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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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Responsible Party</th>
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<tbody>
<tr>
<td>Ethics guidelines &amp; risk assessment</td>
<td>Alzheimer’s Society staff</td>
</tr>
<tr>
<td>Attendance</td>
<td>Alzheimer’s Society staff</td>
</tr>
<tr>
<td>Reception &amp; refreshments</td>
<td>Volunteers</td>
</tr>
<tr>
<td>Observation &amp; care of participants</td>
<td>Volunteers/carers</td>
</tr>
<tr>
<td>Research, choreography &amp; delivery of programme</td>
<td>me</td>
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</table>
Participants

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>People with dementia</td>
<td>8</td>
</tr>
<tr>
<td>Carers</td>
<td>5</td>
</tr>
<tr>
<td>Volunteers</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>15</td>
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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

Holistic exercise
- Yoga
- Tai Chi
- Qigong
- Dance movements
- Cognitive exercise
Sample exercise session

<p>| | |</p>
<table>
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<tbody>
<tr>
<td>Cognitive exercise</td>
<td>Image of coconut tree</td>
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<tr>
<td>Breathing exercise</td>
<td>Practice of qigong</td>
</tr>
<tr>
<td>Warm-up</td>
<td>Stretching, bending, hand-yoga and tai-chi based movements</td>
</tr>
</tbody>
</table>
| 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.