

## Moving for Memory, Edmonton Zone

Edmonton Southside Primary Care Network (PCN)



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 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 10 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 10 week program. Qualitative and quantitative evaluation regarding program impacts will be employed.

To date we have had over 125 participants in the program. With such success and demand we have opened another 2 groups to ensure that everyone that is referred is able to participate.