

**Dementia prevention in the elderly:  
Online physical, cognitive and social  
interventions to reduce modifiable  
dementia risk factors**

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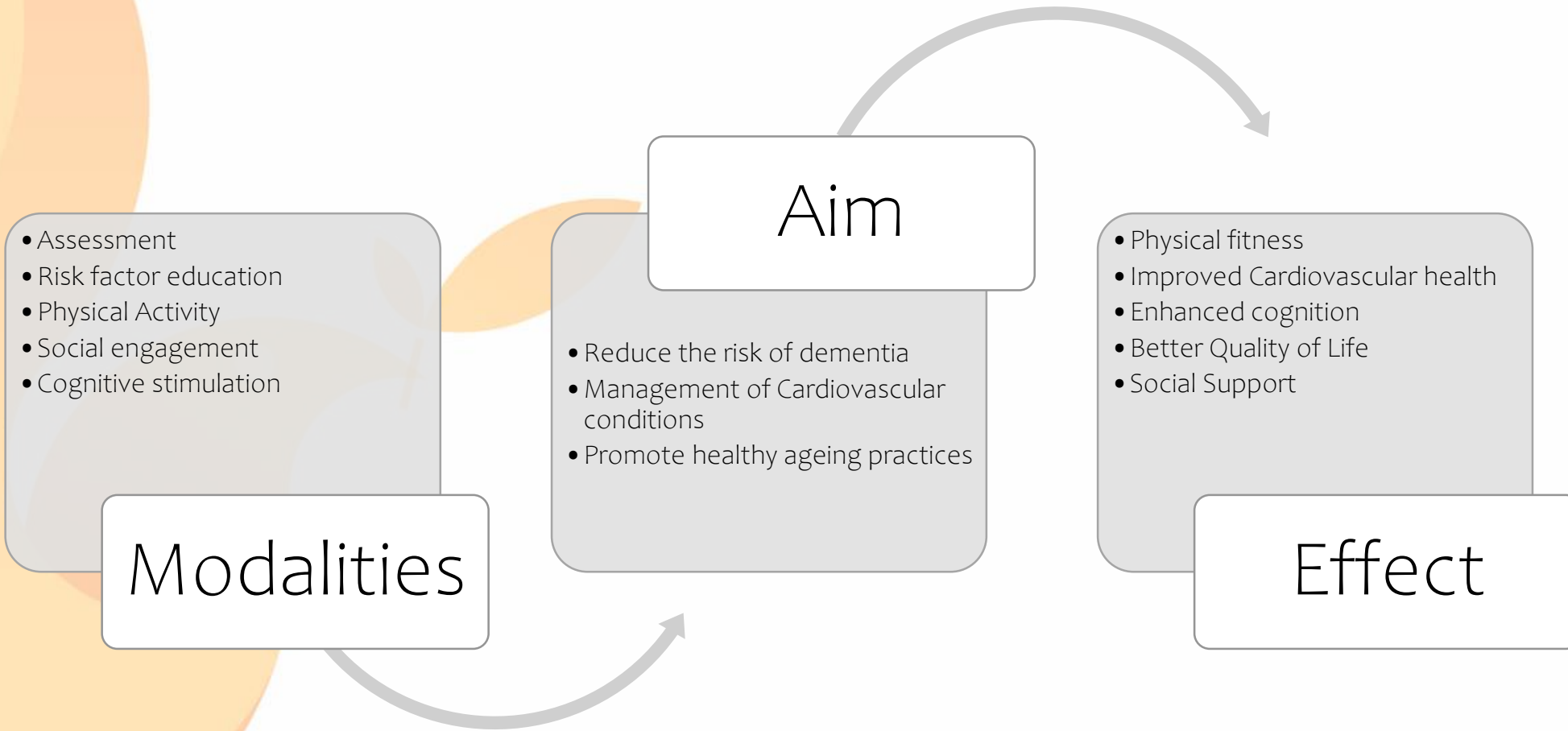
# EMERGING INTEREST IN MULTIMODAL INTERVENTION DESIGN

