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Introduction to the Happy Antics Programme

Alzheimer’s Society support activity

June 2014

Location: Alzheimer’s Society, Workington

Project start date: August 2013
The case for it...

- Initial request: can we do tai chi?
- *No existing services for exercise activities* for people with dementia in Workington (what is existing is generic)
- Ethical and safety concerns, dementia- and age-related issues, balance
Local services in West Cumbria

- Carer support group (Allerdale)
- Dementia advisor service (Allerdale, Copeland)
- Singing for the Brain (Workington)
- Community Dementia Forum (Workington)
- Dementia events (one-off activities)
## What’s available in Workington?

<table>
<thead>
<tr>
<th>Service</th>
<th>Provider</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carer Support Group</td>
<td>Alzheimer’s Society, Cumbria County Council, Community Mental Health Team</td>
<td>Can do more</td>
</tr>
<tr>
<td>Dementia Advisor Service</td>
<td>Alzheimer’s Society</td>
<td>Yes</td>
</tr>
<tr>
<td>Singing for the Brain</td>
<td>Alzheimer’s Society</td>
<td>Yes</td>
</tr>
<tr>
<td>Community Dementia Forum</td>
<td>Alzheimer’s Society</td>
<td>Yes</td>
</tr>
<tr>
<td>Therapeutic activities</td>
<td>?</td>
<td>What’s available is generic</td>
</tr>
<tr>
<td>Recreational activity</td>
<td>Active Cumbria</td>
<td>Need to travel, short term</td>
</tr>
<tr>
<td>Adult Social Care/Respite care</td>
<td>Cumbria County Council</td>
<td>Not consistent Flaw in process</td>
</tr>
</tbody>
</table>
To solve the problem of no services for exercise activities for people with dementia in Workington

- Research
  - Exercise for people with dementia
- Innovate
  - Design a programme
- Trial
  - Run it in Workington and write up the study
- Implement
  - Expand the programme
The aim of the research project

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

• A specialized exercise programme called “Happy Antics” designed for people with dementia
• Designated tasks to colleagues
• Holistic approach
• 45 min sessions once a week for 6 weeks
• Sessions: cognitive exercise, warm up, exercise sets, cooling-down, guided meditation
• Semi-structured interviews
The findings

- Adherence 70%
- Observations of memory recall, maintained procedural memory and acceptance of meditation
- Enjoyment, relaxation, keeping active, social interaction, pain relief, learning something new, intention to continue
- Beneficial to people with dementia
- Beneficial to carers
Achieved outcomes

• Specialized exercise programme was developed for people with dementia [consistent with NICE’s clinical guideline (2006)]

• Evidence for the feasibility and acceptance of holistic exercise for people with dementia

• 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

• Published in Journal of Bodywork & Movement Therapies
Latest update on Happy Antics

• Media release by Elsevier on 19\textsuperscript{th} May 2014
• Expressions of interest from medical journalists, sports researchers & general public
• Possible link to UCLA’s dementia programme
• Introductory session at a care home in Cockermouth (to include people not diagnosed with dementia)
Future work

- Write up a holistic exercise manual
- Work with other populations
- Business enterprise
- Clinical research projects
- Care homes
- Further choreography of exercise routines

HAPPY ANTICS
Thank you
Reference