





## HOMeCARE Reference Library

- 1. Alex Matthew K. The Effectiveness of Internet-Based Mindfulness Interventions for Physical and Mental Illnesses: A Narrative Review. International Journal of Cyber Behavior, Psychology and Learning (IJCBPL). 2013;3(4):84-96.
- 2. Andren S, Elmstahl S. The relationship between caregiver burden, caregivers' perceived health and their sense of coherence in caring for elders with dementia. J Clin Nurs. 2008;17(6):790-9.
- 3. Barreto Pde S, Demougeot L, Pillard F, Lapeyre-Mestre M, Rolland Y. Exercise training for managing behavioral and psychological symptoms in people with dementia: A systematic review and meta-analysis. Ageing Res Rev. 2015;24(Pt B):274-85.
- 4. Brown KW, Coogle CL, Wegelin J. A pilot randomized controlled trial of mindfulness-based stress reduction for caregivers of family members with dementia. Aging Ment Health. 2016;20(11):1157-66.
- 5. Burr JA, Han S, Lee HJ, Tavares JL, Mutchler JE. Health Benefits Associated With Three Helping Behaviors: Evidence for Incident Cardiovascular Disease. J Gerontol B Psychol Sci Soc Sci. 2017.
- 6. Cadore EL, Moneo AB, Mensat MM, Munoz AR, Casas-Herrero A, Rodriguez-Manas L, et al. Positive effects of resistance training in frail elderly patients with dementia after long-term physical restraint. Age (Dordr). 2014;36(2):801-11.
- 7. Cadore EL, Rodriguez-Manas L, Sinclair A, Izquierdo M. Effects of different exercise interventions on risk of falls, gait ability, and balance in physically frail older adults: a systematic review. Rejuvenation Res. 2013;16(2):105-14.
- 8. Christofoletti G, Oliani MM, Bucken-Gobbi LT, Gobbi S, Beinotti F, Stella F. Physical activity attenuates neuropsychiatric disturbances and caregiver burden in patients with dementia. Clinics. 2011;66(4):613-8.







- 9. Cyarto EV, Cox KL, Almeida OP, Flicker L, Ames D, Byrne G, et al. The fitness for the Ageing Brain Study II (FABS II): protocol for a randomized controlled clinical trial evaluating the effect of physical activity on cognitive function in patients with Alzheimer's disease. Trials. 2010;11:120.
- 10. Del Din S, Hickey A, Hurwitz N, Mathers JC, Rochester L, Godfrey A. Measuring gait with an accelerometer-based wearable: influence of device location, testing protocol and age. Physiol Meas. 2016;37(10):1785-97.
- 11. Dorner T, Kranz A, Zettl-Wiedner K, Ludwig C, Rieder A, Gisinger C. The effect of structured strength and balance training on cognitive function in frail, cognitive impaired elderly long-term care residents. Aging clinical and experimental research. 2007;19(5):400-5.
- 12. Epstein-Lubow G, McBee L, Darling E, Armey M, Miller IW. A Pilot Investigation of Mindfulness-Based Stress Reduction for Caregivers of Frail Elderly. Mindfulness. 2011;2(2):95-102.
- 13. Etters L, Goodall D, Harrison BE. Caregiver burden among dementia patient caregivers: a review of the literature. J Am Acad Nurse Pract. 2008;20(8):423-8.
- 14. Fiatarone Singh MA, Gates N, Saigal N, Wilson GC, Meiklejohn J, Brodaty H, et al. The Study of Mental and Resistance Training (SMART) study-resistance training and/or cognitive training in mild cognitive impairment: a randomized, double-blind, double-sham controlled trial. J Am Med Dir Assoc. 2014;15(12):873-80.
- 15. Fjorback LO, Arendt M, Ornbol E, Fink P, Walach H. Mindfulness-based stress reduction and mindfulness-based cognitive therapy: a systematic review of randomized controlled trials. Acta Psychiatr Scand. 2011;124(2):102-19.
- 16. Forbes D, Forbes SC, Blake CM, Thiessen EJ, Forbes S. Exercise programs for people with dementia. Cochrane Database Syst Rev. 2015(4):CD006489.
- 17. Gates N, Fiatarone Singh MA, Sachdev PS, Valenzuela M. The effect of exercise training on cognitive function in older adults with mild cognitive impairment: a meta-analysis of randomized controlled trials. Am J Geriatr Psychiatry. 2013;21(11):1086-97.







