



Welcome to Activi-tea

Activities and the impact
on people living with
young onset dementia





Who are YPWD and what I have learned as a dementia practitioner

Karen Ive
Services Delivery Manager, YPWD



What support does YPWD (Berkshire) offer and what do they do?

- YPWD support a person that has been diagnosed with young onset dementia at 65 years of age or under
- YPWD offer support groups and respite to the families and carers
- We work across the whole of Berkshire
- We provide a series of activity workshops and short-term one-to-one support where needed
- Sessions provide social interaction and meaningful activities which have been shown to enhance mood and confidence
- Therapeutic benefits for the person with dementia and the benefits of a reduction in the levels of stress experienced by carers, has led to reduced GP and specialist visits

What else does YPWD do?

Workshops

1-1 support and micro-groups

Education course

Social activities

Admiral Nurse in the east and west

Carer support group

Books

YPWD workshops



Badminton

Table Tennis

Kata-canoeing

Archery

Walking

Retro-Games

Equine Therapy

Tennis

Choir

Bowls and Bowling

Dance

Golf

Art

Needlework

Crafts

Furniture restoration

Cooking

Retro-Games

Hobbies and Interests

Reminiscence

Choir

Photography

Reader Group

Film Club

Around the World

Historical Workshops

Well Being

Flower Arranging

This is Me

Gardening

Jogging

Calligraphy

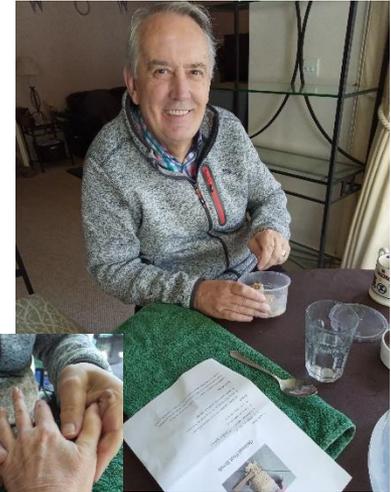
Of Our Times....

Mystery Tours

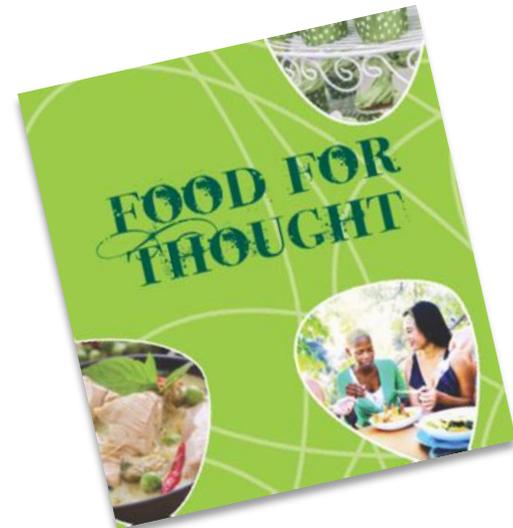
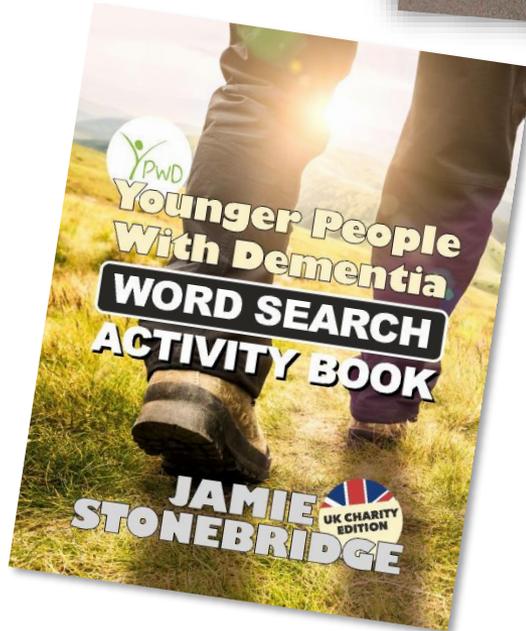
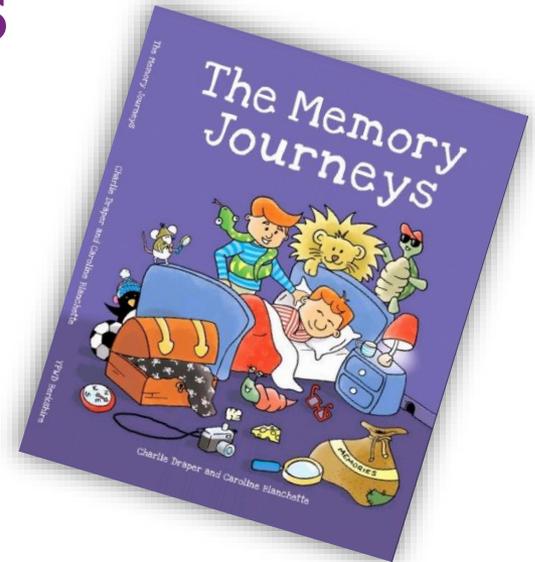
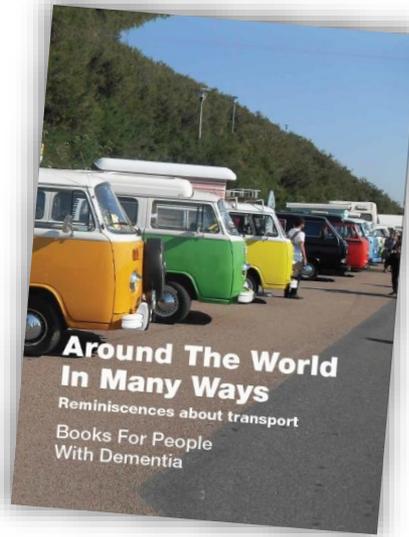
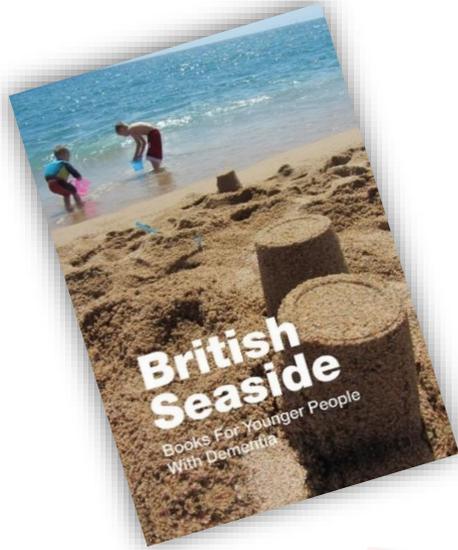
Fitness

