

Khoo, Yvonne J-Lyn (2014) Introduction to the Happy Antics programme. In: Dementia volunteer support activity, 26 June 2014, Alzheimer's Society, Workington, UK. (Unpublished)

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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



2014年6月11日

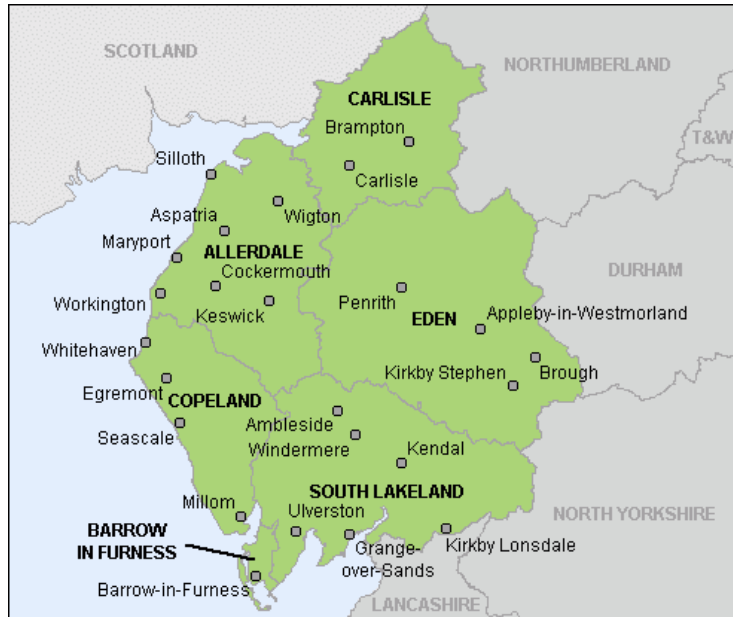
邱洁玲
Khoo YJ

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

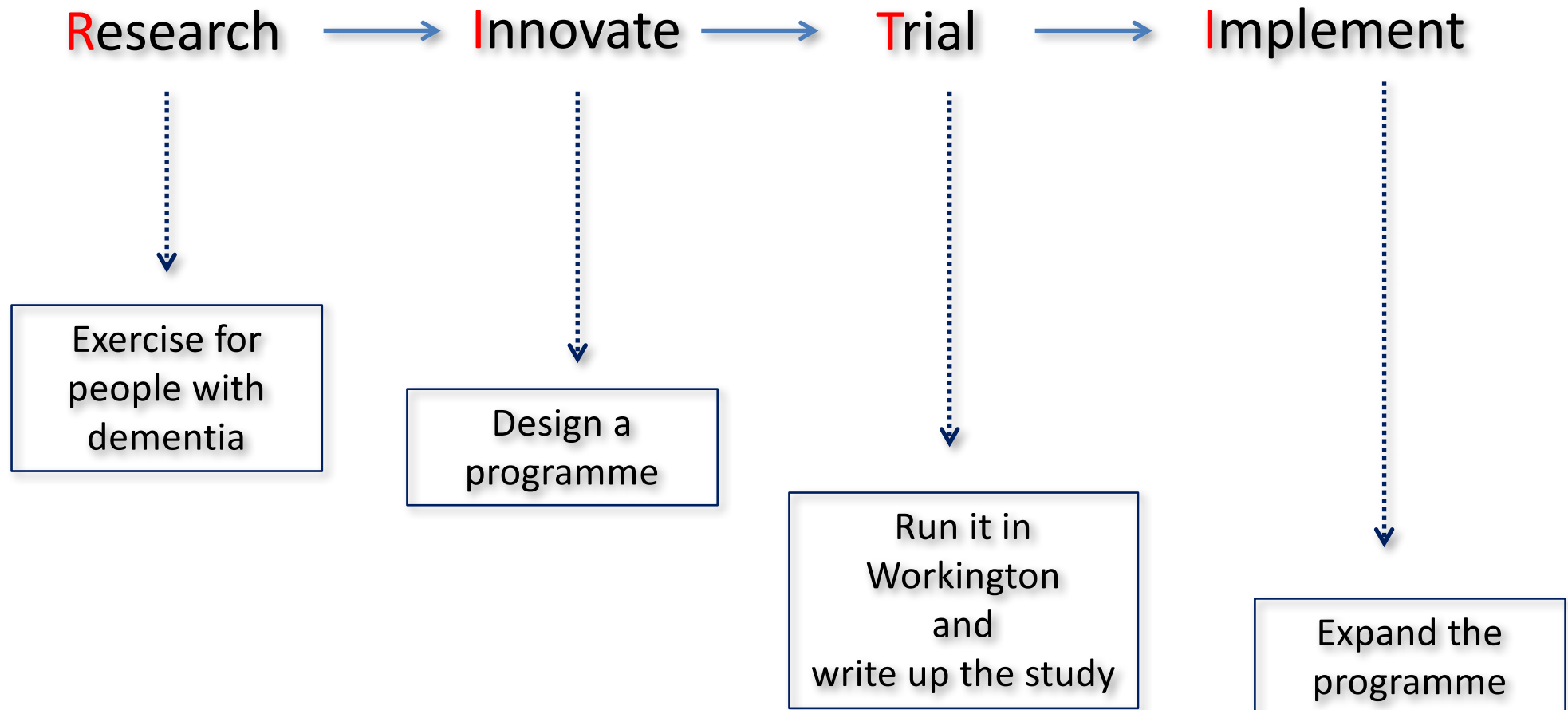


- Carer support group (Allerdale)
- Dementia advisor service (Allerdale, Copeland)
- Singing for the Brain (Workington)
- Community Dementia Forum (Workington)
- Dementia events (one-off activities)

What's available in Workington?

Service	Provider	Availability
Carer Support Group	Alzheimer's Society, Cumbria County Council, Community Mental Health Team	Can do more
Dementia Advisor Service	Alzheimer's Society	Yes
Singing for the Brain	Alzheimer's Society	Yes
Community Dementia Forum	Alzheimer's Society	Yes
Therapeutic activities	? What's available is generic	R. I. T. I
Recreational activity (Dancing Recall)	Active Cumbria	Need to travel, short term
Adult Social Care/Respite care	Cumbria County Council	Not consistent Flaw in process

To solve the problem of no services for exercise activities for people with dementia in Workington



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

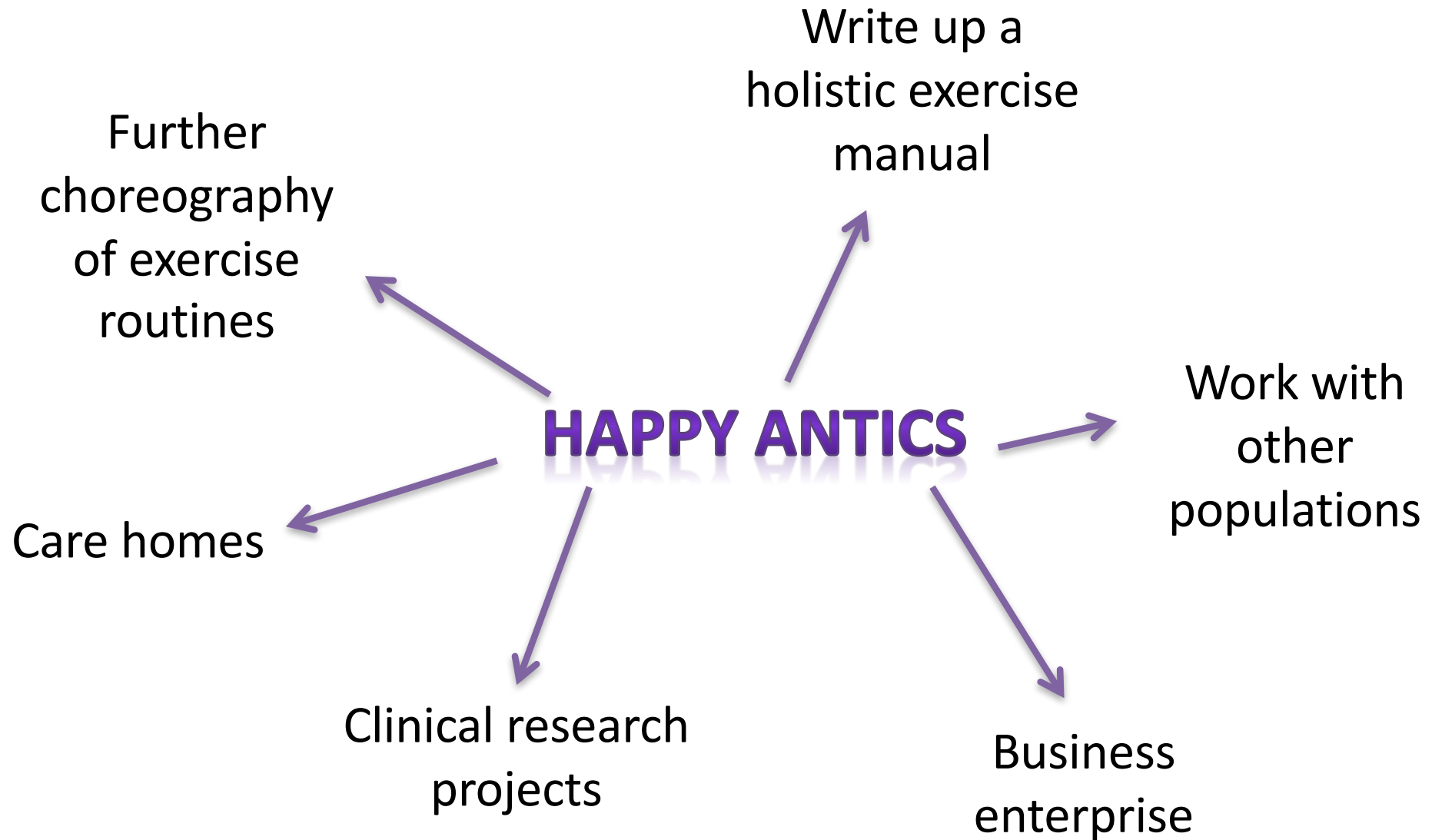
Achieved outcomes

- 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 19th 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 Cockermonth (to include people not diagnosed with dementia)

Future work



Thank you



Reference

- NICE, 2006. Clinical Guideline 42. Supporting people with dementia and their care-givers in Health and Social Care (last update).