## Preventive Health & Active Ageing

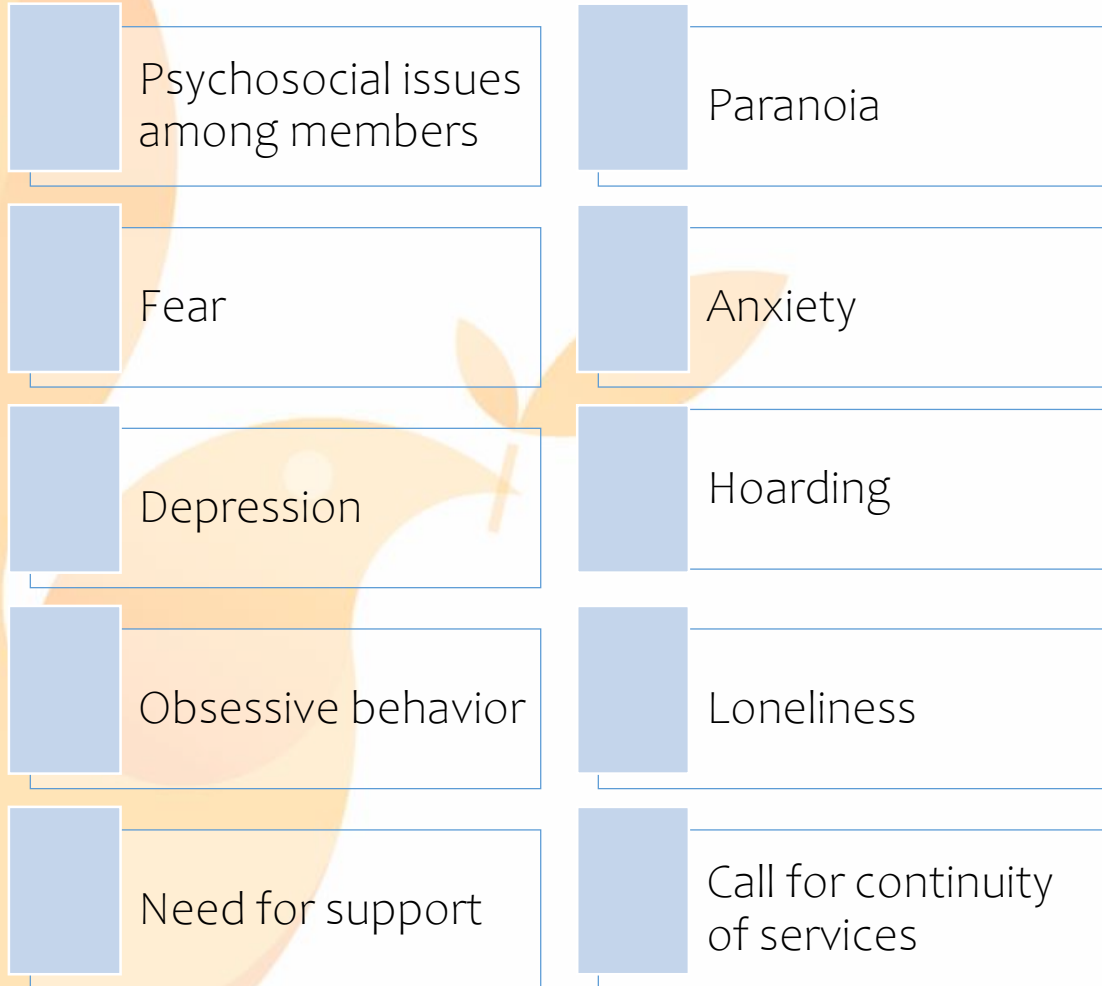
- Increased longevity has led to the concept – Adding Health to years
- Chronic conditions associated with ageing lead to dependency and huge financial implications
- Research suggest that participating in physical, mental and social activity in reduces the risk of chronic diseases
- 60% of people above the age of 50 are not active enough to prevent these risk factors
- Preventive strategy has to be multimodal and should have long term participation



# NMT Active Ageing Program based on Thinking Fit UK



# Challenges : COVID Closure




## BEYOND FIGHTING THE VIRUS

**MENTAL HEALTH ISSUES BEING FACED**

- > Fear, anger, panic, anxiety, depression, insomnia
- > Isolation, disconnectedness, loneliness
- > Uncertainty about the outcome
- > Fear of death
- > Accepting food, which may not be of their choice
- > Not accepting social confinement

