

Follow up answers to questions posed during February 28 “Exercise & Dementia: Benefits and Lessons Learned from Virtual Delivery of Minds in Motion®” webinar on brainXchange

Is the manual available to share?

The manual will be shared with all Alzheimer Societies across Canada. We encourage external stakeholders to connect with their local Alzheimer Society to explore partnership opportunities.

Is it possible to have the exercise program accessible to participants virtually other times of the week so that they are getting more than one session per week?.

The Alzheimer Society of Ontario is working on a province-wide calendar of Minds in Motion availability to assist clients in identifying additional sessions they may wish to participate in. In the meantime, participants are encouraged to connect with their local Alzheimer Society to determine what options are available.

What time was minds in motion offered? Did participants prefer one time more then the other?

Participants have unique needs and preferences, so we offered the program on different days and at different times throughout the week to the best of our ability.

How many participants are in each virtual and in-person group?

In accordance with safety protocols, the maximum number of participants for virtual programming is 16 whereas for in-person programming the maximum number of participants is 22. This ensures that staff are able to monitor participants for signs of physical distress and to ensure sufficient participant engagement during the socialization and mental stimulation components.

Sounds like a wonderful program! Are there training opportunities (to be a leader of Minds in Motions) for those living outside of Ontario?

Your positive feedback is appreciated! We encourage external stakeholders to connect with their local Alzheimer Society outside of Ontario to explore partnership opportunities.

Can the Program be run by trained volunteers or does it require a paid staff member of the Alzheimer Society?

We absolutely leverage the support of volunteers to run sessions, but Alzheimer Society staff are always present.

How does equipment work. Ie weights? Are the individuals responsible to purchase their own and have them available at home?

The provision of exercise equipment (e.g., small exercise balls, etc.) varies by location based on the funding source used to run the program at each location. However, the program is structured in such a way that participants can use common household items, such as bottles of water, soup cans, scarves, pillows, or they can complete the movements without any equipment at all.

How to sign up for this program?

To register for the program, please contact your local Alzheimer Society.

What is the cost to the participants for the Virtual?

The fee to attend virtual Minds in Motion varies based on the funding source used to run the program at each location. Should there be a cost, the Alzheimer Society strives to keep it low, and it is used for cost-recovery. Please contact your local Alzheimer Society for more information, including whether subsidy is available.

Is music used in the programs?

Yes, music is used during the physical activity component as well as during some of the socialization and mental stimulation activities.

Do you have an emergency contact for all participants in case of an emergency during a program?

Yes, we require all emergency contact and health condition information to be immediately accessible in case of emergency. We also verify the location of participants prior to each virtual session should first responders need to be dispatched due to an adverse health event.

Is this available in the US

At this time, the program is not available in the US, but they may offer similar programming.

Is there a sample of the program that someone would be able to view prior to committing to the program as a participant?

A sample of the program is available on the Alzheimer Society of Ontario's website. Please visit: <https://alzheimer.ca/on/en/help-support/programs-services/minds-in-motion>

Is the program available in other languages

In Ontario, at this time, the program is offered in French, Cantonese, and Mandarin. Availability is subject to change, however, we hope to offer the program in additional languages in the future.

If a client wants to join the program, they have to contact Alzheimer Society for registration ?

Registration is completed through the Alzheimer Society. Please connect with your local Alzheimer Society for further details.

With 16 participants, during the social component/games- are participants asked to participate as they wish and are not pressured to answer, or are each participant addressed directly to answer?

We do encourage all participants to participate at the level they are comfortable with, recognizing that comfort levels vary. We often see participants who were initially reluctant to join in increase their engagement and become more involved as they attend more sessions.

How do clients get admitted to the program?

To register for the program, please contact your local Alzheimer Society. The registration process includes an intake and a health screen to ensure safety to exercise at a moderate intensity level.