

"This program made us want to exercise further in the week. It improved our physical, mental and emotional being."

Minds in Motion participating couple

"If I could change one thing about the Minds in Motion it would be... to make it full time"

Minds in Motion participant living with dementia

"The social activity portion of the program is excellent! I've seen my relative receive mental stimulation and positive encouragement, plus the interaction with other participants really helped build her self-esteem!"

Minds in Motion care partner

"He seems more cheerful now and I have more tenacity now to keep going on the journey."

Minds in Motion care partner



Lanark Lifestyles

Next session: Retirement Residence
240 Gore St E, Perth, ON
January 16-March 5th, 2020

To sign up as a participant, volunteer with the program, or learn more, please contact:

Geralynne Smith
Minds in Motion Coordinator
1-866-576-8556
gsmith@alzllg.ca

Participating pairs will pay a minimal fee for participation in the full eight week program. Please enquire with the Society.

Alzheimer Society

The Alzheimer Society offers **Help for Today** through our programs and services for people living with dementia and **Hope for Tomorrow...**® by funding research to find the cause and the cure.

**Minds in Motion participants fill out a weekly assessment survey to help monitor the program's outcomes. Findings are used to further develop Ontario's Minds in Motion program.*

Société Alzheimer Society

Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.



Give your mind and body a boost!



An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.



What is Minds In Motion®?

Combining physical activity and mental stimulation, Minds in Motion unfolds as new friendships are forming and stories are being shared.

The program runs once a week, for 8 weeks, in a community-based program centre. The 2-hour program offers:

- Gentle and easy to follow physical activities.
- Fun social activities focused on building personal skills.

Minds in Motion participants have early to mid-stage signs of dementia* and are accompanied by their care partners.

* *Dementia is an umbrella term for a variety of brain disorders that include the following symptoms: loss of memory, judgment and reasoning, and changes in mood and behaviour.*

Laughter is one of the most economical and effective stress-relievers, expanding blood vessels and nourishing cells with nutrients and oxygen.



Interacting with people encourages thinking, feeling, reasoning and intuition, activities that help develop connections between brain cells.



What are the benefits of the program?

For the person with dementia:

- Improved balance, mobility, flexibility, and alertness
- Increased confidence, and comfort with their own circumstance.

For the care partners, it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia.

Other benefits include:

- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

Together, the participating couple can benefit from:

- Sharpened mental functioning, sometimes lasting 2-3 days
- Reduced sense of isolation.

Physical activity helps promote blood circulation to the brain, encouraging the development of new cells and new connections, a process the brain is capable of doing at any age!



A well-thought-out and beautifully done program! We enjoyed attending and participating and I feel we have gotten many benefits from this program and the well-prepared leaders.” Minds in Motion care partner