References

Ahlskog JE, Geda YE, Graff-Radford NR& Petersen RC. (2011). Physical Exercise as a Preventive or Disease-Modifying Treatment of Dementia and Brain Aging. Mayo Clin Proc, 86(9), 876-884.

Billinger SA, Vidoni ED, Honea RA & Burns JM. (2011). Cardiorespiratory Response to Exercise Testing in Individuals With Alzheimer’s Disease. Arch Phys Med Rehabil, 92, 2000-2005.

Lazowski DA, Ecclestone NA, Myers AM, Paterson DH, Tudor-Locke C, Fitzgerald C, Jones G, Shima N & Cunningham DA. (1999). A Randomized Outcome Evaluation of Group Exercise Programs in Long-Term Care Institutions. Journal of Gerontology, 54, M621-M628.

Potter R, Ellard D, Rees K & Thorogood M. (2011). A systematic review of the effects of physical activity on physical functioning, quality of life and depression in older people with dementia. Int J Geriatr Psychiatry, 26, 1000-1011.

Risgbee, C. Director of the Adult Day Center, Durham Senior Center, Durham, NC. Interviewed April 5, 2012.

Rolland Y, Pillard F, Klapouszczak A, Reynish E, Thomas D, Andrieu S, Riviere D & Vellas B. (2007). Exercise Program for Nursing Home Residents with Alzheimer’s Disease: A 1-Year Randomized, Controlled Trial. JAGS, 55, 158-165.

Shubert TE. (2011). Evidence-Based Exercise Prescription for balance and Falls Prevention: A Current Review of the Literature. Journal of Geriatric Physical Therapy, 34(3), 100-108.

UNC Institute on Ageing. Updated June 2011. Quick facts about ageing in NC. <http://www.aging.unc.edu/infocenter/data/quickfacts.html>.