

# Minds Motion™

## For Physical Activity Program Leaders

The Minds in Motion® program combines physical activity, socialization and cognitive stimulation for people living with early-mid stage Alzheimer’s disease, or other dementias, to enjoy with a family member or community care partner. The two-hour weekly program runs for eight weeks and offers a great environment to establish new friendships with others living similar experiences.

The Minds in Motion® program, offered in recreational or senior centres, promotes community inclusion in an inviting safe environment. The first 45-60 minutes of the program is led by a certified physical activity leader, followed by 45-60 minutes of a combined socialization and mental stimulation session.

### Job Description

The Minds in Motion Fitness Leaders are passionate about working with older adults and are responsible for leading the physical activity component of the Minds in Motion® program. Leaders are required to include the recommended exercises outlined in the Minds in Motion® resource guide and are welcome to add variety and modifications as needed. Recognizing that participants will have a varying level of ability and mobility, the fitness leader will be more concerned about the participants working safely within their own abilities and having fun than “doing things right”. In partnership with the Minds in Motion® facilitators and volunteers the fitness leader will contribute to the establishment of a welcoming, stigma-free and fun-filled environment.

### Essential Functions and Responsibilities

1. Attendance at each of the weekly Minds in Motion® program sessions for up to 1 hr (45-50 minutes of program facilitation followed by a debrief meeting regarding participants engagement and abilities with lead facilitator)
2. Facilitation of the physical activity program component of the Minds in Motion® program, not being overly concerned with participants “doing things right” (unless safety is a factor) but instead, encouraging participants to have fun and to participate within their abilities...*participation + having fun = success*
3. In collaboration with the Minds in Motion® Manager and Facilitator, identification of participants that may require additional support during the physical activity component of the program.