

10th World Congress on

ALZHEIMER'S DISEASE & DEMENTIA

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HAPPY (Healthy Ageing Promotion Program for You) for ageing in place

Population, health and prevention of frailty and dementia have become a public health priority to reduce healthcare cost and institutionalization. The primary aim of Healthy Ageing Promotion Program for You (HAPPY) was to improve cognition and function. Participants were older adults aged above 60 years recruited from senior activity centres and community. In addition to demographics data, information on frailty, quality of life, cognition and function was collected. Physical measurements including Short Performance Battery test (SPPB) was also carried out. Those screened to be pre-frail or frail and ambulant or have underlying cognitive impairment were invited to participate in HAPPY. Exclusion criteria included diagnosis of dementia and wheelchair bound. 40 participants were followed up for 3 months. Baseline characteristics of participants include mean age of 75.5 years. 25 (62.5%) of participants complained of subjective memory problems and 8 (20%) of participants had Mini Mental State Examination (MMSE) scores below 24. About 29 (72.5%) had hypertension, 17 (42.5%) had hyperlipidemia and 11 (27.5%) had diabetes. 8 (20%) of participants had 3 or more chronic diseases. 34 (85%) were prefrail and 5 (12.5%) were classified as frail. After 3 months, MMSE mean scores improved from 25.9 to 26.8 and Montreal cognitive assessment mean scores improved from 23.0 to 24.9. In addition to cognitive scores, there was small but significant improvement in gait

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