

Table 1. Demographic details of participants at baseline

	People living with dementia (n=65)	Carers (n=65)
Mean age (SD)	77.17 (7.66)	73.75 (8.37)
Gender		
Female	17	48
Male	48	17
Ethnicity		
White	63	64
Asian	1	1
Black	1	
Dementia diagnosis		
Alzheimer's	42	
Mixed	12	
Vascular	5	
Other	6	

Note: 34 couples were in the Tai Chi exercise intervention arm and 31 couples were in the control arm of the trial.