

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 (Unpublished)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

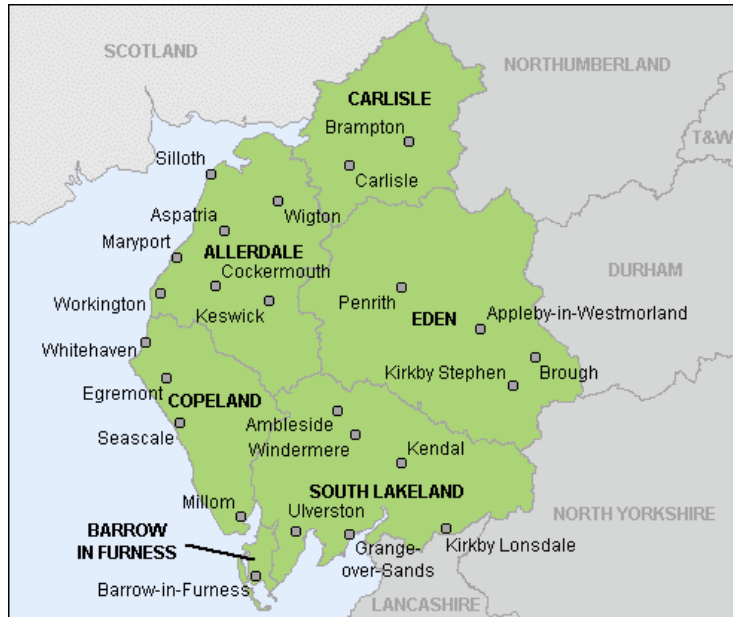
邱洁玲
Khoo YJ

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

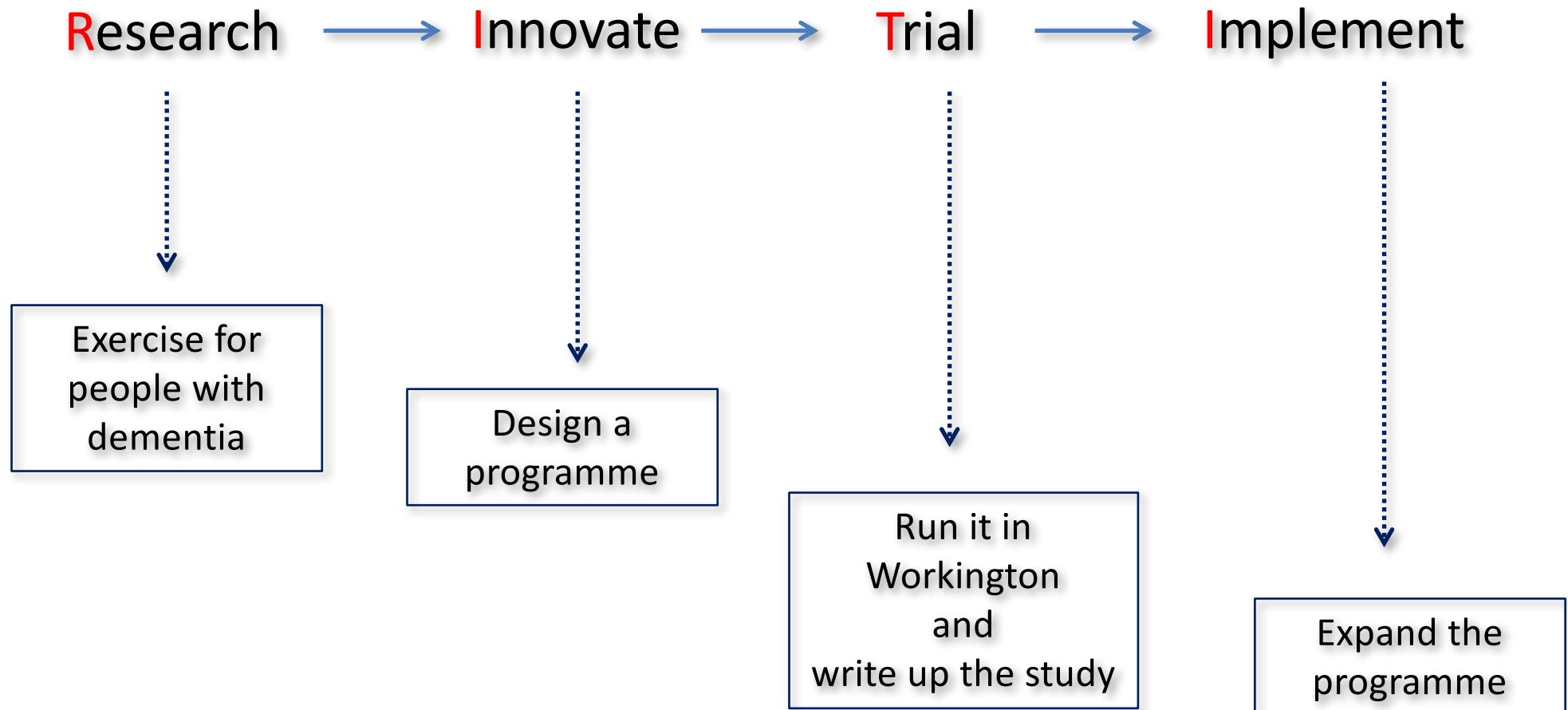


- Carer support group (Allerdale)
