

Executive Summary: Cummings Centre Therapeutic Dementia Care Program

What You Need to Know

The Cummings Centre Therapeutic Dementia Care Program was developed to enhance the well-being of people living with dementia and their care partners. Delivered by the Cummings Centre in Montréal, Québec, this comprehensive day program provided specialized activities for people living with dementia ranging from physical and cognitive exercises to creative arts. The program used a holistic approach to support care partners with respite, resources and support available during the program.

Program Goals

- Tailored assessments to address individual needs.
- Customized recreation programs that align with participant preferences.
- Community-building group activities to foster connection.
- Empowering care partners through knowledge and skill development.

Achievements and Impact

From 2019 to 2023, the program supported 131 people living with dementia and 156 care partners in Montréal, Québec. It adapted to a hybrid format during the COVID-19 pandemic, offering both virtual and in-person programming to meet diverse needs effectively.

Key Outcomes

- 452 members of the general population were reached through events, conferences, and webinars focused on dementia awareness and education.
- 100% of participants living with dementia reported improved well-being, 91% felt energized by the program, and 88% felt less lonely.
- 92% of care partners reported improved well-being, 93% reported increased knowledge and skills, and 85% agreed they were happier.

Lessons Learned

- Intake assessments were most effective when completed in person (rather than virtually), which may necessitate home visits.
- Socialization among people living with dementia fosters engagement and belonging; grouping participants based on social fit is essential.
- Offering consistent, multi-week group activities for care partners create stronger connections and enhance participation, however chosen activities should be flexible and avoid attendance pressure.

Why It Matters

The Cummings Centre Therapeutic Dementia Care Program enhanced quality of life for people living with dementia and their care partners through holistic, inclusive, and adaptable programming.

Visit the website to learn more:

- [Cummings Centre Therapeutic Dementia Care Program](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).