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.
MINDS IN MOTION®: BENEFITS OF CAREPARTNER PARTICIPATION

Outline

1. History of Minds in Motion in Ontario
2. Highlights of 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 Carepartner or Family Participation Work in Your Setting?
History of Minds in Motion

MINDS IN MOTION®
ALZHEIMER SOCIETY OF ONTARIO
PILOT PROJECT
MARCH 2014 – MARCH 2016

To evaluate changes in physical function, physical activity, physical activity self-efficacy and well-being associated with participation in Minds in Motion® program.
Provincial 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
History of Minds in Motion

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:

- 1 hour Physical Activity Component
- 1 hour Therapeutic Recreation Component: Social, Cognitive, Creative

Program: *Opportunity to socialize and re-engage in the community*
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
Hour 2: Therapeutic Recreation Component

- Minds in Motion Coordinator from Alzheimer Society
- Structured around a weekly theme
- Variety of purposeful group activities

**MINDS IN MOTION® PROGRAM DESIGN**

- Guided Discussion
- Cognitive Games
- Physical Games
- Group Artwork
- Individual Artwork

- Finish with Community Spotlight and Brain Fitness Take-Home
EVALUATION

Measures completed before & after MiM:

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)
### CHANGE IN PHYSICAL FUNCTION

<table>
<thead>
<tr>
<th>Measure</th>
<th>Person with Dementia</th>
<th>Care Partners</th>
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<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
</tr>
<tr>
<td>Steps in 2min (#)</td>
<td>+ 20%</td>
<td>+ 18%</td>
</tr>
<tr>
<td>Chair Stands (#)</td>
<td>+ 14%</td>
<td>+ 17%</td>
</tr>
<tr>
<td>Bicep Curls (#)</td>
<td>+ 16%</td>
<td>+ 18%</td>
</tr>
<tr>
<td>8ft up and go (s)</td>
<td>+ 7%</td>
<td></td>
</tr>
<tr>
<td>Chair Sit and Reach (in)</td>
<td>-1.8 (4.6)</td>
<td>-0.3 (3.7)</td>
</tr>
<tr>
<td>Back scratch (in)</td>
<td>-7.8 (6.7)</td>
<td>-7.0 (6.3)</td>
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</tbody>
</table>

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

Greater education may be required to evoke behavior change and self-efficacy

Interventions on a larger scale with more support on multiple days per week
Success Stories and Trends

Strengths based
• Improvements in physical, social and emotional well being
• Facilitation skills lead to improvements and program refresh
• Sustaining across province

Breaking through stigma:
• Accessibility in community programs
• More public awareness
• New partnerships
• Reaching new people with dementia and care partners
Success Stories and Trends

**Exposure and culture shift**

- Merging well with other programming (i.e. Music, art walking groups, memory cafes)
- Falls prevention link
- Reaching isolated community members
- Shift from respite model to being active together
- Participants taking a lead
- Local partners coming reaching out to Society
Our experience has shown:

- Welcoming environment: buildings, staff, volunteers
- Builds community through relationships at all levels
- Inclusive - decreases isolation
- Accessible, safe - easier to engage
- Normalizing
- Nourishing for mind, body and spirit
What we have observed:

SOCIAL AND EMOTIONAL DOMAIN

• Fun: laughter is a core ingredient
• Participants care about and support one another’s journeys
• Acceptance for who you are right now
• Builds and develops self-awareness, self-esteem, confidence
• Focusses on “I can do” vs “what I can’t do”
• Sense of belonging and community
Complexities of Carepartner Relationships in Dementia Care for Both Partners

1. Shifting roles in the relationship

2. Social support structure changes

3. Emotional support structure changes
   • Dealing with a chronic diagnosis
   • Former emotional support base changes
   • Stress increases
## Minds in Motion®: Benefits of Carepartner Participation

<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  
- Support from others in same situation  
- Participate socially as a couple | - Can see person with dementia flourish  
- Support from others in same situation  
- Participate socially as a couple |
| **New or increased physical activity** | Measurable increase in fitness parameters | - Increased self-care |
| **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. Opportunity to build friendships with other participants as “couples”

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

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

Try It Out!
Discussion

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

2. What would the benefits be?

3. What would the barriers be?
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!”

“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”

“MiM is helping to improve our lives and outlook on life”
STRONGER TOGETHER
THANK YOU!

CONTACT US FOR MORE INFORMATION ABOUT MINDS IN MOTION®

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Citation for Findings: