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# How this program was evaluated: Dementia Resources for Eating, Activity and Meaningful Inclusion

- ▶ **Data collection methods:** Surveys were used with service providers before and after going through the DREAM toolkit, as well as 2-3 months later to measure:
  - Changes in general knowledge about dementia
  - Changes in knowledge of physical activity and nutrition related to dementia
  - Changes knowledge and implementation of dementia-inclusive practices
  - Changes in confidence for supporting people living with dementia
  - Changes in attitudes towards dementia

A subset of service providers also completed interviews to provide additional detail about the impact of the DREAM toolkit.

- ▶ Surveys were used with people living with dementia and care partners before and after they reviewed the DREAM toolkit to measure:
  - Changes in general knowledge about dementia
  - Changes in knowledge of physical activity and nutrition related to dementia
  - Changes in physical activity and eating
  - Changes in well-being
  - Perceived impact of the resources for their physical activity, eating, and well-being
  
- ▶ Though some questions were product specific, some standardized tools were used in the DREAM evaluation:
  - International Physical Activity Questionnaire (IPAQ)
  - 5-item World Health Organization Wellbeing Index
  - Dementia Attitudes Scale

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## ► Program Evaluation and Overall Impact

The DREAM toolkit evaluation included a diverse range of participants: people with dementia, care partners, and community service providers. Among them, there was a broad representation, including individuals identifying as Black, belonging to various ethno-cultural minority groups, 2SLGBTQSI+, and more. Many of these participants lived in rural or remote areas. Feedback indicated that the resources positively impacted well-being, dietary habits, physical activity, understanding of dementia rights, and fostered a sense of inclusion and belonging for people living with dementia. Similarly, feedback from the service provider's group was also highly positive, with all agreeing that the resources were informative, clear, and useful. They felt that the DREAM resources provided them with new insights and practical ideas to enhance inclusivity for people living with dementia.

Learn more at [Canadian Dementia Learning and Resource Network](#)