- Dementia advisor service (Allerdale, Copeland)
- Singing for the Brain (Workington)
- Community Dementia Forum (Workington)
- Dementia events (one-off activities)

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

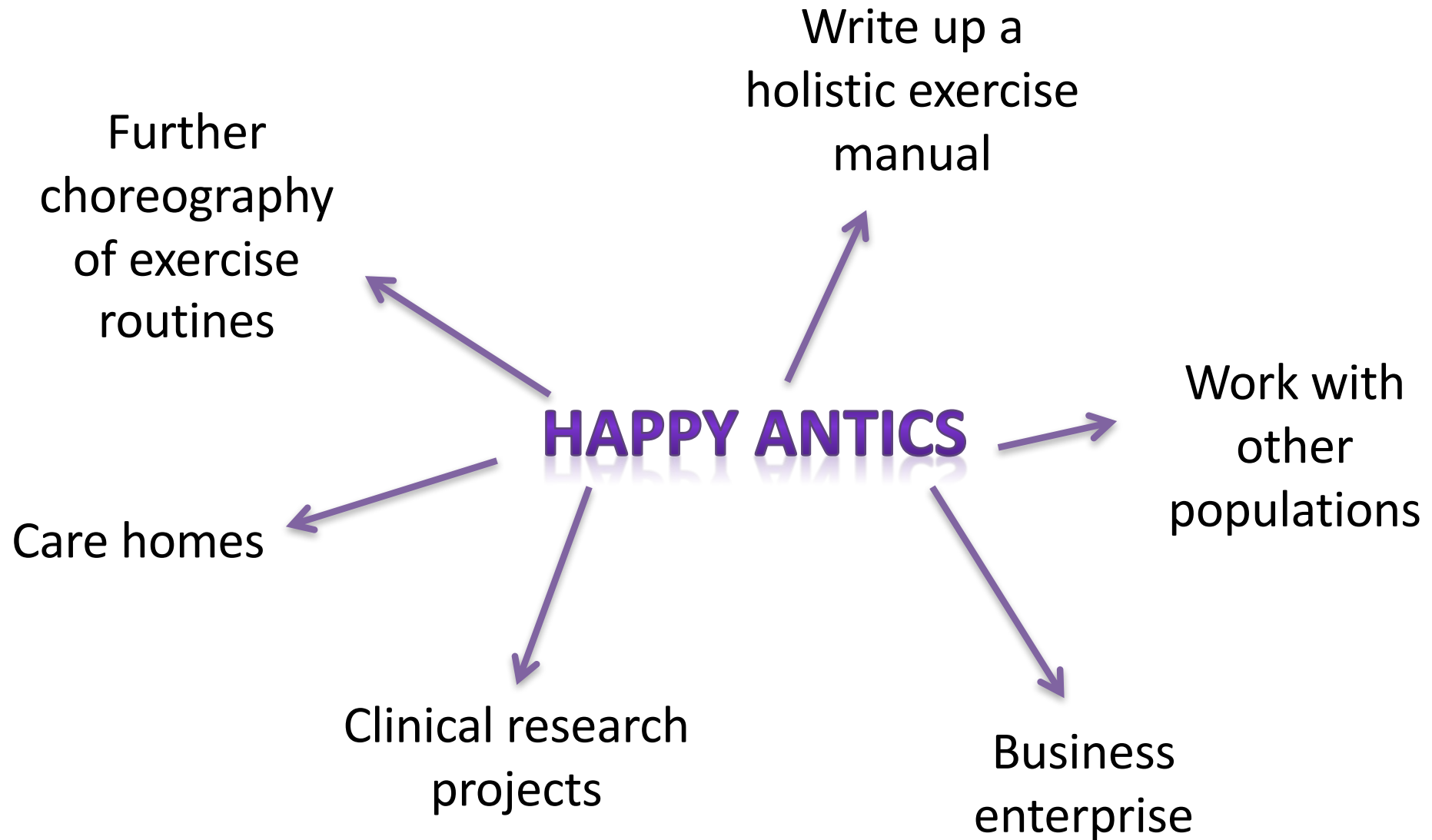
Achieved outcomes

- 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).