Aromatherapy

Some snaps from our album



YPWD books





Activities that I enjoy and why

Steve and Rod



Reflecting on what I have seen as a carer

Penny and Pat



Why activities are beneficial in young onset dementia?

Dr Jacqueline Hussey

Consultant Old Age Psychiatrist
Berkshire Healthcare Trust
& Trustee YPWD Berkshire

The importance of physical activity



- Physical exercise is an important part of a healthy lifestyle, contributing to general fitness, muscle control and coordination, and to a sense of wellbeing
- Physical exercise is also helps to maintain adequate blood flow to the brain and may stimulate brain cell growth

Can physical activity help in dementia?

- Cognition
- Well-being
- Behavioural and psychological symptoms

Can activity improve well-being in dementia?

Dementia and physical activity DAPA study

494 people with dementia in community

Mean age 77 years

Intervention: aerobic and strength exercise programme for 4 months

Findings – no benefit to cognition

Can activity improve well being in dementia?

Three groups:

Group reminiscence therapy (RT)

Group activities (GA), involving simple goal directed crafts or games;

Unstructured time (UT), during which participants were left to their own devices.

Dementia Care Mapping was used to measure relative levels of wellbeing or illbeing during these three groups.

Results: The level of wellbeing in both RT and GA was significantly higher than in UT. (highest for RT)

Wellbeing and activity in dementia: A comparison of group reminiscence therapy, structured goal-directed group activity and unstructured time

Evidence for physical activity and improved outcomes



Gardening has been shown to improve neuro-endocrine markers for stress and to improve mood in healthy populations

Van den Berg, A.E., and Custers, M.H.G. (2011). Gardening promotes neuro-endocrine and affective restoration from acute stress, *Journal of Health Psychology*, vol. 16/1, 3-11.

What role can physical activity play in improving well-being in people with young onset dementia?

Does a structured gardening programme improve well being in young onset dementia?

Mixed methods study of therapeutic gardening intervention. Family caregivers reported a renewed sense of purpose and increased well-being in the person with young onset dementia, over one year, despite cognitive decline.

Hewitt, Watts, Hussey

Can activity improve BPSD in dementia?

Behavioural and Psychological Symptoms

- Agitation
- Apathy
- Delusions
- Changes in mood
- Sleep disturbance

Lack of appropriate activities

**Apathy
Boredom**

**Social
isolation**

**Decline in
health**

**Behavioural and
psychological
symptoms of
dementia**



“BPSD”

Bored

Passive

Sedentary

Downright fed up

Neuro Psychiatric Inventory (NPI) scores of attendees

	NPI At six months	NPI At 18 months	NPI at 24 months
Mean	21.6	10.6	8.5
Range	35-6	32-1	20-0

Summary: physical activity and young onset dementia

More research needed. Areas to look at:

- Cognition
- Effect on a normal day-night routine
- Mood

**I feel so much better
after walking, so
glad that I can go
with others**

**My husband always
sleeps the night after
the running club**

Summary: physical activity and young onset dementia

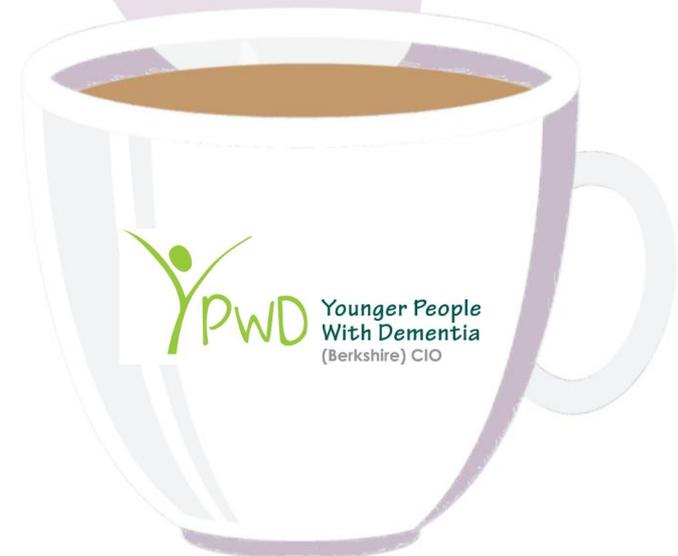
What we do know!

- Increases social participation and inclusion
- Gives sense of purpose
- Creates friendships
- Increases confidence
- Helps people to live well with dementia





**Thank you for
joining us**



youngdementianetwork.org/our-webinars