
Personalised physical activity for people with dementia living in care homes

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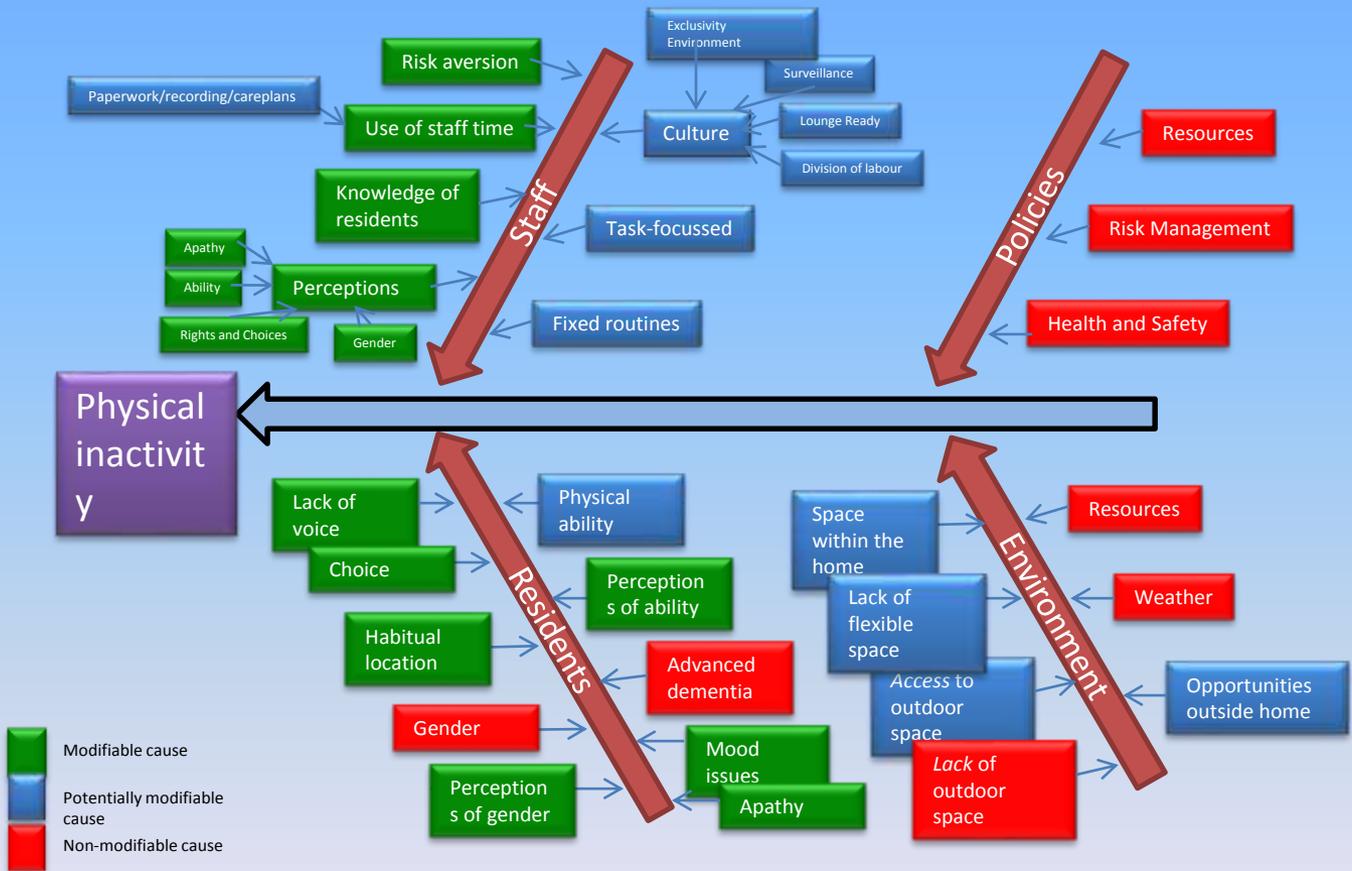
#DARG17

