

Looking to expand your organization's dementia-inclusive programming, but do not know where to start?

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. The program supports people living with dementia and care partners in these areas:

- Staying active through fun, social physical activity that supports independence in daily activities
- Creating meaningful connections while finding support and a sense of belonging
- Sharing strategies for health and well-being through physical activity, healthy eating, emotional health, and more

The DELIGHT Impact:

*"I was a little surprised as to the number of people who are dealing with the same thing as me. **You just felt not alone, that's the best.**" "All the information you can get, is to me, very valuable..." [Person living with dementia]*

*"As a care partner, I was experiencing burnout and had little time to exercise or take care of myself... **Since joining DELIGHT, my fitness has improved significantly, especially my balance.**" [Care partner]*

*"It was really quite easy to understand and so flexible. As we've been delivering it over the years, we've been able to make some fun adjustments here and there without changing the fidelity of the program. **We really loved it, and our clients really loved it.**" [Organization delivering DELIGHT]*

Why offer DELIGHT?

- **Research-Baked:** Developed by researchers at the University of Waterloo and Schlegel-UW Research Institute for Aging (RIA).
- **Co-designed:** Created in collaboration with people with dementia, care partners, healthcare and community service providers, and researchers.
- **Adaptable:** Flexible framework that can be tailored to diverse cultural and community needs.

Ready to explore how your organization can deliver **DELIGHT**? Visit the-ria.ca/programs/delight