

LIVED EXPERIENCES OF PHYSICAL ACTIVITY AND DEMENTIA RESEARCH SUMMARY

Scoping review

With the aim of finding literature on experience and meaning in physical activity for people affected by dementia, we searched four study databases, looked at government and voluntary sector reports, and also checked the reference lists of these sources too. We found over 1000 potentially relevant papers. After removing duplicates and screening papers for suitability there were 32 papers included in the review.



Consultation

We visited six groups in Lincolnshire and spoke to four people living with dementia, 10 carers, and four service providers about their experiences of physical activity.

Mapping the literature

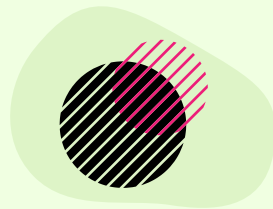
Most of the studies we included in the review contained research conducted in the UK. Most of it included people living with dementia and used interviews to gather information. Not many of the papers asked about everyday movement and activity such as walking or being in the garden.



Common themes from the literature & consultation

There were five most notable features:

- Groups provide an important space
- Service provider skills and qualities are crucial
- Carers are important
- Environmental factors matter
- Physical activity can be enjoyable and meaningful



Potential areas for future research

There were quite a few gaps in the current research and/or service provision as highlighted by the scoping review and consultation, these include:

- The importance of language - how we talk about movement and physical activity
- The perspectives of wider others - not just people living with dementia and carers
- Rarer forms of, early-onset and advanced dementia are not often included
- The influence of place and rurality is not often considered
- Challenges and negatives of physical activity are not extensively explored

Now what?

As well as producing this easy read summary, we have also produced a paper to submit for publication in a journal. We are also sharing details with a wide range of community and academic audiences.



This work has created a local network of interested stakeholders and we hope that the enthusiasm for physical activity and dementia will continue. We are hopeful of being able to secure further funding so we can work on some of the gaps found in the existing research.