

Changing the Focus Project – enhancing physical activity of people with dementia

Monash University' Rehabilitation Ageing and Independent Living Research Centre is running a free support program for people with mild dementia or cognitive impairment to take part in community-based physical activity programs in 2024.

We are seeking people with mild dementia or cognitive impairment to participate in a personalised 12-month “Changing the Focus” physical activity program.

The voluntary physical activity program is available to people who provide their consent to participate (or with the support of a carer) that live in Frankston or Mornington Peninsula region of Victoria.

Those who participate will be supported by physiotherapists and/or exercise providers throughout the program. Support will be provided at home, in the community and via telephone.

Participation in the program will promote good health and wellbeing for the person with dementia. It will also assist the research team in evaluating the program; informing its future use.



For more information, contact the Monash University research team:

Dr Angel Lee

(03) 9904 4662

angel.lee@monash.edu

Ms Lisa Licciardi

(03) 9904 4350

lisa.licciardi@monash.edu

Funded by: Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme

Ethics approval: Monash University Human Research Ethics committee Project ID: 39672

CRICOS provider: Monash University 00008C Monash College Pty Ltd 01857J