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Exercise and dementia evidence: A review of reviews

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Exercise and Dementia Evidence Huddensfield

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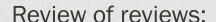
EverybodyActive

Key Findings:

People with dementia and caregivers would benefit from regular walking

Additional benefits can be gained from activities involving balance, strength and flexibility

Activities that encourage social interaction may provide additional benefits



14 reviews Over 200 studies

People with dementia living at home and in care homes

From randomised control trials to qualitative research



Benefits of exercise:



Improvements in:

- Physical function
- Activities of daily living
- Mood
- Social interactions
- Enjoyment
- Cognitive abilities
- Sleep
- · Quality of life

Reductions in:

- Falls
- Agitation
- Depression
- Restlessness