

Title of Study: Barriers, facilitators, and types of physical activity engaged by persons with dementia during Canadian winters

Location: Ontario

Study Description:

The purpose of this study is to understand what supports and prevents people living with dementia from participating in physical activity during the winter months.

Identifying what helps or hinders winter physical activity can help inform future research and policy aiming to promote physical activity in persons with dementia. It will allow researchers to create exercise interventions that are seasonally appropriate to persons with dementia. It can also allow policy makers to target key areas of improvement, such as icy sidewalks, to better support winter physical activity.

What Will Happen During the Study?

During this meeting, you will complete a brief demographic survey and a 30-60 minute semi-structured interview. During this interview, you will be asked questions like:

- What are your thoughts and feelings about physical activity and the wintertime?
- What activities do you enjoy doing in the winter?
- What makes it challenging for you to be physically active during the winter?
- What helps/supports you to stay physically active during the winter?

With your permission, the interview will be audio and video-recorded to ensure an accurate transcription of the conversation can be made to capture all the information you share with us.

Eligibility: Who Can Participate?

We are looking for persons with dementia or family caregivers of a person with dementia. Participants may enroll as an individual or can be enrolled as a pair. Participants who enroll as a pair have the option to participate in these interviews with their partner or to participate individually.

All participants must meet the following eligibility criteria:

- Live in the community
- Be able to speak and understand English
- Be able to access and use Zoom using a computer or tablet
- Live in a region in Canada that regularly experiences snow or ice during the winter months.

Persons living with dementia must:

- Be above the age of 55
- Be able to read and understand the consent process
- Be able to understand the nature of the interview

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Care partners must:

- Identify as a primary family care partner for a person with dementia or mild cognitive impairment
- Not identify as someone living with dementia

Recruitment Start Date: April 19, 2022

Recruitment End Date: June 30, 2022

Contact Information:

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