- 18. Groot C, Hooghiemstra AM, Raijmakers PG, van Berckel BN, Scheltens P, Scherder EJ, et al. The effect of physical activity on cognitive function in patients with dementia: A meta-analysis of randomized control trials. Ageing Res Rev. 2016;25:13-23.
- 19. Grossman P, Niemann L, Schmidt S, Walach H. Mindfulness-based stress reduction and health benefits. Journal of Psychosomatic Research. 2004;57(1):35-43.
- 20. Gusi N, Prieto J, Madruga M, Garcia JM, Gonzalez-Guerrero JL. Health-related quality of life and fitness of the caregiver of patient with dementia. Med Sci Sports Exerc. 2009;41(6):1182-7.
- 21. Hageman PA, Thomas VS. Gait performance in dementia: the effects of a 6-week resistance training program in an adult day-care setting. Int J Geriatr Psychiatry. 2002;17(4):329-34.
- 22. Heyn P, Abreu BC, Ottenbacher KJ. The effects of exercise training on elderly persons with cognitive impairment and dementia: A meta-analysis11No commercial party having a direct financial interest in the results of the research supporting this article has or will confer a benefit upon the author(s) or upon any organization with which the author(s) is/are associated. Archives of Physical Medicine and Rehabilitation. 2004;85(10):1694-704.
- 23. Hill KD, LoGiudice D, Lautenschlager NT, Said CM, Dodd KJ, Suttanon P. Effectiveness of balance training exercise in people with mild to moderate severity Alzheimer's disease: protocol for a randomised trial. BMC Geriatr. 2009;9:29.
- 24. Hirano A, Suzuki Y, Kuzuya M, Onishi J, Ban N, Umegaki H. Influence of regular exercise on subjective sense of burden and physical symptoms in community-dwelling caregivers of dementia patients: a randomized controlled trial. Arch Gerontol Geriatr. 2011;53(2):e158-63.
- 25. Hirano A, Suzuki Y, Kuzuya M, Onishi J, Hasegawa J, Ban N, et al. Association between the caregiver's burden and physical activity in community-dwelling caregivers of dementia patients. Arch Gerontol Geriatr. 2011;52(3):295-8.
- 26. Hughes TB, Black BS, Albert M, Gitlin LN, Johnson DM, Lyketsos CG, et al. Correlates of objective and subjective measures of caregiver burden among dementia caregivers: influence of unmet patient and caregiver dementia-related care needs. Int Psychogeriatr. 2014;26(11):1875-83.
- 27. Hurley RV, Patterson TG, Cooley SJ. Meditation-based interventions for family caregivers of people with dementia: a review of the empirical literature. Aging Ment Health. 2014;18(3):281-8.







