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### The effect of long-term group rehabilitation on physical performance in community-dwelling people with dementia

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*Publication date:*  
2018

*Document Version*  
Peer reviewed version

[Link to publication](#)

*Citation for published version (APA):*

Junge, T., Knudsen, H. K., Kristensen, H. K., & Demensbyen i Svendborg, UCL. E. O. P. (2018). *The effect of long-term group rehabilitation on physical performance in community-dwelling people with dementia*. Abstract from 28th Alzheimer Europe Conference, Barcelona, Spain.

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# The effect of long-term group rehabilitation on physical performance in people with mild to moderate dementia

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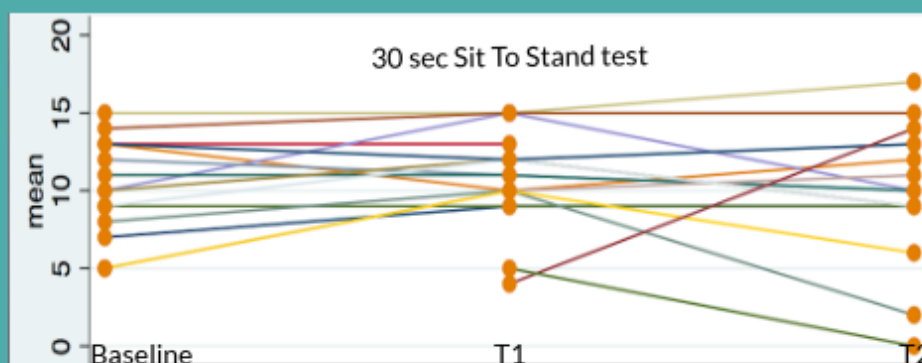
## What is new?

The expected deterioration in physical performance was postponed in a small sample of home-dwelling people with mild to moderate dementia participating in group rehabilitation including physical activity



**No effect**  
OF TIME FOR ALL  
FIVE TESTS

On a group level, a stable physical performance was seen in all three time points during nine months in five physical performance tests



## Who?



- 18 participants
- Groups of 8-9 people
- Rehabilitation with physical activity
- Two rehabilitation therapists
- Twice a week
- Two hours per session
- Nine-month period

## How?

- Baseline test and 2 follow ups:
- 30 sec sit-to-stand test
- Guralnik balance test
- 10-metre walking speed test
- Timed 6-metre walk test
- Timed dual task walk test

