

Randomised controlled trial component

214 patients with mild to moderate severity
Alzheimer's disease meeting inclusion criteria

Baseline balance / mobility assessment

randomisation

Longitudinal balance component

64 age and gender
matched healthy Ss
(matched to first 64
control group Ss)

Re-assessment (12 mths)

Re-assessment (18 mths)

Re-assessment (24 mths)

Control group (routine care and
activity / information home visits
by an Occupational Therapist)

Intervention group (home based
balance training programme)

6 months
Re-assessment after intervention / control
programme

12 months
Re-assessment 6 months after programme
ceased

18 months

24 months

First 64 control participants -
re-assessment

Focus group
of exercise
participants
/ carers