

# ***Improving physical activity levels of older people living in care homes***

## **Researchers**

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## **Background**

Physical activity (PA) is important to the maintenance of good health in older people. Older people living in care homes do not engage in PA, and this increases their risk of further deterioration of health and hence hospital admission. Care homes, residents and their staff will take part in this project to find reasons why care home residents do not participate in PA and to identify ways to increase PA. There will be four stages to this project: examining the existing evidence, observing how existing care home routines influence residents' PA, developing interventions, and feeding back these interventions to relevant care home staff to obtain their views on the feasibility of these.

## **Aims of Study**

- (1) Explore from the perspective of residents and care home staff the barriers and facilitators to care home residents' levels of PA
- (2) Examine how care home systems, practices and processes influence residents' physical activity.
- (3) Identify feasible opportunities for care home residents to engage in PA.
- (4) Develop feasible intervention(s) for care home staff and residents to increase PA levels.

## **Methods of Working**

This will be a multi-phase study, undertaken in four work packages (WP).

WP1: Systematic review and meta-analysis of effectiveness of PA interventions and meta-synthesis of the qualitative literature relating to attitudes and beliefs, barriers and facilitators to PA in care homes.

WP2: Exploration of attitudes and beliefs to physical activity amongst carers and residents and ethnographic analysis of daily life in a variety of care homes.

WP3: Development of potential interventions. WP1 and WP2 will inform selection of candidate theories and development of components of potential interventions to increase levels of care home PA.

WP4: These potential interventions will be fed back to users in focus groups in the form of vignettes. This will allow the intervention to be refined to one that is feasible to implement.

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### **Contact**

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