



IMPACCT: Improving Mood through Physical Activity for Carers and Care Recipients Trial

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The study aims to investigate an innovative physical activity intervention designed specifically for older carers and the people they care for (care recipients) to undertake together in their own homes. Whilst exercise interventions for older people have been shown to be effective in the past, this is the first project that targets both the care recipient and the carer.

Why is this project important?

Most older people with disabilities live in the community with support from informal carers. Carers are generally willing to take on the caring role but it often has an adverse impact on their physical and emotional health, particularly their mood and level of depression. There is evidence that the lower the care recipient's function, the more their carer may experience these problems. Currently we do not know how best to support carers and care recipients living in the community.

It is hoped the exercise intervention will help improve the function of both the carer and the care recipient, as well as have a beneficial impact on mood and wellbeing.

Key questions that the research is trying to answer

Can an exercise program done at home help support carers and their care recipients?

Collaborating Partners

University of Melbourne and Carers Vic

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