

Beginning of the study	A researcher will visit you and your carer in your home to collect information
Then for five months	You will then be assigned to either receive NHS care as usual or Tai Chi for free. Those doing Tai Chi will attend a weekly class and do the exercises at home. Those not doing Tai Chi will be given £50 at the end of the 6 months. Both groups are equally important.
End of the study	A researcher will visit you and your carer in your home to collect information.

What would my carer need to do?

They will need to help you provide the researchers with information and help you attend Tai Chi classes and to perform the Tai Chi exercises at home (if applicable).

Who is doing the research project?

Dr Samuel Nyman is funded by a National Institute for Health Research (NIHR) Career Development Fellowship to do this project. Along with a team at Bournemouth University, he is supported by colleagues from the following partner organisations:



The TACIT TRIAL
Tai Chi for people with dementia

Free Tai Chi classes!



How can I find out more?

Please contact:



Yolanda Barrado-Martín
on 07801 890258
or ybarradomartin@bournemouth.ac.uk

Take part in free Tai Chi classes for a new research project that will test whether Tai Chi is of benefit to those living with dementia and their carers.



What is Tai Chi?

- Tai Chi is an ancient form of Chinese mind-body exercise, where people carry out smooth and continuous body movements along with deep breathing and mental concentration.
- Tai Chi has been recommended by the Department of Health for older people to keep physically active.
- It is recommended by the NHS, particularly for older people who have not done exercise for some time.
- Tai Chi is particularly suited for people with dementia as it uses slow, gentle, and repetitive movements.

What will The TACIT Trial aim to achieve?

- There is good evidence that Tai Chi improves people's health and wellbeing. As we get older, Tai Chi helps us to be able to continue to get outdoors and carry out everyday activities on our own.
- However, little research has been done on Tai Chi with people with dementia.
- This study will be the first in the UK to test if Tai Chi can improve the health and wellbeing of people with dementia. It will also be the first study in the world to test fully if Tai Chi helps improve balance and prevent falls.

Who can take part?

We are looking for volunteers who:

- Have a diagnosis of dementia
- Are living in their own home (and not in a care home)
- Are able to do standing Tai Chi
- Have a carer available to support them with this study, in providing information and to help with the Tai Chi exercises (if applicable).

We will not be able to include people in this study who:

- Have Lewy Body dementia or Parkinson's disease
- Are in receipt of end of life care
- Have very severe dementia or very severe sensory impairments that might preclude them from participating fully in the study
- Are already practising Tai Chi
- Cannot attend a free weekly Tai Chi class.



What would I need to do?

The study will last approximately six months. Half will receive Tai Chi for free. The other half will be given £50 at the end of six months to attend their own classes.

