

with PHYSIOTHERAPY you CAN...

#With PHYSIOTHERAPY you CAN
Creating Physiotherapy led resources to promote
movement and physical activity for people with dementia.

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(NHS Greater Glasgow & Clyde)



AIM



To develop a suite of physiotherapy led, self-management resources promoting movement, physical activity and exercise for people with dementia, supporting the Maximising Physical Wellbeing component of the AHP approach
(1. Connecting People, Connecting Support (Alzheimers Scotland/Scottish Government 2017)

PLAN.

- Adapt currently available super 6 exercises (2. CSP, 3. AILIP) and create seated super 6 exercises for people unable to exercise in standing.
- Create a pocket book of physical activity ideas, expanding on Pocket Ideas: A moment in time (4. NHS Ayrshire and Arran) to encourage movement at all stages of dementia
- Use dementia friendly language and minimal explanation (5. DEEP) to reduce information overwhelm, and review order of exercise provision to ease transition between exercises
- Use colour and contrast to aid sensory processing.
- Film in real time with clear, concise instructions.

DO

- Funding applied for and granted for creation of resources (2019)
- Created and launched (June 2020) Dementia friendly Super 6 (strength and balance) and newly created Seated Super 6 (strength and flexibility) exercise sheets
- Filmed Super 6 and Seated Super 6 exercises, (launched Feb 2021)
- Created and launched (January 2022) "Just Move" – A pocket book of physical activity and exercise ideas for people with Dementia, in partnership with NHS Ayrshire and Arran following a staff move.

These resources can be found on:

- The Alzheimers Scotland Website, www.alzscot.org.uk/ahpresources (Scan the QR code to access)
- The NHS GGC website www.nhs.gov.uk/ggc/download/dementia-friendly-exercises/
- The NHS AAA Dementia app (find on Apple or android app store)



STUDY

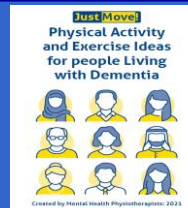
- Prior to launch, draft resources were sent to relevant stakeholders (see thanks) for feedback, and trialled by development group members. They were amended as required.
- Webinars and blogs were held to launch the exercises and pocket book resources – feedback was obtained from attendees via on screen polls, mentimeter, and post webinar feedback



- Resources have been shared, and feedback requested from, and provided by, social media users on twitter.

ACT

- Following overwhelming feedback, the words "dementia friendly" were removed from the exercise sheets, to be used with a wider audience.
- The resources are now clearly labelled for Strength and balance (Super 6) and Strength and flexibility (seated super 6)
- The team gave permission for the exercises to be filmed by Heather Bryson to raise funds for Alzheimers Scotland www.youtube.com/watch?v=edH1tqYCSHUM, and to be featured in a book
- Some language was changed, and a speech bubble inserted into Just Move following stakeholder feedback



WHAT'S NEXT?

- Collect data from social media using #withPHYSIOyouCAN #JustMove, #JustMoveDementia, and create follow up resources using this.
- Work with Physiotherapy students to creatively share information from resources (e.g movement minutes on @ahpdementia Instagram/Twitter)
- Stakeholders have requested via mentimeter: resources for care homes, posters, falls resources, apps, training workshops, adapted exs. We will consider these for future developments

References:

1. Connecting People, Connecting Support (2017) Alzheimers Scotland / Scottish Government AHP_Report_2017_Web.pdf (alzscot.org)
2. Get up and Go: A guide to staying steady (2015) Chartered Society of Physiotherapy get_up_and_go_leaflet.scotland.northernireland.pdf (csp.org.uk)
3. Active and Independent Living Program (AILP) Take the balance Challenge (2017) Scottish Government ExitsandFrailty-AHPs-in-Scotland-ActiveandIndependentLivingProgramme
4. Pocket Ideas: A moment in Time (2016) Andrea Boyd, NHS Ayrshire and Arran a14-004-cs-pocket-ideas-a-moment-in-time_web-version_sm.pdf (nhs.gov.uk)
5. Writing Dementia-friendly information (2013) Dementia Voices DEEP_Guide_Writing_dementia_friendly_information.pdf (dementiavoices.org.uk)

How do you
#justmove? Share
your ideas with us
on social media
#justmovedementia

With thanks to:

- Elaine Hunter – For supporting and providing funding for production
- Alzheimers Scotland – For endorsing work and hosting on website, www.alzscot.org.uk/ahpresources
- Chartered Society of Physiotherapy www.csp.org.uk – for endorsing work
- Alzheimers Scotland AHP Dementia Forum - for their support, webinar and blog hosting and feedback
- Scottish Dementia Working Group - for their support and feedback
- National Dementia Carers Action network – for their support and feedback
- Medical Illustrations: NHS GGC - for bringing our vision to life!
- Susan Holland and Rachael Macleod: NHS Ayrshire and Arran – for their support, feedback and hosting on the PDS dementia app!