

Executive Summary: Dementia Resources for Eating, Activity, and Meaningful Inclusion

What You Need to Know

The Dementia Resources for Eating, Activity, and Meaningful Inclusion (DREAM) project was developed to increase access to inclusive physical activity, healthy eating, and wellness programs for people living with dementia. Led by researchers at the University of Waterloo and the University of Northern British Columbia, the project co-created resources in collaboration with people living with dementia, care partners, wellness and community service providers. DREAM emphasizes equitable support for health and well-being by empowering service providers with knowledge and tools to create dementia-inclusive practices, while also equipping people living with dementia and their care partners with tools to engage in physical activity and healthy eating. The program toolkit includes multilingual resources, educational videos, handouts, and eLearning modules designed to foster inclusion and well-being.

Program Goals

- Ensuring people living with dementia have access to wellness programs by equipping service providers with knowledge and tools for dementia-inclusive practices.
- Supporting people living with dementia and care partners to take action for their well-being.

Achievements and Impact

From 2020 to 2023, the DREAM project developed and disseminated a comprehensive toolkit of resources and eLearning modules across Canada. It ensured accessibility by offering materials (e.g., videos, handouts, wallet cards, etc.) in multiple languages, including English, French, Arabic, Simplified Chinese, Portuguese, and Punjabi.

Key Outcomes

- People living with dementia and care partners experienced improved well-being, social inclusion, and confidence in physical activity and healthy eating.
- Community service providers experienced increased adoption of dementia-inclusive practices, improved understanding of dementia and healthy eating, improved attitudes towards inclusion, and increased confidence in supporting people living with dementia.

Lessons Learned

- Free, web-based resources promote sustainability and accessibility.
- Relationships with organizations and diverse partners enhance reach and impact.

Why It Matters

DREAM demonstrates that inclusive, accessible programs can empower people living with dementia and their care partners to live well within their communities.

Visit the website to learn more:

- [Dementia Resources for Eating, Activity, and Meaningful Inclusion](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).