

Minds in Motion® Assistant

Minds in Motion® is a fitness and social program for people with early symptoms of dementia to enjoy with a friend or family member. A 45-60-minute gentle fitness program is followed by an hour of socializing and activities designed to stimulate thinking, play, laughter and connection. The program is available in English, Cantonese, Mandarin and Punjabi.

Role responsibilities:

- Assist with set-up and clean-up of refreshments, games, and activities.
- Assist participants during the fitness program, when needed.
- Assist with social interaction by ensuring everyone is included, has an enjoyable experience, and is able to participate in activities and socializing.
- Spend 1 to 1 time with participants who need extra support, when needed.

Requirements:

- Enjoy being with people and is comfortable facilitating social interactions.
- Patient, friendly and comfortable in a judgement free, inclusive environment.
- Is sensitive to boundaries in working with vulnerable adults.
- Willingness to learn more about dementia and how to support people living with early symptoms of dementia.
- Is physically able to participate in the fitness part of the program.
- Ability to assist with distribution of exercise equipment, which may involve lifting light weights.
- Experience working with older adults and/or people with dementia is an asset.
- References, criminal record check and proof of COVID-19 vaccination status required.

Training provided:

An orientation to the Alzheimer Society of B.C., foundational learning about dementia and onsite training, supervision as well as on-going mentorship opportunities.

Commitment:

- Minimum 6 month commitment (3 to 4 hours per week).

[If you are interested in this role, please complete our online application.](#)

If you have any questions, please contact the Provincial Coordinator (Volunteer Engagement) at agill@alzheimercbc.org.