

Executive Summary: Together for Fun!

What You Need to Know

The Together for Fun! program was created to foster joy and meaningful connections between people living with dementia and their care partners. Developed by researchers at the Université du Québec à Trois-Rivières and implemented by the Alzheimer Society of Granby and region, this leisure-based program teaches care partners strategies for creating meaningful moments through simple recreation activities that emphasize connection over outcomes.

Dyads (care partners and individuals living with dementia) participate in half-day program sessions led by trained facilitators. Sessions begin with shared recreational activities that can be replicated at home. After the activities, care partners join a support group to reflect and learn more strategies and practical skills, while individuals living with dementia participate together in a group activity.

Program Goals

- Enhancing well-being for both care partners and individuals with dementia through shared opportunities.
- Increasing knowledge and skills for care partners to use recreation as a tool for connection.
- Promoting social inclusion and meaningful interaction using a strengths-based approach that focuses on the abilities and contributions of individuals living with dementia.

Achievements and Impact

From 2019 to 2023, the program expanded to nine community settings across Quebec and Nova Scotia, including rural and urban locations in French and English.

Key Outcomes

- 90% of care partners reported positive impacts, including improved well-being, social inclusion, knowledge, and health behaviours.

- Participants with dementia experienced noticeable improvements in their sense of happiness and overall well-being.

Lessons Learned

- Hosting the program in local community centers fosters a sense of belonging for participants.
- In smaller communities, facilitators noticed that there may be privacy concerns among participants, due to the assumption of a dementia diagnosis when someone participates in a program for people living with dementia.

Why It Matters

Together for Fun! creates spaces where care partners and individuals with dementia can enjoy shared moments, learn valuable skills, and connect with others in their community. Simple activities can bring immense joy, strengthen relationships, and improve overall well-being.

Visit the website to learn more:

- [Together for Fun!](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).