- 28. Iliffe S. Community-based interventions for older people with complex needs: time to think again? Age and ageing. 2016;45(1):2-3.
- 29. Innes KE, Selfe TK, Brown CJ, Rose KM, Thompson-Heisterman A. The effects of meditation on perceived stress and related indices of psychological status and sympathetic activation in persons with Alzheimer's disease and their caregivers: a pilot study. Evid Based Complement Alternat Med. 2012;2012:927509.
- 30. Jackson D, Roberts G, Wu ML, Ford R, Doyle C. A systematic review of the effect of telephone, internet or combined support for carers of people living with Alzheimer's, vascular or mixed dementia in the community. Arch Gerontol Geriatr. 2016;66:218-36.
- 31. Jaffray L, Bridgman H, Stephens M, Skinner T. Evaluating the effects of mindfulness-based interventions for informal palliative caregivers: A systematic literature review. Palliat Med. 2016;30(2):117-31.
- 32. Kim H, Chang M, Rose K, Kim S. Predictors of caregiver burden in caregivers of individuals with dementia. J Adv Nurs. 2012;68(4):846-55.
- 33. Lengacher CA, Kip KE, Barta M, Post-White J, Jacobsen PB, Groer M, et al. A pilot study evaluating the effect of mindfulness-based stress reduction on psychological status, physical status, salivary cortisol, and interleukin-6 among advanced-stage cancer patients and their caregivers. Journal of holistic nursing: official journal of the American Holistic Nurses' Association. 2012;30(3):170-85.
- 34. Liu-Ambrose T, Donaldson MG. Exercise and cognition in older adults: is there a role for resistance training programmes? Br J Sports Med. 2009;43(1):25-7.
- 35. Lloyd J, Patterson T, Muers J. The positive aspects of caregiving in dementia: A critical review of the qualitative literature. Dementia (London). 2016;15(6):1534-61.
- 36. Lowery D, Cerga-Pashoja A, Iliffe S, Thune-Boyle I, Griffin M, Lee J, et al. The effect of exercise on behavioural and psychological symptoms of dementia: the EVIDEM-E randomised controlled clinical trial. Int J Geriatr Psychiatry. 2014;29(8):819-27.
- 37. McCallum J. Survey identifies key dementia research priorities. Med J Aust. 2015;202(6):286.







- 38. Mohamed S, Rosenheck R, Lyketsos CG, Schneider LS. Caregiver burden in Alzheimer disease: cross-sectional and longitudinal patient correlates. Am J Geriatr Psychiatry. 2010;18(10):917-27.
- 39. Oken BS, Fonareva I, Haas M, Wahbeh H, Lane JB, Zajdel D, et al. Pilot controlled trial of mindfulness meditation and education for dementia caregivers. J Altern Complement Med. 2010;16(10):1031-8.
- 40. Orr R, Raymond J, Fiatarone Singh M. Efficacy of progressive resistance training on balance performance in older adults: a systematic review of randomized controlled trials. Sports medicine (Auckland, NZ). 2008;38(4):317-43.
- 41. Paller KA, Creery JD, Florczak SM, Weintraub S, Mesulam MM, Reber PJ, et al. Benefits of mindfulness training for patients with progressive cognitive decline and their caregivers. Am J Alzheimers Dis Other Demen. 2015;30(3):257-67.
- 42. Papastavrou E, Kalokerinou A, Papacostas SS, Tsangari H, Sourtzi P. Caring for a relative with dementia: family caregiver burden. J Adv Nurs. 2007;58(5):446-57.
- 43. Pitkala K, Savikko N, Poysti M, Strandberg T, Laakkonen ML. Efficacy of physical exercise intervention on mobility and physical functioning in older people with dementia: a systematic review. Exp Gerontol. 2013;48(1):85-93.
- 44. Polenick CA, Leggett AN, Webster NJ, Han BH, Zarit SH, Piette JD. Multiple Chronic Conditions in Spousal Caregivers of Older Adults With Functional Disability: Associations With Caregiving Difficulties and Gains. The Journals of Gerontology: Series B. 2017.
- 45. Poulos CJ, Bayer A, Beaupre L, Clare L, Poulos RG, Wang RH, et al. A comprehensive approach to reablement in dementia. Alzheimer's & Dementia: Translational Research & Clinical Interventions. 2017;3(3):450-8.
- 46. Ritchie TD, Bryant FB. Positive state mindfulness: A multidimensional model of mindfulness in relation to positive experience. International Journal of Wellbeing. 2012;2(3):150-81.







