

Moving for Memory, Edmonton Zone

Edmonton Southside Primary Care Network (PCN)

Project Lead: Sheri Fielding, Clinical Director

The Moving for Memory program incorporates both cognitive and physical activity to support people diagnosed with mild cognitive impairment and also those with more pronounced dementia. The Edmonton Southside PCN has partnered with LIFT Drive Happiness, to ensure ease of transportation for participants where transportation challenges can prevent participation in community programming and with the Good Samaritan Society Seniors Clinic who will aid in recruitment and support of program participants.

Four cycles of programming lead by qualified instructors, each 8 weeks long, will be evaluated using Plan-Do-Study-Act evaluation cycles to ensure continuous program improvement. Linkages to supports provided within the primary care team and other community partners are actively pursued throughout the 8 week program. Qualitative and quantitative evaluation regarding program impacts will be employed.