

facilitated discussion on use of this drama production in training and awareness rising on dementia and promotion of physical activity. Evaluation of the seminars has been positive. Comments on seminars include: ‘Greater understanding of advantage of early diagnosis and the need for better awareness of dementia issues’ “Raised my awareness of the needs of people with dementia” Specific comments on drama ‘Seeing Auntie’ are: ‘Seeing Auntie’ was a fantastic way of sharing how dementia affects the whole family” “Thought that the ‘Seeing Auntie’ theatre production was extremely thought provoking and emotional. Brings it to life!” **Keywords:** Dementia; Alzheimer; Physical Activity; Awareness; DVD.

### **CHAIR BASED EXERCISE: STILL MEETING NEW PHYSICAL ACTIVITY GUIDELINES**

Baker, Cherry

*Later Life Training Ltd, UK*

Chair-based exercise has been shown to have beneficial effect at maintaining or promoting independence and mobility in older people. However, if possible, seated exercise should be progressed to standing exercise to make it more functional and to improve balance and strength so that the older person can reduce their risk of falls and widen their social reach. In order to ensure that chair-based exercise can still achieve the aim of meeting physical activity guidelines for older people (ie. moderate physical activity, strength and balance work) Later Life Training have ensured that their Chair-based Exercise Leaders course delivers training on exercises that not only meet this evidence base but have been used in published research. The workshop will discuss briefly the evidence base behind the course and then will lead participants through the exercises and the motivational messages that can be given to support adherence.

### **CHANGING THE WAY WE AGE**

Milner, Colin.

*ICAA, United States.*

Population aging is creating a tidal wave of change within many industries, governments, communities, businesses and families. What impact are these sweeping changes having on the fitness and wellness industry? And, how can you profit from them? By attending this forward-thinking session, you will learn about how the accumulation effect and the latest research in population aging is changing the way we age, driving the global active-aging movement to unprecedented heights. You will also learn what trends are occurring because of these changes, and how they are changing the way we age.

### **THE RONNIE GARDINER RHYTHM AND MUSIC METHOD: A WAY TO STIMULATE COGNITIVE AND MOTOR FUNCTION IN THE ELDERLY**

Pohl, Petra.

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**Background:** The Ronnie Gardiner Rhythm and Music (RGRM) Method has been implemented with health care and rehabilitation since 1993 in Sweden. The method may stimulate neural plasticity through our natural sense of rhythm, and can be used to help people with brain injuries, diseases of the central nervous system, as well as healthy brains in the elderly or children. The RGRM Method uses multisensory input; visual, audio, kinetic, and tactile,