

Staying in Motion

Staying in Motion is a four-week program focused on movement and flexibility. Research has shown that staying active can improve mood, memory, and cognitive functioning, and this program promotes overall health through physical activity. Staying in Motion is designed for both people in the early stages of Alzheimer's disease and their care partners, and all participants will learn about the health benefits of exercise, as well as how to initiate a fitness plan and carry it out safely at home.

Staying Connected

Staying Connected is a four-week program based on social support, i.e., being with and talking to others. Through social support, people in the early stages of Alzheimer's disease learn how to cope — and live — with having a diagnosis of dementia. Program participants also receive tools, such as memory aids, and learn strategies, such as breaking down an activity's steps, to help them remember and enjoy familiar pastimes. Staying Connected also provides support for social aspects of the disease, including how to communicate memory changes and how to tell others you have Alzheimer's.