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## facts about dementia and physical activity

### 1

**Dementia is not an inevitable part of old age**

About 35% of cases may be attributed to modifiable risk factors such as physical inactivity



### 2

**Physical activity reduces the risk of dementia**

Physical activity appears to reduce brain ageing, and cognitive decline in people with mild cognitive impairment and dementia



### 3

**Strength, balance and functional exercise can improve mobility for people with dementia**

Moderate to high intensity multi-modal exercise can improve balance, functional strength and mobility, and is beneficial for improving ADLs, in people living with dementia



### 4

**Dementia is associated with an increased risk of falls**

Exercise interventions that include balance and functional training may be effective in preventing falls



### 5

**How you engage and interact with people with dementia makes all the difference**



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