Development of an Evidence-Based Strength Training Program for Individuals with Dementia Participating in Adult Day Services

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Background

- Elderly adults with dementia are at an increased risk for falls and have much lower mobility than their peers without dementia.
- Risks associated with falling have been shown to be significantly reduced when elderly adults participate in exercises focusing on strength and balance of sufficient intensity.
- Increasing muscle mass is shown to alleviate negative changes to the brain and body associated with cognitive impairment and general aging.

Program Development

- A partnership with GWES, Dayton was formed to meet the needs of Day Service participants.
- An extensive literature review of fall risk and dementia was conducted and a needs assessment survey was taken of the GWES staff.
- Mobility assessments were performed on the program participants.
- Simply Strong exercise program and materials were developed.

Simply Strong

Warm-Up:
Forward/ Backward Rowing, Twists, Marching, Kicks

Strength Training
Overhead Press, Curls, Band Stretches, Squats and/or Knee Extensions, Hip Abduction, Heel Raises

Outcome

- An evidence-based program was developed.
- GWES Staff was instructed in leading the program so that it may continue to be successful.
- Project provided a model for the implementation of similar programs.

References