Work to date

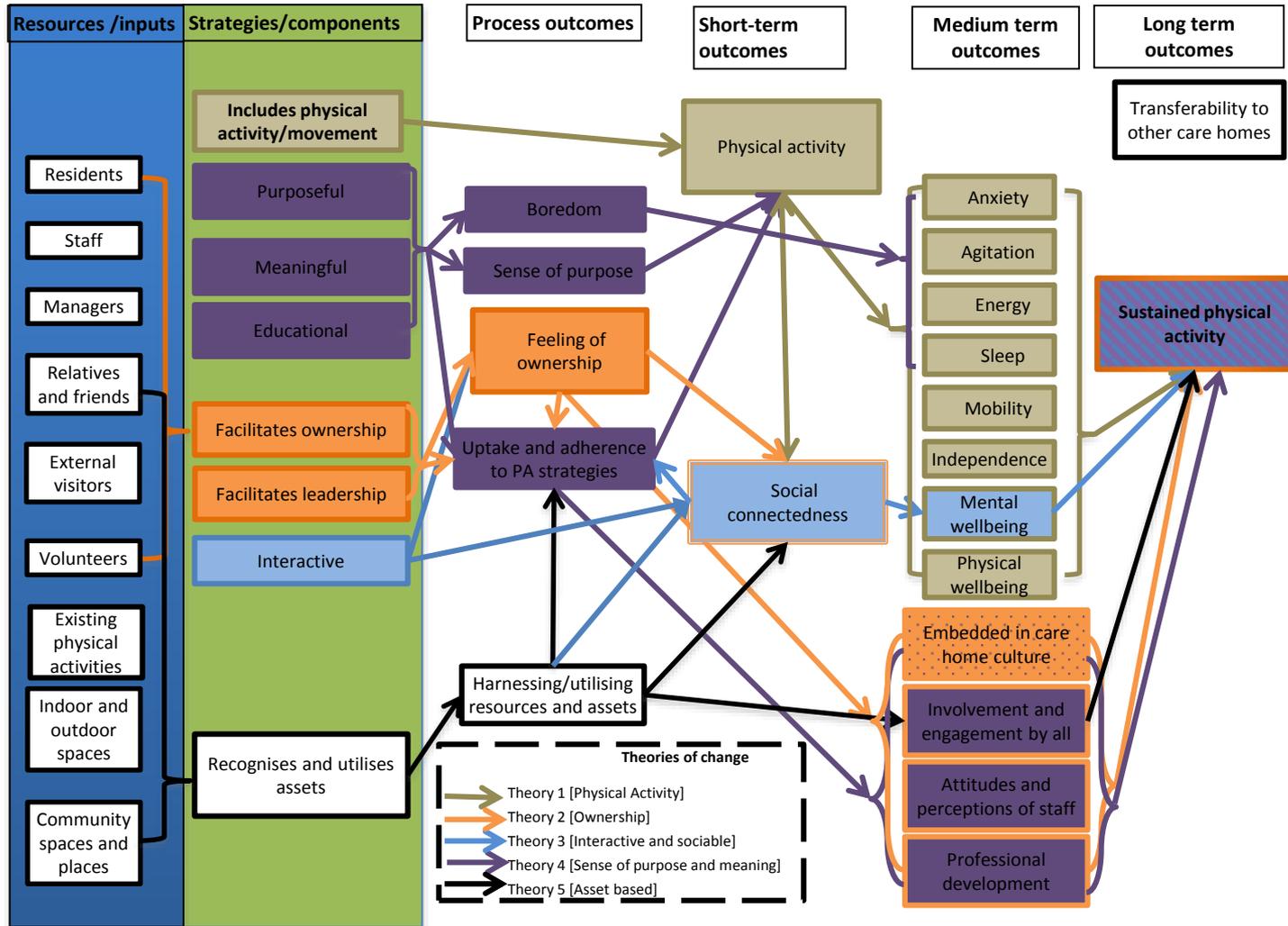
- Literature review (updating previously published)
- Fieldwork in care homes – managers, care staff, residents and relatives
- Findings identified current practice and state of scientific knowledge
- Used to develop picture of current processes and, identify appropriate outcomes and suggest possible ways to increase physical activity
- Workshops designed to test out the ‘logic model’ and support care homes to develop their own plans for increasing physical activity that draw on existing scientific record, our fieldwork findings, their experiences, circumstances and ideas (in progress)



Fishbone Analysis Diagram for Physical Activity in Care Homes (HMT project)



Simplified logic model/theory of change for HMT Intervention



Workshops with care homes

Informed by the logic model:

- Reviewing and reflecting on current practice
- Focusing on key questions in a workbook e.g. champions
- Sharing ideas
- Generating ideas about what they could do to increase physical activity in their care home
- Thinking about how individual residents might benefit
- (after workshop) supported development of an action plan for implementation in their care home



Next steps

- Following workshops, care homes will have their own plans to take forward
- Researchers will look at the process of implementing these and their impact for residents and staff over a period of eight months
- Final outcome will be the intervention i.e. a process of developing and implementing a plan to increase physical activity for people with dementia living in care homes
- ‘Movement Strategy’



Thank you for listening

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