

DELIGHT: Connecting Rural Communities

The **Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) Program** provides a proven, co-designed framework that integrates physical activity, healthy eating and strategies to live well for people living with dementia and care partners.



DELIGHT programs run twice a week for eight weeks. Each session includes physical activity and shared learning.

DELIGHT was co-designed with rural residents to directly address the specific needs of rural communities.

- **Virtual and Telephone Delivery:** Offers both online and phone-based options.
- **No Internet Required:** The telephone option allows full participation without internet access.
- **No Travel Required:** Participants join directly from home, eliminating long drives and transportation challenges.
- **No Venue Required:** Runs completely without the need for a physical community center.

DELIGHT Telephone-Based Impact:

*“It was a good experience, and I was really impressed by the fact that .. that they finally realized that **not all seniors have cell phones or laptops or computers**, and they’ve, you know, **devised this program. I thought it was amazing**” [Person living with dementia]*

*“**Phone is the best. Its benefits are that it’s easy. In-person, boy there’s a lot of work going there.**” [Person living with dementia]*

DELIGHT is a flexible program that helps participants build social connections, and supports the health and well-being for people living with dementia and care partners.

Ready to explore how your organization can deliver **DELIGHT**?

Visit the-ria.ca/programs/delight