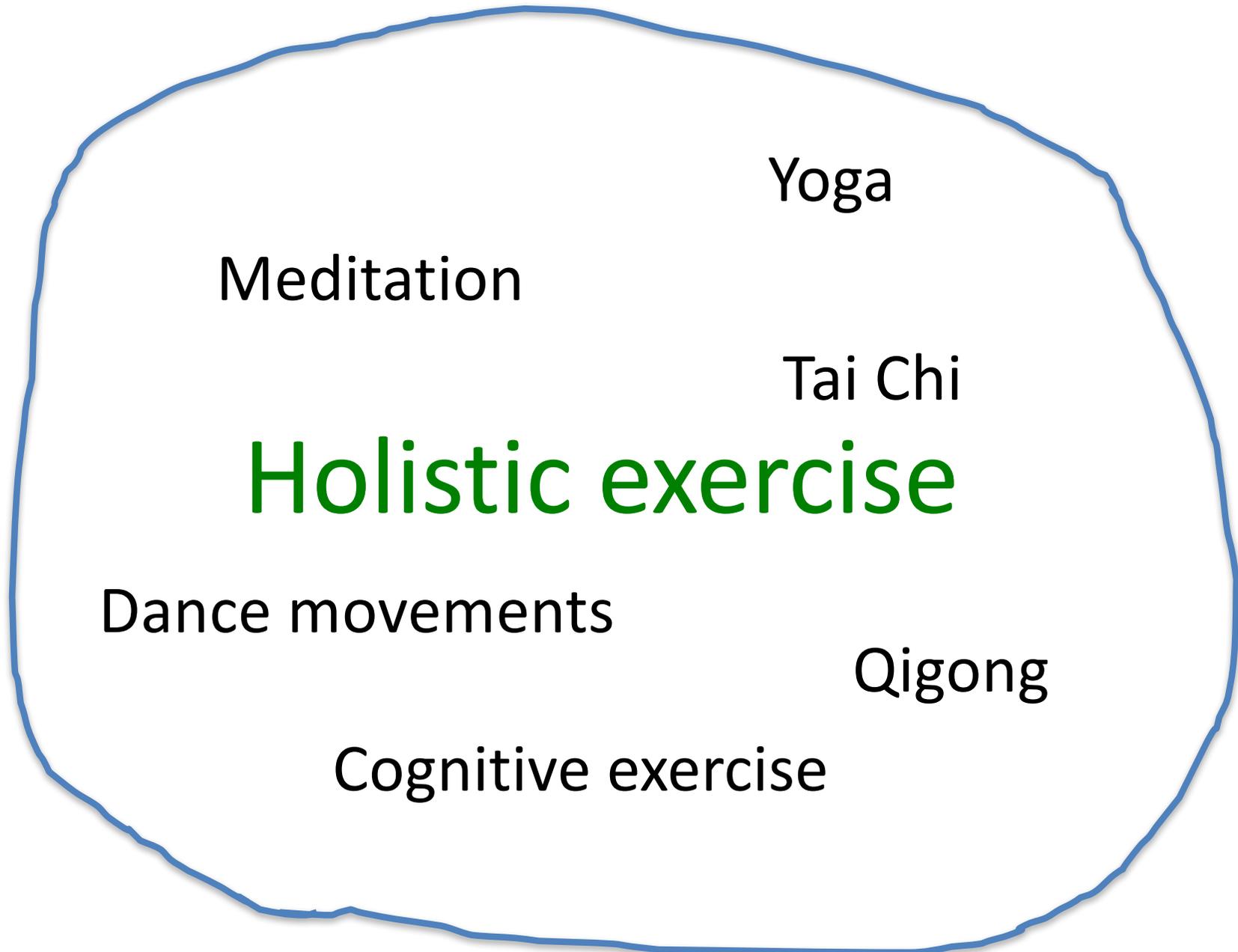
- Once per week for 45 minutes
- Every Thursday at the Alzheimer's Society premises, Workington

Holistic exercise

- Combines physical exercise with the wellness approach (Swarbrick, 2006) where multi-dimensional factors are taken into consideration, and which includes physical, emotional, intellectual, social, environmental and spiritual dimensions (Swarbrick, 1997, 2006; Copeland, 2002; Copeland and Mead, 2004).

- A wellness lifestyle = balanced living, where an individual has adequate nutrition, sleep and rest, productivity, exercise, participation in meaningful activity, social interaction, and supportive relationships (Swarbrick, 2006).
- When the wellness approach is applied to exercise, holistic exercise strives to encourage individuals not only to take part in physical activity but also to become aware of their own physical and psychological states, and to perform exercise that is purposeful and meaningful to them.

Happy Antics Programme



Sample exercise session

Cognitive exercise	Image of coconut tree
Breathing exercise	Practice of qigong
Warm-up	Stretching, bending, hand-yoga and tai-chi based movements
Exercise routine	Slow routine (set to Doris Day's Dream a little Dream) Leisure speed routine (Ella Fitzgerald's Paper Moon) Faster speed routine with group work (set to Chicken Dance)
Cooling down	Tai chi-based movements, followed by breathing exercises and a short guided meditation to conclude the session

Sample???



- Yoga 
- Teapot 
- Superman 
- Chicken dance 
- Agadoo 

Data Collection

- After 6 weeks, data was collected via interviews (using semi-structured format).
- 6 people (4 female) consented to be interviewed (3 people with dementia, 2 carers and 1 volunteer).
- Age range = 52 to 86 years

Findings

- Adherence = 70%
- Enjoyment
- Relaxation
- Keeping active
- Social interaction
- Pain relief
- Learning something new
- Intention to continue

Some responses

“Oh yes because I do have aching joints generally and I ache a little more afterwards but then I realize for example, my shoulder doesn’t ache as much as it did,” Gerry, carer.

“It’s making me do something I wouldn’t do at home, and carry out movements I can manage,”
Mary, person with dementia.

“I think it’s relaxing, it’s not something I have the time to do in the week at all because I work a lot of hours,” Fay, carer.

“If someone had told me six months ago that I would enjoy something like this I would have not believed them,” Jon, person with dementia.

Discussion

- First study in the UK for holistic exercise among people with dementia.
- Findings are generally in agreement with those of Barnes et al. (2012, 2013) for their PLIE programme.
- Willingness to attend sessions.
- Observations of maintained procedural memory among people with dementia.

- Consistent with NICE's clinical guideline recommendation that people with early to middle stage dementia should have the opportunity to participate in exercise and cognitive stimulation groups (NICE, 2006).
- Themes from the qualitative data support previous research evidence of contributing factors to exercise adherence and participation in older people.

- The incidence of pain relief reported by a participant who was a carer is an important finding due to the complex nature of pain. This suggests that participating in holistic exercise may offer some relief in burden for caregivers as they face many challenges in providing care for a patient with dementia, including physical and psychological distress (Kiecolt-Glaser et al. 1991; Schulz and Martire, Richard 2004).

Lessons learned and future work

- Sound levels and seating position.
- Presence and participation of the carer.
- Incorporating holistic and cognitive elements into exercise has potential to make exercise more interesting for people with dementia.
- New exercise routines are being choreographed.
- New cognitive exercises are being explored.
- Happy Antics continues to run in Workington.

Conclusion

- The Happy Antics programme was able to stimulate and engage people with dementia in exercise as well as provide a social learning environment and offer potential psychological benefits
- The results of the current small-scale study provide evidence for the feasibility and acceptance of holistic exercise for people with dementia. In addition, participants appeared to benefit in terms of psychological and physical wellbeing.

Thank you

XOXOXO

