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## **Enhancing the capacity of the AEP in Dementia: Why a comprehensive assessment battery improves exercise prescription and clinical outcomes in a complex disease**

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Traditionally, the AEP is utilized within the healthcare system to assess and train physical capacity to improve overall quality of life for the person with dementia with exercise. However, dementia is a complex disorder involving an array of cognitive, psychological, autonomic and physical impairments that directly affects the efficacy and application of an exercise prescription. The scope of practice of an AEP stipulates the delivery of 'safe and appropriate' exercise, which when viewed in the complex disease of dementia, requires a much more diverse assessment capability of the exercise professional than currently deployed.

This session will explore the complexity of the dementia disorder and introduce AEPs to an expanded assessment battery involving medical, neuropsychological, physiological and neurological tests that can better inform the healthcare and evidence based exercise prescription for individuals with dementia by generating an enhanced clinical picture. The session will then demonstrate how to utilize this diverse array of clinical data to enrich the environment and the efficacy of exercise prescription to best improve clinical outcomes of the person with dementia.

The overall aim of the session is to position the AEP within the field of dementia disorders as the holistic, comprehensively skilled health professional that can contribute positively to clinical outcomes beyond the exercise prescription.