Exercise intervention studies for older people

Thursday October 3rd 2019

Location: B 302 in Caring Sciences Building (“Vårdvetarhuset”)

8.30-9.20 Sarah Lamb, Professor, University of Oxford, UK
“Lessons learnt from designing studies to evaluate clinical practice”.

9.25-9.55 Philippe de Souto Barreto, Professor, Université Paul Sabatier
Toulouse, France
“Exercise interventions for older people with dementia”

9.55-10.40 Poster session including coffee and sandwich

10.40-11.50 Annika Toots, PhD, and Anna Sondell, PhD Student, Umeå University
“UMDEX Study
- Walking backward: exercise effects in people with dementia.
- What factors are crucial for exercise response in people with dementia?”

Nina Lindelöf, PhD, Umeå University
“MIDRED Study – Team based rehabilitation for persons with dementia.”

Marcel Ballin, PhD Student, Umeå University
“Interval training for reducing obesity and improving quality of life in older adults with central obesity”

Beatrice Pettersson, PhD Student, Umeå University
“Effectiveness of a self-managed digital exercise programme to prevent falls in older community-dwelling people – the Safe Step randomized controlled trial”

11.50-13.10 Lunch (not complementary)

13.10-13.50 Dawn Skelton, Professor, Glasgow Caledonian University, UK
“Which strength and balance activities are safe and efficacious for individuals with specific challenges (osteoporosis, vertebral fractures, frailty, etc)”

13.50-14.00 Fruit break

14.00-14.45 Itshak Melzer, Professor, Physical Therapy Department, Ben-Gurion University of the Negev, Israel
“Does perturbation exercises improve stepping and gait among older adults?”

14.45-15.00 Summary

Register your attendance to chatarina.carlen@umu.se no later than Tuesday September 24th. Write “REGISTRATION EXERCISE SEMINAR” as your e-mail subject. Include information about dietary restrictions and your title (PhD Student, Post-Doc, Senior Lecturer, Professor etc).