

Executive Summary: Enhancing Minds in Motion® as a Virtual Program Delivery Model for People Living with Dementia and Their Care Partners

What You Need to Know

This project adapted the in-person Minds in Motion® program, developed by the Alzheimer Society of Ontario, to a virtual delivery model that expands accessibility. Minds in Motion® combines physical activity, cognitive engagement, and social interaction to enhance the well-being of individuals living with dementia and their care partners. The program offers 90-minute sessions once a week for eight weeks, conducted via Zoom. Sessions foster meaningful connections, improve physical and mental well-being, and promote health for participants.

Program Goals

- Enhancing quality of life through evidence-informed physical activity, cognitive stimulation, and social interaction.
- Providing a safe, person-centred, and consistent virtual experience.
- Equipping care partners with tools to maintain their own well-being and support those they care for.

Achievements and Impact

From 2021 to 2023, the virtual Minds in Motion® program expanded accessibility across diverse communities in English and French. The program demonstrated significant positive outcomes for participants.

Key Outcomes

- People living with dementia experienced improved physical activity, engagement, and quality of life.

- Care partners reported enhanced mental well-being and maintained physical and social well-being.
- Key milestones include the creation of an updated program manual addressing virtual delivery and diversity considerations, strengthened safety procedures, and standardized training for certified exercise instructors.

Lessons Learned

- Virtual delivery requires specialized equipment for instructors, such as headsets with microphones, to ensure clear communication.
- Optimal program delivery involves three facilitators: one for seated exercises, one for standing exercises, and one for technical support.
- Muting participants while keeping cameras on ensures safety and minimizes distractions.
- Regular fidelity observations and well-being assessments are essential to maintain program effectiveness.

Why It Matters

The virtual adaptation of Minds in Motion® provides an innovative approach to supporting individuals living with dementia and their care partners. By combining physical and cognitive activities with social engagement, the program fosters improved quality of life and meaningful connections. The virtual adaptation has expanded reach, enabling broader community inclusion and accessibility.

Visit the website to learn more:

- [Enhancing Minds in Motion® as a Virtual Program Delivery Model for People Living with Dementia and Their Care Partners](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).