

What is Active Body Active Mind?

Recreational activities can improve the quality of life for people with cognitive impairments.

Active Body Active Mind provides relaxation time for caregivers while giving loved ones **with dementia** the stimulation and enjoyment to boost their physical and mental well-being.

It is meant to be a short-term respite for those not receiving any other caregiver support service in the home.

The program and the activities your loved one will be engaged in can help maximize their independence and quality of life.

It uses the Butterfly™ Model, which focuses on the belief that a feelings-based approach will allow dementia patients to thrive.



For more information, please contact:

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Creating More Independence

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Creating More Independence



**IN-HOME
ACTIVATION
ACTIVE BODY ACTIVE MIND
(ABAM)**

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**CAREGIVER SUPPORT
PROGRAM**

Eligibility

- Live-in family caregiver
- Vulnerable seniors with dementia
- Low income
- Not receiving any other respite supports in-home or attending Adult Day Program
- Program is currently offered to Toronto Residents and is coming to the region of Peel in January 2022

Program Activities

Keeping loved ones active in hobbies and interests that gave them pleasure in the past provides a space for re-discovery and stimulation. Activities can include:

Cognitive activities such as reading books, playing board or card games, art, and music.

Physical activities like horticultural therapy, dancing, seated stretch, light exercise and walking.

Social activities including calling family or friends on FaceTime/Skype or over the phone, community activities and events and reading poetry or books out loud.

Emotional activities such as painting or colouring, making a meal together, looking at family photos and reminiscing.

Bedside activities like stretching, listening to music, having a conversation and reading books or short stories.

Benefits of the Program

1 Individualized, collaborative care:
The Recreation/Activation (RA) Therapist conducts in-home assessments and creates individualized care/activity plans in collaboration with caregivers and clients.

2 Emotional well-being:
Less depression; a chance for self-expression, increases motivation.

3 Physical improvements:
Helps maintain or regain an active lifestyle, enhances mobility and range of movement, improves sleep patterns.

4 Cognitive enhancement:
Improves mental awareness and attention span, enhances memory, builds greater sensory awareness.

5 Socialization:
Prevents social isolation, helps to keep social skills, improves communication.

Caregiver/Activation PSW Involvement

Trained PSWs provide person and emotion-centered care according to principles of the Butterfly™ Model.

This includes:

- Implementing the client's care & activity plans
- Introducing new activities for mental & physical wellness
- Relief to the caregiver
- Companionship and socialization
- Preparing meals and snacks
- Monitoring to ensure safety (i.e. light toileting assistance)
- Medical reminders for the client

Caregiver PSWs do not perform:

- Personal care (i.e. bathing/showering)
- Housekeeping/laundry
- Adminstrating medication

“ Our program can improve your loved one's overall quality of life ”

