

DAPA – Dementia And Physical Activity

Patients at Coventry and Warwickshire Partnership Trust, with mild to moderate dementia, are receiving exercises to see if it can slow cognitive decline.

Dementia affects increasing numbers of people in the UK and is characterised by a progressive decline in functional abilities, including memory and the skills to perform activities of daily living.

Treatment is limited and the few anti-dementia drug treatments available for this group are limited by their side effects. Physical activity has numerous health benefits, including reducing a person's risk of developing dementia, but it is currently unclear if physical activity will help to slow the rate of cognitive decline in people with mild to moderate dementia.

There will be two groups of people, half will continue with their current treatment, and the other half will take part in the DAPA exercise programme as well as their current treatment. The group receiving the exercise programme will have exercise classes to music, twice a week, for about 1 hour, for 4 months with a specially trained physiotherapist. Everyone taking part in the classes will be encouraged to do at least another hour of exercise a week outside of the classes, according to choice, e.g. walking, swimming, cycling, dancing etc.

The exercise programme is designed to improve muscle strength, fitness and balance. Those who take part in the study will have a short assessment with a researcher to measure memory, thinking abilities, quality of life, mood and physical abilities. The results of this study will be

available in 2016 - to find out how this study is progressing go to:

<http://www.warwick.ac.uk/dapa>

If you would like to participate and have mild to moderate dementia, are able to walk 10 feet without human assistance, have no serious unstable illness (e.g. unstable angina) and live in the community, either alone or with a relative, friend or carer, or in sheltered accommodation then [click here](#).



“We have a proven exercise programme and we will determine the benefits for people and identify ways we can promote physical activity after the research”

Professor Sallie Lamb – University of Oxford

DAPA was funded by the NIHR Health Technology Assessment