- 47. Rodriguez-Sanchez E, Criado-Gutierrez JM, Mora-Simon S, Muriel-Diaz MP, Gomez-Marcos MA, Recio-Rodriguez JI, et al. Physical activity program for patients with dementia and their relative caregivers: randomized clinical trial in Primary Health Care (AFISDEMyF study). BMC neurology. 2014;14:63.
- 48. Roth DL, Fredman L, Haley WE. Informal caregiving and its impact on health: a reappraisal from population-based studies. Gerontologist. 2015;55(2):309-19.
- 49. Stella F, Canonici AP, Gobbi S, Galduroz RFS, Cação JdC, Gobbi LTB. Attenuation of neuropsychiatric symptoms and caregiver burden in Alzheimer's disease by motor intervention: a controlled trial. Clinics. 2011;66(8):1353-60.
- 50. Teri L, Logsdon RG, McCurry SM. Exercise Interventions for Dementia and Cognitive Impairment: The Seattle Protocols. The journal of nutrition, health & aging. 2008;12(6):391-4.
- 51. Thomas VS, Hageman PA. Can neuromuscular strength and function in people with dementia be rehabilitated using resistance-exercise training? Results from a preliminary intervention study. The journals of gerontology Series A, Biological sciences and medical sciences. 2003;58(8):746-51.
- 52. Tiedemann A, Sherrington C, Close JC, Lord SR, Exercise, Sports Science A. Exercise and Sports Science Australia position statement on exercise and falls prevention in older people. J Sci Med Sport. 2011;14(6):489-95.
- 53. Tomfohr LM, Pung MA, Mills PJ, Edwards K. Trait mindfulness is associated with blood pressure and interleukin-6: exploring interactions among subscales of the Five Facet Mindfulness Questionnaire to better understand relationships between mindfulness and health. J Behav Med. 2015;38(1):28-38.
- 54. Torabi Chafjiri R, Navabi N, Shamsalinia A, Ghaffari F. The relationship between the spiritual attitude of the family caregivers of older patients with stroke and their burden. Clin Interv Aging. 2017;12:453-8.
- 55. Toulotte C, Fabre C, Dangremont B, Lensel G, Thevenon A. Effects of physical training on the physical capacity of frail, demented patients with a history of falling: a randomised controlled trial. Age and ageing. 2003;32(1):67-73.







- 56. Trombetti A, Hars M, Herrmann FR, Kressig RW, Ferrari S, Rizzoli R. Effect of music-based multitask training on gait, balance, and fall risk in elderly people: a randomized controlled trial. Arch Intern Med. 2011;171(6):525-33.
- 57. van Alphen HJ, Hortobagyi T, van Heuvelen MJ. Barriers, motivators, and facilitators of physical activity in dementia patients: A systematic review. Arch Gerontol Geriatr. 2016;66:109-18.
- 58. Waelde LC, Thompson L, Gallagher-Thompson D. A pilot study of a yoga and meditation intervention for dementia caregiver stress. J Clin Psychol. 2004;60(6):677-87.
- 59. Whitebird RR, Kreitzer M, Crain AL, Lewis BA, Hanson LR, Enstad CJ. Mindfulness-based stress reduction for family caregivers: a randomized controlled trial. Gerontologist. 2013;53(4):676-86.
- 60. Williams CL, Tappen RM. Effect of Exercise on Mood in Nursing Home Residents With Alzheimer's Disease. American journal of Alzheimer's disease and other dementias. 2007;22(5):389-97.
- 61. Wolff JL, Mulcahy J, Huang J, Roth DL, Covinsky K, Kasper JD. Family Caregivers of Older Adults, 1999-2015: Trends in Characteristics, Circumstances, and Role-Related Appraisal. Gerontologist. 2017.
- 62. Zabalegui A, Hamers JP, Karlsson S, Leino-Kilpi H, Renom-Guiteras A, Saks K, et al. Best practices interventions to improve quality of care of people with dementia living at home. Patient Educ Couns. 2014;95(2):175-84.
- 63. Zeng Z, Deng Y-H, Shuai T, Zhang H, Wang Y, Song G-M. Effect of physical activity training on dementia patients: A systematic review with a meta-analysis. Chinese Nursing Research. 2016;3(4):168-75.