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## BACKGROUND

- According to the National Institute on Aging (2017), Physical activity for older adults living with dementia is beneficial for muscles, joints, and heart health, along with cognitive health and keeping sleeping and toileting habits regular.
- Given that the number of older adults with dementia is expected to reach 14 million people by the year 2060, it is important to research and implement exercise programs for these older adults (Center for Disease Control, 2019).
- As a part of my St. Catherine University capstone experience I collaborated with English Rose Suites to create resources for healthcare staff on how to keep the residents physically active.

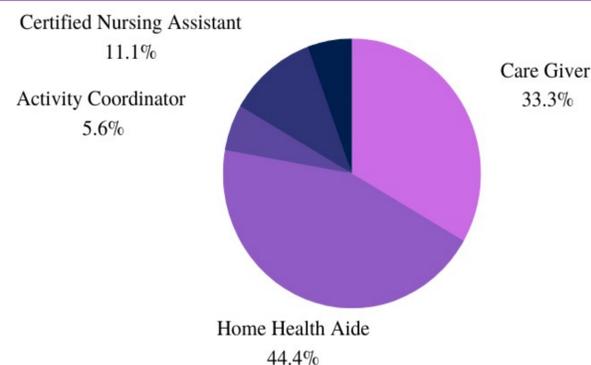
## PURPOSE

Create evidence-based resources for healthcare staff at English Rose Suites, to educate on the importance of physical activity for older adults living with dementia and encourage them to continuously promote physical activity within the multiple different homes.

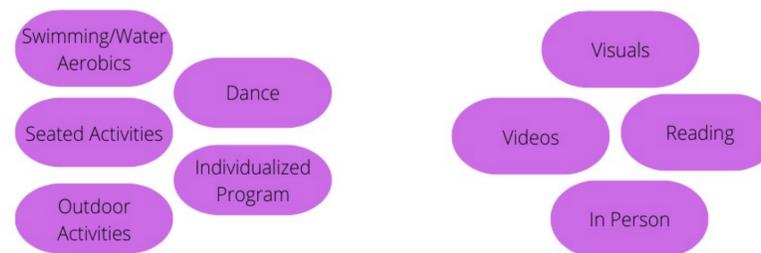
## APPROACH

- St. Catherine University Review Board verified the project as quality improvement. For this project I met with staff, therapists, and residents to learn about their needs. Then designed, created and delivered a/an:
- Surveys (2) via google forms:
  - Pre-survey that had questions about staff's current knowledge of exercise for older adults living with dementia and suggestions for new programming. I analyzed this using descriptive statistics and categorization.
  - Post-survey that included questions about the module's effectiveness. I analyzed this using descriptive statistics.
- Evidence-based narrated 45- minute PowerPoint plus handouts with information about strategies for performing physical activities such as seated exercises, outdoor activities, and individualized programming, and questions to facilitate learning.

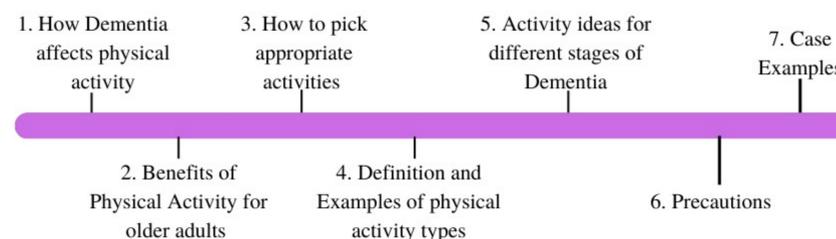
## OUTCOMES



### Pre-survey themes for Programming and Learning Preferences



### Learning Module Topic Areas



While most staff seem to indicate that English Rose Suites is fulfilling the physical activity needs of the residents, their subjective comments also indicated that future education or support is needed.

- "I believe that English Rose does what they can but it is difficult for caregivers as we have such a wide range of movement capabilities with residents as well as the mental capacity to follow instructions or movements".
- "I think we support residents to the best of our ability with the resources we have considering differences in levels of disease progression in a home. I do feel like we could use more resources for the staff though because I don't know much about what type of movement is safe for our residents".
- "For those with the physical ability, I think English Rose does a nice job., but for those more sedentary or wheel chair bound, more resources would be helpful.

### Post-survey Learning Reported



100% of staff felt this education tool was useful.



87.5% of staff stated that they would use this resource in the future.

## IMPLICATIONS

- **English Rose Suites**
  - The newly created education will likely support English Rose Suite's future programming, given that most respondents identified it as useful and reported they would use it in the future.
  - Future use of surveys pre and post education will allow English Rose Suites to better understand staff's knowledge and determine the education's usefulness across sites.
  - If the staff receive education tools that are beneficial for their learning needs, the staff may be more likely to then provide physical activity to the residents safely and confidently.

## RECOMMENDATIONS

- English Rose Suites should apply the information about multimodal physical activity programs provided within the education module to ensure older adult residents receive varied forms of physical activity.
- Continue to use collaboration methods such as surveys or small groups with staff to ensure that they are receiving the tools and resources that work for all different learning preferences.

## ACKNOWLEDGEMENT

I would like to thank the staff at English Rose Suites for giving me the opportunity to work with them, especially Katie Rinehimer who served as my primary site mentor. As well as Dr Hutson and Dr. Green for their support and leadership.

## REFERENCES

Center for Disease Control and Prevention, 2019. What is dementia? Retrieved from <https://www.cdc.gov/aging/dementia/index.html>

National Institute on Aging, 2017. Staying physically active with alzheimer's . Retrieved from <https://www.nia.nih.gov/health/staying-physically-active-alzheimers>

A full reference list of all articles used in the scoping review and assessment of organizational priorities that informed the project is available upon request.

