
How this program was evaluated: Enhancing Minds in Motion® as a Virtual Program Delivery Model for People Living with Dementia and Their Care Partners:

► Data collection methods

Data for this program was collected using the International Physical Activity Questionnaire, Perceived Changes to Social Inclusion, and the Cognitive Leisure Activity Scale. The well-being of people living with dementia was assessed using the Dementia Quality of Life (DEMQOL) proxy Questionnaire while care partner social, physical and emotional well-being was assessed using the Warwick-Edinburgh Mental Well-Being Scale, Social Provisions Scale and SF-12 Questionnaire.

► Tools used

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► Program Evaluation and Overall Impact

Engagement in the virtual Minds in Motion program led to substantial enhancements in both the physical and mental activity levels of people living with dementia and their care partners. The program yielded an improved quality of life for people living with dementia, as evidenced by both self-reported questionnaires and assessments completed by their care partners.

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Care partners experienced a positive shift in their mental well-being post-program while maintaining their levels of physical and social well-being. The program was met with high satisfaction from both target groups, with 63% of care partners and 66% of people living with dementia reporting increased physical activity levels, and 75% of care partners and 82% of people living with dementia reporting elevated levels of mental activity.

► Overall impacts of the program on subpopulations:

Gender:

- 65% of males and 62% of females reported increased physical activity levels
- 73% of males and 72% of females reported increased mental activity levels
- 90% of males and 93% of females said the program was either somewhat, extremely, or very beneficial to their sense of inclusion and belonging
- 53% of male PLWD and 64% of female PLWD reported improved wellbeing
- 86% of male CPs and 84% of female CPs reported improved wellbeing in at least one of the domains (emotional, social, physical)

Language:

- 62% of English-speaking participants and 70% of participants who spoke a language other than English reported increased physical activity levels
- 74% of English-speaking participants and 63% of participants who spoke a language other than English reported increased mental activity levels
- 92% of English-speaking participants and 92% of participants who spoke a language other than English said the program was either somewhat, extremely, or very beneficial to their sense of inclusion and belonging
- 59% of English-speaking PLWD and 50% of PLWD who spoke a language other than English reported improved wellbeing • 83% of English-speaking CPs and 100% of CPs who spoke a language other than English reported improved wellbeing in at least one of the domains (emotional, social, physical)

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People living with dementia (PLWD) and care partners (CP):

- 63% of CP and 66% of PLWD reported increased physical activity levels
- 75% of CP and 82% of PLWD reported increased mental activity levels
- 93% of CP and 91% of PLWD said the program was either extremely, very, or somewhat beneficial to their sense of inclusion and belonging
- 59% of PLWD reported improved wellbeing
- 84% of CP reported improved wellbeing in at least one of the domains (emotional, social, physical)

Learn more at [Canadian Dementia Learning and Resource Network](https://www.cdlnr.ca/)