MINDS IN MOTION®

BENEFITS OF CARE PARTNER PARTICIPATION
Introductions

Presenters for today:

Jeanette Sears, Recreation Therapist and Public Education Coordinator, Alzheimer Society of Huron County

Felicia White, Coordinator of Volunteer Strategy and Program Development Alzheimer Society of Ontario

We will be discussing the Minds in Motion Program at the Alzheimer Societies, highlighting the benefits of programming for people with dementia and the care partners – together.
Outline of Presentation

1. History of Minds in Motion in Ontario
   • ASO Pilot Program
   • Research Component

2. Carepartner Participation
   • Complexities of Caregiving
   • Benefits of Carepartner Participation for:
     - The Caregiver
     - The Person with dementia
     - The Facilitator/Care provider

3. Try it Out

4. Discussion: Could increased Carepartner or Family Participation benefit your work setting?
To evaluate changes in physical function, physical activity, physical activity self-efficacy and well-being associated with participation in Minds in Motion® program.
Provinceal partnerships

Funding Partners March 2014- March 2016:
• Ontario Brain Institute
• Ontario Trillium Foundation
• Ministry of Tourism Culture and Sport

Program Delivery and Evaluation Partners:
• Canadian Centre for Activity and Aging
• Parks and Recreation Ontario
• Older Adult Centres Association of Ontario
• Brock University
• Waterloo University
• York University
What is Minds in Motion®?

A community-based social program that incorporates physical and cognitive stimulation for people with early to mid-stage signs of Alzheimer’s disease and other dementias and their care partners.
History of Minds in Motion

Where is MiM currently offered?

• Ontario in over 30 different communities through local Alzheimer Societies and community recreation facilities.

• British Columbia province-wide

Also running in:
• Manitoba
• Saskatchewan
• New Brunswick
Minds in Motion® Program Design

A once-weekly, two hour program, delivered over eight weeks:

• **Hour 1: Physical Activity Component**

• **Hour 2: Therapeutic Recreation Component:**
  
  Social, Cognitive, Creative Program
Minds in Motion® Program Design

Hour 1: Physical Activity Component
- Led by certified fitness instructors
- Training provided by Canadian Center for Activity & Aging
- Incorporates aerobic, strength, balance, coordination, and flexibility
Minds in Motion® Program Design

Hour 2: Therapeutic Recreation Component
• Minds in Motion Coordinator from Alzheimer Society
• Structured around a weekly theme
• Variety of purposeful group activities

GUIDED DISCUSSION

COGNITIVE GAMES

GROUP ARTWORK

INDIVIDUAL ARTWORK

• Finish with Community Spotlight and Brain Fitness Take-Home
Minds in Motion: Pilot Project Research Review

PILOT PROJECT EVALUATION

Measures completed before & after Minds in Motion:

1. Physical function (Senior fitness test)

2. Self-reporting Questionnaire assessing:
   • Physical activity (frequency, duration, and intensity)
   • Exercise self-efficacy (based on Self-Efficacy for Exercise Scale)
   • Well-being (based on Warwick-Edinburgh Mental Well-being Scale)
## Minds in Motion: Pilot Project Research Review

### CHANGE IN PHYSICAL FUNCTION

<table>
<thead>
<tr>
<th>Measure</th>
<th>Person with Dementia</th>
<th>Care Partners</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
</tr>
<tr>
<td>Steps in 2min (#)</td>
<td>64.6 (25.8)</td>
<td>77.6 (32.4)</td>
</tr>
<tr>
<td>Chair Stands (#)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ 20%</td>
<td>+ 18%</td>
</tr>
<tr>
<td>Bicep Curls (#)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ 14%</td>
<td>+ 17%</td>
</tr>
<tr>
<td>8ft up and go (s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ 16%</td>
<td>+ 18%</td>
</tr>
<tr>
<td>Chair Sit and Reach (in)</td>
<td></td>
<td>+ 7%</td>
</tr>
<tr>
<td>Back scratch (in)</td>
<td>-7.8 (6.7)</td>
<td>-7.0 (6.3)</td>
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</table>

All changes were significant <0.005 with the exception of 8ft up and go among care partners 0.67

### Citation for Findings:

DISCUSSION FROM RESEARCH RESULTS

In this evaluation of the Minds in Motion program, participation was associated with benefits to physical function and physical activity.

Benefits were observed similarly for both people with dementia and care partners.

Associated benefits may contribute to improved functional abilities and prolonged ability to care for person with dementia.

Citation for Findings:
OTHER OUTCOMES

Self-efficacy:
No change (p=0.43)

Well-being:
Small but significant decline among people with dementia (p<0.001)
No change among care partners (p=0.16)

DISCUSSION

HOW DO WE MEASURE WELL-BEING?

Citation for Findings:
Success Stories and Trends

Social and Emotional Domain
• Valuable social interaction
• Sense of belonging and community among the participants
• Participants care about and support one another’s journeys
• Acceptance for who you are right now
• Fun: laughter is a core ingredient
• Focusses on “I can do” vs “what I can’t do”
Success Stories and Trends

**Breaking through stigma:**
- Accessibility in community programs
- New partnerships with other agencies
- More public awareness at other facilities
- Reaching new people
Success Stories and Trends

Exposure and culture shift

• Merging well with other programming
  - Music, Art Programs, Walking Groups, Memory Cafes

• Falls prevention link

• Shift from respite model to being active together

• Participants taking a lead
Success Stories and Trends

What are our participants saying about the program?

