214 patients with mild to moderate severity Alzheimer’s disease meeting inclusion criteria

Baseline balance / mobility assessment

Randomisation

Control group (routine care and activity / information home visits by an Occupational Therapist)

Intervention group (home based balance training programme)

Randomised controlled trial component

Longitudinal balance component

64 age and gender matched healthy Ss (matched to first 64 control group Ss)

Re-assessment after intervention / control programme

Re-assessment 6 months after programme ceased

Focus group of exercise participants / carers

First 64 control participants - re-assessment

Re-assessment (18 mths)

Re-assessment (24 mths)

Re-assessment (12 mths)

Re-assessment (24 mths)