**GENERAL MEASURES**

- Home quarantine, if feasible
- Provide internet connectivity
- Entertainment facilities like TV, provision to listen to music, availability of books



**MENTAL HEALTH INTERVENTIONS**

- Screen for any psychiatric morbidity
- Prepare the person for quarantine, listen to the concerns and address them

Encourage emotional connectedness with people by using phone or video calling

# Aim

To study the feasibility of digital platform in providing physical, cognitive and social interventions in reducing the modifiable dementia risk factors and improving cognitive ability and quality of life in the elderly Indian population.

To understand the challenges associated with online engagement and compare the impact to in person delivery of the program.

# Methodology

- A total of **80 subjects** aged  $\geq$  **50 years** participated in a **12 week** program consisting of **6 hours** of physical, cognitive and social activities **per week**.
- Zoom platform
- Three batches
- Activities were designed to suit the online mode of delivery.
- Physical activities and cognitive activities were planned keeping the home environment, sensory issues and limitation with the technology in mind.

# Online Active Ageing

## An Innovative approach to healthy ageing

Familiarizing elders with Zoom

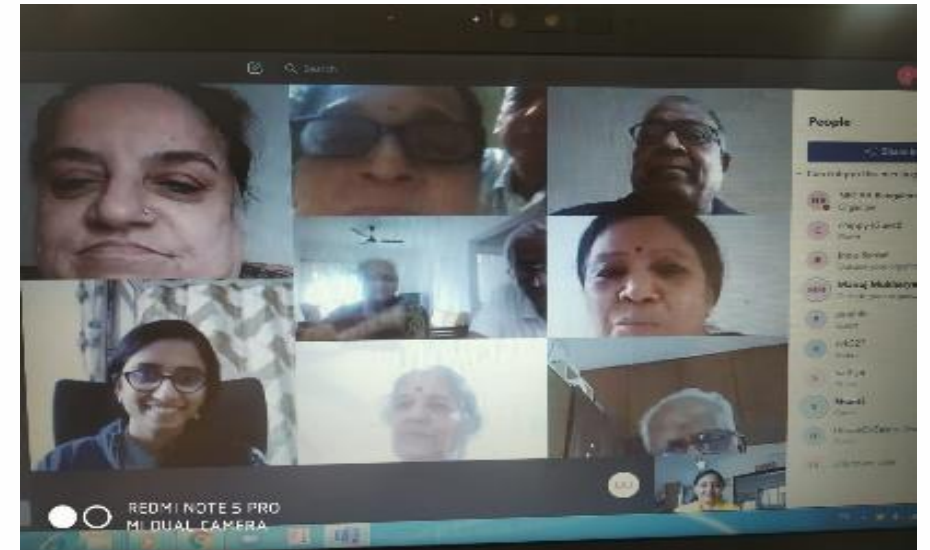
Handholding of elders through few sessions

Involving family members

Modification of sessions

Exercise using household items

Involvement of grandkids



# Results

# Challenges



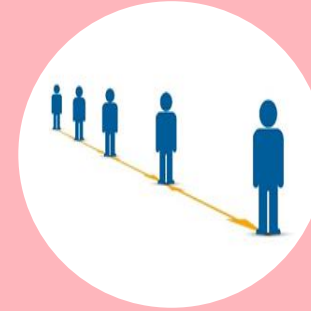
Same level of satisfaction and impact with the physical and cognitive activities



Online mode of delivery convenient and safe



Different regions in India to participate in the program.



**Cognitive**  
Connectivity  
Distraction  
Execution of specific activities



**Physical**  
Assessments  
Safety concerns  
Equipment  
Multiple instructions



# Conclusion



Digital Literacy



Elderly - fast learners, adapt to new ways of achieving digital literacy.



Engagement levels



Pandemic accelerated the need for technology in all sectors of work



Creativity in using props: Extrapolated resources in their own houses; remain active in their own settings.



92% of feedback – continuing online AA program



*Thank you*

