

Remotely Supervised Online Chair Yoga for Older Adults With Dementia

- Dr. Juyoung Park, of the Phyllis & Harvey Sandler School of Social Work, will conduct a remotely supervised Online Chair Yoga program to measure its effects on chronic pain, physical function, and loneliness.
 - Participants will practice Online Chair Yoga at home.
 - **Inclusion criteria:** (a) 60 years old or older; (b) living in the community, not institutionalized; (c) diagnosed with dementia (such as Alzheimer’s disease, Alzheimer’s with Lewy bodies, vascular dementia, etc) by a neurologist or other medical doctor; (d) able to walk at least 30 feet independently with minimal assistance (such as a cane or walker); (e) access to desktop or laptop computer and Internet; (f) a supportive caregiver to accompany the participant in each online class session.
 - **Exclusion criteria:** (a) presence of psychiatric disorders (for example, bipolar disorder); (b) alcohol or chemical dependency; (c) serious comorbidity that precludes participation in the yoga intervention; (d) in need of assistance by another person (e.g., holding the arm) to walk; (e) wheelchair use.
- Participants will receive a \$50 gift card.
 - Twice-weekly (60-minute per session) sessions for 8 weeks.
 - Study Location: at home
 - Contact person for more information or to be screened for eligibility of the study: Dr. JuYoung Park (jpark14@fau.edu; 561-297-4537).

