

Title of Study: Moving Beyond the Pandemic: Understanding the benefits of virtual versus in-person delivery of Minds in Motion®, a physical activity and brain stimulation program for people with dementia and their caregivers in Saskatchewan

Location: Saskatchewan

Study Description:

The objective of this project is to compare virtual and in-person delivery of Minds in Motion® for fall risk factors, participation satisfaction, facilitators and challenges. This is timely to advance knowledge of virtual health care and community programming in Saskatchewan. Residents of Saskatchewan who are registered participants of Minds in Motion® in 2022 are eligible to participate.

Falls are the leading cause of injury hospitalization for older adults in Canada and Saskatchewan. People living with dementia are more likely to fall and injure themselves than people without dementia. The information gathered from this study will help to inform and support future dementia-friendly programs focused on wellness and fall prevention. The results will help to inform the post-pandemic potential and feasibility for virtual delivery of community programming.

What Will Happen During the Study?

Involvement includes two testing sessions, one before and one after the 10 week program consisting of balance, strength, walking and a fall risk questionnaire as well as a virtual interview after the 10-week program is complete.

Eligibility: Who Can Participate?

You are eligible to participate if you:

- Are a resident of Saskatchewan
- Are registered to participate in a Minds in Motion program in Saskatchewan (virtual or in-person)
- Have a caregiver willing to attend Minds in Motion and testing with you
- Adhere to all Covid-19 safety protocols including confirmation of full vaccination status and other safety precautions as defined by the University of Saskatchewan, and
- Are able to walk independently short distances in the community with or without a walking aid

Recruitment Start Date: December 2, 2021

Recruitment End Date: October 2, 2022

Contact Information

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