



Frequently asked questions

How is Minds in Motion® affiliated with the Alzheimer Society of B.C.?

Minds in Motion® is a social and fitness program offered by the Alzheimer Society of B.C. in partnership with community or seniors' centres. We provide staff, volunteers, activities and refreshments while our community partners provide the space, equipment, first aid, a certified fitness instructor and registration.

What is the goal of Minds in Motion®?

The primary goal of Minds in Motion is to provide an opportunity for people with early-stage dementia and their care partners to come together with other people on the dementia journey in an environment of acceptance, success and fun. Other benefits may include improved strength, balance and social engagement.

Does someone need a diagnosis of Alzheimer's disease or another dementia to attend?

While many participants will have received a diagnosis, it is not necessary to have one in order to attend. We encourage you to discuss changes you are noticing with your health-care provider, and talk to the Minds in Motion® Coordinator about whether or not the program is the best fit for the person living with dementia. If you're not sure, try it out!

Can I register for a Minds in Motion® series that is already in progress?

You can register for a program at any time.

Is it alright for a participant to attend by themselves?

Minds in Motion® is for people with dementia *and* a care partner to participate in together. Rare exceptions will need to be discussed with the Minds in Motion® Coordinator, and require that the participant is able to safely manage travel to and from the program. Even when participants can participate safely on their own, we always encourage participants to come with a care partner, as activities are designed to be done in pairs and care partners attend at no charge. The Minds in Motion® Coordinator has the final decision on whether or not a participant can attend on their own, and reserves the right to ask participant or their family to find a care partner to attend if there are any concerns at any time.



Is it alright for a participant to attend with more than one care partner?

While it is possible for different care partners to attend different sessions, we encourage consistency as much as possible. Fees cover one person living with dementia and one care partner per group.

How long can someone attend?

Participants are welcome to re-register, but we encourage you to speak with the Minds in Motion® Coordinator to ensure that the program is still a good fit for the person living with dementia. If participants have difficulty following along with the exercises or find the social activities too challenging or overstimulating, we can recommend alternative support.

Can someone attend only one part of the program?

No, participants must be able to attend both the exercise and social activities to receive the full benefit of the program. Please speak to the Minds in Motion® Coordinator if you have one-time schedule conflict that requires you to miss a portion of the program.

Can someone attend more than one Minds in Motion® group?

Yes, as long as there is space available and the program is still a good fit.

Are all the Minds in Motion® groups the same?

While all programs follow the same guidelines, each of them are at different times and locations, with different staff and volunteers involved, who will have different approaches.

When Minds in Motion® is no longer a good fit for the person living with dementia, can care partners continue coming on their own?

Care partners can't attend on their own. Minds in Motion® is invaluable for developing support networks and we encourage you to stay in touch with other participants outside the program, but we cannot take an active role in facilitating that.

What is included in registration fees?

Registration covers one person living with dementia to attend, and includes a care partner at no additional charge. Fees pay for the services of a certified fitness instructor and any other costs associated with using our community partner's space. We don't receive any revenue from Minds in Motion®, and are able to provide staff, volunteers, activities and refreshments thanks to our generous donors.



How can I make a donation to the Alzheimer Society of B.C.?

If you'd like to make a donation to help other individuals and families in your community, you can call our provincial office (1-800-667-3742) or visit www.alzheimerbc.org.

Is it okay to bring my own food or food to share?

Light refreshments are provided at each session, but if you have specific dietary requirements, we may be able to accommodate you. For special events like holidays, we may suggest an optional potluck but can't guarantee what food other people may bring. If you have a severe allergy, please let your group know.

What is the emergency protocol at the program?

Each venue has emergency procedures; if you'd like to familiarize yourself, please ask the Minds in Motion® Coordinator for more details.

Who should I speak to if I have a suggestion or a concern about Minds in Motion®?

We want Minds in Motion® to be a positive experience for everyone involved, and your feedback is always welcome. We welcome your voluntary, anonymous feedback through a survey provided twice per year, or you can contact us at your convenience. If you have a suggestion or a concern about the program, we encourage you to speak with the Minds in Motion® Coordinator or the Manager, Regional Services.