



PhysAgeNet & EGRAPA Conference 2024

“Evidence Based Physical Activity in Old Age”

BOOK OF ABSTRACTS

18th – 19th of April, 2024

Different movement-based programs for the older adults, the same: holistic health!

Symposium Chair:

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In this symposium we intend to present four different non-pharmacological intervention programs, in the field of physical activity, aimed at the elderly population in different contexts, which are currently being led by different research teams from the University of Évora (Portugal) and the Comprehensive Health Research Center. The objective of these programs is common: to involve the different domains of the individual's health. Therefore, we will present:

Two programs carried out in the aquatic environment:

Aquafast: intends to study the potential of an aquatic program with increased speed and task specification on functional capacity, independence, and the risk of falls in older people.

Aquamentia: this is a psychomotor intervention program in an aquatic environment, aimed at elderly people with dementia, based on research into the effects of this disease on the individual's different skills, at a physical, emotional, cognitive, and social level.

Programs carried out on land: aims to present the beneficial effects of innovative exercise and rehabilitation interventions targeted at older adults across different age groups. We developed several studies testing exercise and rehabilitation targeting community-dwelling, nursing home, or home-care older adults (e.g. orienting, virtual reality, dance, psychomotor rehabilitation, multidisciplinary). Also, we will refer to a balance training in institutionalized older adults, that reduced the fear of falling, enhanced dynamic balance, and improved both isometric strengths.

Titles of the conferences:

- Psychomotor intervention on water for people with dementia: Matias, A.; Santos, G.; Morais, A.
- Aquafast: potential of aquatic high-intensity training for older people: Antas, D.; Bravo, J.; Gonçalves, B.; Figueira, B.; Batalha, N.;
- Aging well: Comprehensive Exercise and Rehabilitation Interventions for Optimal Physical and Cognitive Health: Pereira, C. Marmeira, J.;
- Balance training in older individuals living in institutions reduces falls and fear of falling: Parraça, J.; Carmelo Adsuar, J.; Apolo, M.D.; Olivares, P.

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