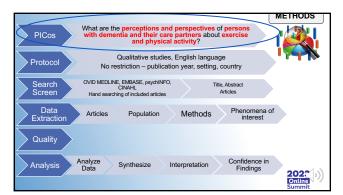
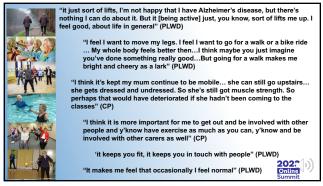
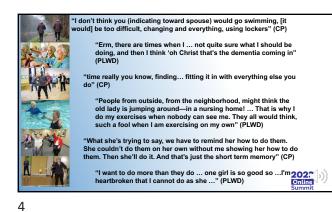
Perceptions and Perspectives of People with Dementia and their Care Partners regarding Physical Activity and Exercise:  A Systematic Review of Qualitative Evidence Dal Bello-Haas VI, Hamildan R, Zaide M, Madigan K School of Rehabilitation Science, McMaster University, Hamilton, Ontario		
	PLWD less physically active	
Introduction     Physical activity (PA) and exercise (EX) have known benefits across the lifespan     Engaging in PA and EX is recommended for people living with dementia (PLWD)¹	than adults with no cognitive impairments <sup>2</sup> • Shifts in PA preferences >92% PLWD do not participate in organized PA <sup>3</sup> • RRMC - 43% of PLWD and care partners reported no PA	
*Ismail 2020; *Zanko 2016; *Watts 2013; *O'Connell 2015	participation; 16% reported no regular EX <sup>4</sup>	2027 1) Online Summit







## **Discussion and Implications**

- Needs, experiences, reactions and preferences impacts acceptability of and engagement in PA and EX.
- Themes elucidated regarding PA and EX will have practical implications for health and wellness promotion and management for PLWD and their care partners.



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