

Trial Description

Title

"Quarter agile - active in the neighborhood" - promoting older people's social participation and community in the neighborhood via participative training of physical and cognitive everyday skills

Trial Acronym

Quarter agile

URL of the trial

<http://www.quartier-agil.de>

Brief Summary in Lay Language

"Quarter agile" aims to promote older people's social participation and community via physical and cognitive training which the participants also help create. The project relies heavily on the use of smartphones as training support. Loneliness and loss of physical and cognitive skills are to be prevented by means of training and participation in groups. We want to investigate the effects of technology-assisted training on physical and cognitive performance and social participation of older people.

"Quarter agile" is geared towards healthy people ages 65 and up who are residents of the specified neighborhood.

Brief Summary in Scientific Language

A community-based concept for promoting physical and cognitive skills is going to be the central result of "Quarter agile" as a research and development project. Social participation and everyday skills will be improved directly with the help of technological support.

The training program is multimodal and is characterized by its participative development of community-specific components. Other unique aspects include the high level of social networking achieved through group activities and counseling and training tailored to the individual participant.

The project takes places of interest within the community into account, thus enabling better participation. Mentors will guide the participants, who will be healthy subjects aged 65 and over, throughout the intervention. In order to facilitate the seamless integration in other regions and communities, the intervention concept will be developed in close cooperation with local political and welfare organizations (Diakonie Ruhr, social department of the city of Bochum).

Organizational Data

- DRKS-ID: **DRKS00010595**
- Date of Registration in DRKS: **2016/06/06**
- Date of Registration in Partner Registry or other Primary Registry: [---]*

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- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: / , **Ethikkommission an der Physio-Akademie des Deutschen Verbandes für Physiotherapie (Wremer Specken 4, 27638 Wremen, Deutschland)**

Secondary IDs

Health condition or Problem studied

- ICD10: **R54 - Senility**

Interventions/Observational Groups

- **Arm 1: Participants who are healthy, living independently and at least 65 years old will be evaluated at three points in time (pre-, post-intervention and follow-up) regarding their physical and cognitive-linguistic performance. The intervention will take place over the course of six months and includes the following levels:
1st level - group activities at places of interest in the neighborhood, other group activities; 2nd level - multidimensional group training of physical and cognitive skills (e.g. dance), solitary physical training, solitary cognitive-linguistic training; 3rd level - individual extra physical and/or cognitive-linguistic training. All levels of intervention include smartphones: They will be used as activity tracking devices and for the transmission and support of exercises.
All participants will be directly involved in the development of the various activities and training regimens.**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Single arm study**
- Blinding: [---]*
- Who is blinded: [---]*

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Study Type Non-Interventional: [---]*

Allocation: **Single arm study**

Blinding: [---]*

Who is blinded: [---]*

- Control: **Uncontrolled/Single arm**
- Purpose: **Prevention**
- Assignment: **Single (group)**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

All outcome measures (except for activity tracking which will take place at the start of the intervention) will be evaluated at the start of the intervention, immediately after the six-month-intervention and at a later follow-up-evaluation.
1st primary outcome: physical performance - extended Barthel index, IADL-scale (Lawton), PPA, Berg Balance Scale, 6 minute walk test, activity tracking via smartphone
2nd primary outcome: cognitive-linguistic performance:
- Nuremberg age inventory, Regensburger word fluency test, Montreal cognitive assessment

Secondary Outcome

social participation:
- number of social contacts (measured via smartphone), SF12, WHOQOL-BREF

Countries of recruitment

- DE **Germany**

Locations of Recruitment

- other **Bochum**

Recruitment

- Planned/Actual: **Planned**

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Planned/Actual: **Planned**

(Anticipated or Actual) Date of First Enrollment: **2017/01/01**

- Target Sample Size: **40**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **65 Years**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

1st inclusion criterion: independently living at home
2nd inclusion criterion: resident of the specified neighborhood (Bochum-Altenbochum)

Exclusion criteria

1st exclusion criterion: need for nursing care
2nd exclusion criterion: substantial medical impairment
3rd exclusion criterion: cognitive-linguistic impairment more severe than mild cognitive impairment (F06.7)

Addresses

■ Primary Sponsor

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Sources of Monetary or Material Support

- **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

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53175 Bonn
Germany**

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Status

- Recruitment Status: **Recruiting planned**
- Study Closing (LPLV): [---]*

Trial Publications, Results and other documents

* *This entry means the parameter is not applicable or has not been set.*