



Expanding Exercise Opportunities for Persons living with dementia

(FOCUS GROUP DISCUSSION SCRIPT AND QUESTIONS)

ALLIED HEALTH PROFESSIONALS WHO PROVIDE SERVICES TO PEOPLE WITH MCI/DEMENTIA

1. What is your role in the health and wellbeing of people with dementia?
2. What is your role in prescribing or suggesting exercise to people with dementia?
3. What do you know about the benefits of physical activity and exercise to the health of people with dementia?
4. What do you know about the benefits of physical activity and exercise to the thinking ability of people with dementia?
5. Tell me about how you currently talk about and prescribe or suggest exercise to people with dementia?
Prompts:
 - a. Do you discuss their current exercise habits?
 - b. Do you suggest exercise for people with dementia?
 - c. Do you suggest specific frequencies or intensities of exercise?
 - d. Do you refer people with dementia to specific people or programs?
6. What are the barriers to discussing and prescribing/suggesting exercise to people with dementia?
7. What would you need in order to better discuss and prescribe/suggest exercise to people with dementia?
8. Who should be discussing and prescribing/suggesting exercise to people with dementia?
Prompts: Physician, nurse, PT/OT, kinesiologist or CEP, trainer, other?
9. Describe the ideal physical activity or exercise program for people with dementia.
 - a. Where would the physical activity or exercise take place?
 - b. Who would the person with dementia do the physical activity or exercise with?
 - c. How often would the person with dementia do this physical activity or exercise?
 - d. When should the physical activity or exercise take place?
 - e. Should exercise programs for people with dementia require referral or be open to all?
10. What are some challenges for people with dementia to be physically active?
11. What do you think would make it easier for people with dementia to be physically active?