

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.

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.