

Physical activity and leisure for people living with dementia and family carers

Physical Activity and Leisure.

By physical activity we mean exercise such as dancing, walking, swimming, bowling, seated exercise, tennis, yoga, golf and many more activities designed to get people **moving**.

These are activities which can **benefit our minds and bodies**, help us to relax, and which we can enjoy for leisure.

The activities involved are aimed at people living with dementia who live in care homes, attend Meeting Centres and other similar community settings. They will often be of benefit to family members too.

The project will develop, deliver and evaluate an online course aimed at staff and volunteers from across social care, leisure, sport and residential settings to offer opportunities for physical activity and leisure to people living with dementia and their family carers.

We want physical activity to be a leisure choice as a part of everyday life for as many people as possible.

The course has three main aims and will help those who take part in the course to:

1. **Deliver physical activities** and exercise which best suit individual wishes as well as those of everyone in the group.
2. **Understand the benefits** for people with dementia taking part in physical activity and exercise.
3. **Encourage and support** people to participate and to know how and why to involve family carers in the activities

This project is funded by [the Leisure Studies Association](#) and [Active Herefordshire and Worcestershire](#).

To find out more, please contact Dr Chris Russell at c.russell@worc.ac.uk or follow us on social media @DementiaStudies