

Testimonials

"I really enjoy seeing that what I am doing is really making a difference. It's nice to see the results and that our hard work is paying off"

Recreation Therapy Assistant

"Mom can engage in more variety of topics. She puts a greater effort into expressing viable opinions. She shows much more interest in different viewpoints. Mom has come to terms with her severe short term memory loss as she has noted that a lot of residents have this problem too. She looks forward to class as she feels safe, smart and her confidence has improved."
Daughter of female participant with Alzheimer's

"I enjoy our discussions and I like the comradery. I like the challenge of this program, it keeps me alert and aware. Myself and another gentleman spend time working on trivia after class and I know he really enjoys that."
Stay Sharp Participant

Fit Minds is an Ontario based company. Their mission is to "slow the advancement of dementia, improve the quality of life for seniors, create hope and meaningful relationships and use our business to bring joy to seniors." –Fit Minds 2016
<https://fitminds.ca/vision-mission/>

References

- ¹https://img.clipartxtras.com/3b124400acfea5a37f15e7976e0eb044_thinking-brain-machine-vector-clipart-free-public-domain-stock-thinking-brain-clipart-black-and-white_2400-2400.png
- ² Fit Minds, 2016. www.fitminds.ca
- ³ http://cernahomecare.com/wp-content/uploads/2014/04/cognition_exercises.jpg

For further information contact

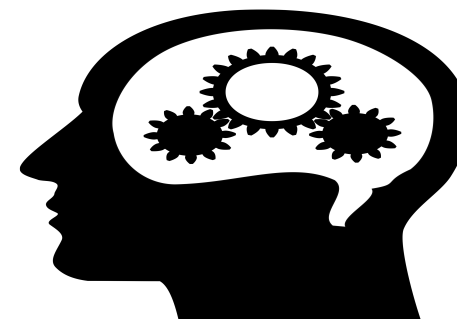
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What is Cognitive Stimulation Therapy?

"Cognitive Stimulation Therapy (CST) is an effective non-pharmacological treatment option for Alzheimer's and other forms of dementia. It has repeatedly been found to improve cognition and quality of life for individuals suffering from dementia" ²
–Fit Minds 2016



"Stay Sharp is a lifeline to sanity. It makes me work my head. I look forward to it each week and wish we could do it more often!"

–Stay Sharp Participant

Importance of Cognitive Stimulation

Cognitive stimulation is important at all ages. Multiple areas in the brain are worked during cognitive stimulation including orientation, visual/spatial, memory, critical thinking, computation, language and music. This is more effective than focusing on one area, for example only doing crossword puzzles.



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“Research has shown that Cognitive Stimulation Therapy is as effective as dementia drugs in improving cognition.”²
Fit Minds, 2016

Fit Minds Programs

We began offering Fit Minds in Fairview LTC in September 2016. We were the first site in Alberta to offer this program. Each staff goes through Fit Minds cognitive coach training before leading a Fit Minds group.

Stay Sharp

This program is for healthy minds. This program is done once a week for a small group of individuals.

Fit Minds Group A

This program is done twice a week for a small group of individuals with mild dementia.

Fit Minds Group B

This program is done twice a week for a small group of individuals with moderate dementia.

“It makes you think a lot and opens my brain up a bit.”
Fit Minds Participant

Success Rates of Fit Minds

We use the Mini Mental State Exam (a test to measure cognitive impairment) and Quality of Life AD Measure for pre and post testing.

Mini Mental State Examination Results

- 8 residents received pre and post testing
- **75%** of participants saw a positive increase in their score after only 8 weeks
- The average increase in MMSE score was 3.6 points
- After one year, **71%** had a higher score from when they started

Quality of Life AD Measure Results

- 15 residents received pre and post testing
- **87%** of participants saw a positive increase in their score after only 8 weeks
- The average increase in Quality of Life score was 5.5 points
- After one year, **100%** had a higher score from when they started

“It’s fun!”
Fit Minds Participant