“Excellent program - great people, got me out of the house and got a lot of information and communication with other people, I felt more comfortable being here a second time, saw an improvement in my mother - she smiled often!”

“MiM is helping to improve our lives and outlook on life”

“Everyone was approachable - 5 stars for each volunteer. Program was very well organized and presented, appreciated the variety of exercises followed by the quieter themes.”

“We have appreciated the change of place and space of these sessions. The leaders and volunteers have been prepared, friendly, compassionate, and knowledgable. We are looking forward to a future 8 week session., the leaders were aware of our limitations but encouraged us to try and it helped., felt it was very beneficial., it is a great program.”

“Needs to be on repeat and expanded”
Complexities of Carepartner Relationships in Dementia Care for Both Partners

1. Shifting roles in the relationship

2. Social support structure changes

3. Emotional needs change
   • Dealing with a chronic diagnosis
   • Former emotional support base changes
   • Stress increases
<table>
<thead>
<tr>
<th>Relationship Impacts due to Dementia</th>
<th>Impact of Carepartner Participation: Person with Dementia</th>
<th>Impact of Carepartner Participation: Carepartner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shifting Relationship Roles</strong></td>
<td>Reinforce equal role as spouse, parent or friend rather than care receiver</td>
<td>Reinforce equal role as spouse, parent or friend rather than care provider</td>
</tr>
</tbody>
</table>
| **Opportunity for Social Interaction** | - Relaxed social environment  
Participate socially as a couple | - Can see person with dementia flourish  
- Participate socially as a couple |
| **Emotional Support**                | - Support from others in same situation | - Support from others in same situation |
| **New or increased Physical Activity** | - Measurable increase in fitness parameters | - Increased self-care  
- Measurable increase in fitness parameters |
| **Increased Cognitive Engagement**   | New activity = Cognitive stimulation | Can share responsibility to be sole “entertainer & planner” |
MINDS IN MOTION®: BENEFITS OF CAREPARTNER PARTICIPATION

Building stronger relationships between clients and with professional staff

1. Facilitators know both carepartners well
   - See family dynamics in action
   - Opportunity to learn what the carepartners need

2. Facilitators can encourage participants to access other opportunities in the community
MINDS IN MOTION®: BENEFITS OF CAREPARTNER PARTICIPATION

STRONGER TOGETHER
Program Challenge:
Combined programming for all cognitive and physical levels

Try It Out!

Leisure Jenga: Leisure Resources
Sound Bingo: Cognitive Challenge
Strengths Puzzles: Personal Knowledge
Discussion

1. What would carepartner participation add to your work environment?

2. What would the benefits be?

3. What would the barriers be?
TOP TEN CAREPARTNER SOCIAL/COGNITIVE ACTIVITIES

1. TENZI
2. Take A Penny, Leave A Penny (many suggestions on Pinterest- see attached file for our suggestions)
3. Bingo Cards: Love Songs, Country Songs, Name that Sound Bingo
4. Collaborative Art: Puzzle Piece Art Project: Cards & Framed Art (We used this blank puzzle set here: https://www.amazon.ca/Inovart-Puzzle-12-Piece-Puzzles-Package/dp/B00598K1IO/ref=sr_1_7?ie=UTF8&qid=1497014222&sr=8-7&keywords=blank+puzzle+pieces)
6. Leisure
Jenga:
(See attached file
For larger copy.
These questions can
Also be used with
M&Ms – change
Pink to Brown)

PINK: Leisure History
1. What is a leisure activity you enjoyed doing as a child?
2. What is one thing you have kept forever and maybe should throw away? What does it remind you of?
3. Did you have any pets growing up?

BLUE: Present Leisure
1. What is a leisure activity/hobby you enjoy doing now?
2. Name one place you enjoy going to.
3. If you had a free evening tonight, what would you do?

YELLOW: Leisure Planning
1. What is a new leisure activity you would like to try?
2. Name one place (store, building, program) in your town you have never been to.
3. Whose is your favourite place to travel?

GREEN: Leisure Barriers
1. What is a barrier or challenge you have to participating in leisure opportunities?
2. If you had $50 to spend tomorrow, what would you do?
3. If you could get a ride to anywhere in Huron County, where would you go?

RED: Joy In Leisure
1. What is one thing that makes you happy?
2. How do you like to celebrate your birthday?
3. What is your favourite song and why?
4. Do you have a favourite colour?

ORANGE: Relaxation in Leisure
1. What do you do to relax?
2. Where do you go to relax?
3. It is quiet in your home and no one is around. What would you choose to do:
   a. Read a book
   b. Watch TV
   c. Listen to music
TOP TEN CAREPARTNER SOCIAL/COGNITIVE ACTIVITIES

6. Large Motor Skills Games - with or without competition: Bowling, Ladderball, Curling, Bean Bag Toss
7. Strengths Picture Frame – Sample
8. Quirkle
9. Marshmellow Challenge
10. Hangman/Wheel of Fortune: adapted letters – write each letter on an index card
THANK YOU!

CONTACT US FOR MORE INFORMATION ABOUT MINDS IN MOTION®

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Citation for Findings: