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Evaluating the impact of the environment on the physical activity levels of people with dementia in aged care facilities

Loren Devries
University of Wollongong

Victoria Traynor
University of Wollongong, vtraynor@uow.edu.au

Nancy Humpel
University of Wollongong, humpel@uow.edu.au

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Evaluating the impact of the environment on the physical activity levels of people with dementia in aged care facilities

Abstract

To evaluate the impact of the environment on the physical activity levels of people with dementia living in residential aged care facilities

Keywords

physical, impact, facilities, care, aged, dementia, people, activity, environment, evaluating, levels

Disciplines

Arts and Humanities | Life Sciences | Medicine and Health Sciences | Social and Behavioral Sciences

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"Evaluating the Impact of the Environment on the Physical Activity Levels of People with Dementia in Aged Care Facilities"

Loren Devries, Associate Professor Victoria Traynor & Dr Nancy Humpel

Loern Devries (Transition Nurse Practitioner Dementia, Garrawarra, SESIHS & Project Officer) EADTSC, University of Wollongong, Wollongong, NSW 2522

Telephone: +61 (2) 4221 5927/ Email: loren@uow.edu.au

Research Aim

- To evaluate the impact of the environment on the physical activity levels of people with dementia living in residential aged care facilities

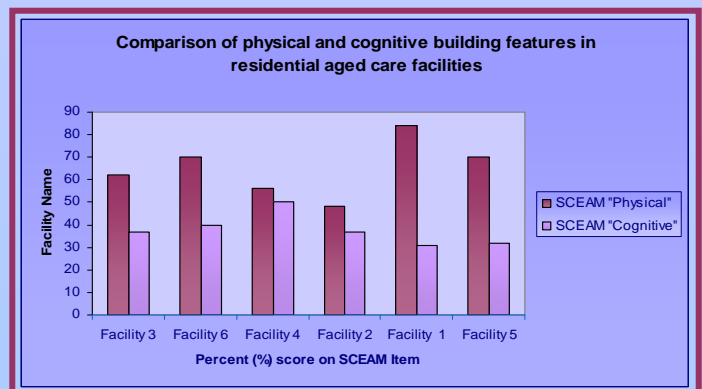
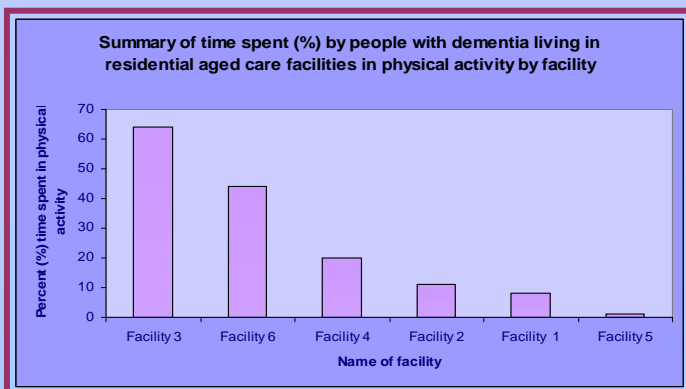
Setting and Sample

- Illawarra Residential Aged Care Facilities (RACFs) (6 in total)
 - 4 nursing homes (high care) and 2 hostels (low care)
- Staff in Residential Aged Care Facilities

Data Collection

- Sheffield Complex Environment Assessment Matrix (SCEAM) Tool
 - Awareness, Choice/ Control, Cognitive, Community, Normalisation, Personalisation, Physical, Health/ Safety
- Physical activity observations (developed by team)
 - Time in Physical Activity, Type of Physical Activity, Footwear
- Accelerometers used by residents
- Focus groups with staff
- Medication charts of residents

Findings from Physical Activity (PA) Observations and SCEAM Tool



Physical Activity Observations

- Total of 54 observations x 20 mins = 110 hours
- Residents with dementia engaged in physical activity from 5 to 900 mins (mean 300 mins)
- Of the PA time a mean of 15% (range 0-100%) was spent with staff engaging in care activities
- Overall, time spent in PA was low



Example 1: Physical feature (low score)



Example 2: Cognitive Feature (high score)

SCEAM Tool

- Oldest building (Facility 3) with a low "physical" score (62%) created highest opportunities for PA (64%)
- Newest building (Facility 1) had the lowest "cognitive" score (31%) and lowest PA (8%)
- Use of attractive communal areas is discouraged through lack of access
- Physical activity was increased by social engagement e.g. an interest in researchers

Conclusions

- The wide range of data enabled a full evaluation of factors impacting on physical activity levels
- Findings are being used by "Best Practice" groups at Warrigal Care to make care changes

References

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