



# 2019 ESSA INNOVATION & PRACTICE FORUM

4 - 5 MAY 2019. MELBOURNE, VIC

102

## Dementia: Bringing best practice to exercise training

**Dr Tim Henwood**

*Southern Cross Care SA & NT*

The number of people living with dementia in Australia is projected to significantly increase in the coming decade. While the disease has vastly different impacts on the sufferer, a diagnosis of dementia brings with it significant deleterious health implications and a burden to the individual and their family. Evidence is growing to support that exercise can act as a significant preventative to dementia, and, for those with a diagnosis, benefits extend to a slowing of disease progression, a reduction in agitation and behavioural fluctuations, improved quality of life, and a reduced falls risk. However, fluctuating concentration, deteriorating recall and poor spatial awareness, when coupled with declining health, make engaging the person with dementia in ongoing meaningful exercise a challenge. In this presentation, delegates will be given a series of learning that will include an overview of the presenter's research in dementia and exercise, prescription and progression considerations, awareness of successful delivery and assessment tactics, and best-practice procedure for meaningful activities in the community and residential aged care setting.