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?

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Some snaps from our album
YPWD books

British Seaside
Books For Younger People With Dementia

Around The World In Many Ways
Reminiscences about transport
Books For People With Dementia

The Memory Journeys

Younger People With Dementia
WORD SEARCH ACTIVITY BOOK

FOOD FOR THOUGHT
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

D. Brooker & L. Duce Aging & Mental Health Volume 4 2000
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.

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

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<th>NPI At six months</th>
<th>NPI At 18 months</th>
<th>NPI at 24 months</th>
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<tr>
<td>Mean</td>
<td>21.6</td>
<td>10.6</td>
<td>8.5</td>
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<tr>
<td>Range</td>
<td>35-6</td>
<td>32-1</td>
<td>20-0</td>
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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.