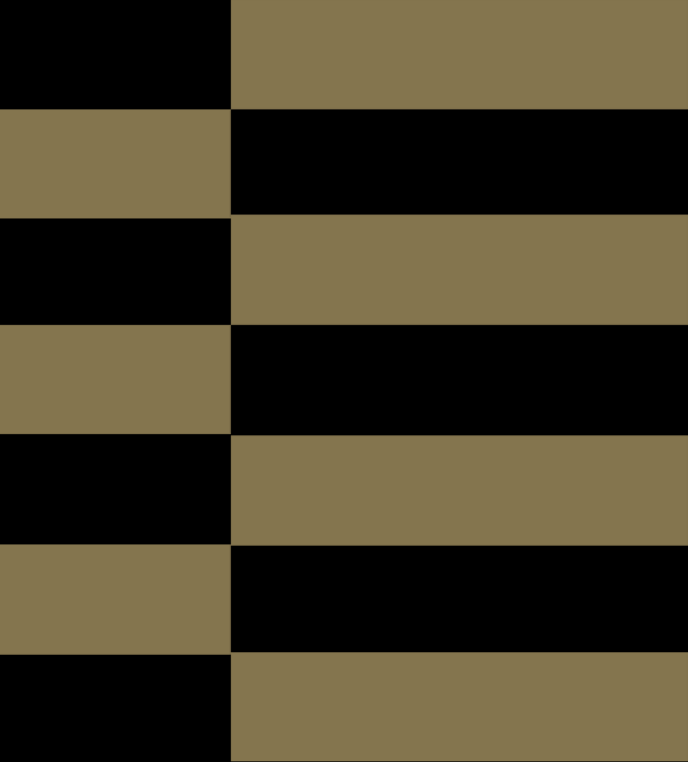
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# TUS Research



## Investigating the Effects of Dance Exercise Intervention on the Health of People with Dementia.



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### Abstract

Different methods of exercise can be used as a form of treatment for dementia such as dance exercise interventions (Ho et al. 2018). The study aims to develop a community-based dance exercise intervention that is patient focused. It hopes to maintain or improve physical, mental, emotional and brain health in individuals who have dementia and their primary caregivers.

Dance and exercise community-based interventions have potential to enhance the forms of care and treatment for people that have dementia.

### Introduction

Physical exercise affects the brain, causing structural and functional changes, this is seen in clinical and experimental studies, it influences cognition and wellbeing (Manolesi et al. 2018). People with dementia have seen greater improvements with community-based exercise interventions than individual exercise programs (Park and Cohen, 2017). Dance interventions are beneficial to people with dementia due to the potential of including other people, which has shown to provide a sense of connectedness and higher engagement with the activity (Ho et al. 2018)



### References

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### Methods

#### Process

- The intervention is being developed, implemented and evaluated using the medical research council framework.

#### Phase 1

- Focus groups and interviews will be held with key stakeholders to allow for understanding of their experiences and opinions.

#### Stakeholder Organisations

- The key stakeholders will be recruited from:
- Dementia Ireland
- The Alzheimer's Society of Ireland
- ExWell Medical
- The HSE

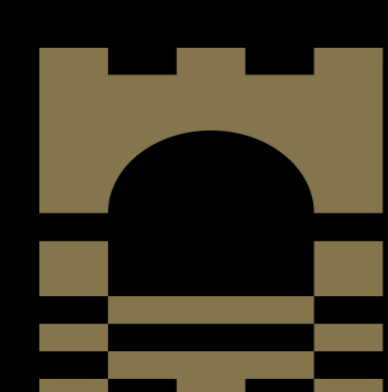
### Stakeholders included will be:

- Patients with dementia
- Carers
- Physicians
- Exercise professionals



### Areas for discussion include:

- Participants
- Carer inclusion in intervention
- Study design and length
- Intervention through ExWell Medical

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