Revive and Thrive -

a dementia-friendly fitness and respite program

Presenter: Mary McKeown, MS
Introduction

- The purpose of this session is two-fold:
- 1) to introduce *Revive and Thrive*, an innovative respite model held at a Massachusetts YMCA, offering dementia-friendly fitness to participants experiencing memory challenges and respite to caregivers/care partners; and
- 2) to share research performed during the pilot year of *Revive and Thrive*, which identified needs of care partners related to fitness/wellness centered respite programs.
Part I: Revive and Thrive - Background

- Emily Kearns, Dementia Friendly Massachusetts
- Staff training at YMCA
- Teamed up with Susan McInnis, Director of the Active Living Center

- Active Living Center
  - Smaller, quiet fitness center separate from main fitness center
  - Provides fitness programming for those 50 years and older
Revive and Thrive - Staffing and Interns

- Merrimack College Exercise and Sport Science Master’s program
- Graduate interns
  - Co-facilitate
  - Program development
  - Design Capstone research projects
  - Evaluation of pilot stage
Fliers and emails circulated to local elders’ services networks, libraries, senior centers, YMCA newsletter, memory café communities, informal networks

News article in regional Active Living/Elders magazine

Word of mouth is most effective
REVIVE & THRIVE
A DEMENTIA–FRIENDLY
HEALTH & WELLNESS PROGRAM

Join us for one-hour fitness and wellness sessions for individuals experiencing memory loss. Experience fun, engaging, restorative physical and mental activities in a welcoming small group environment, facilitated by staff to support body and mind fitness. Caregivers who are YMCA members are encouraged to enjoy the classes and equipment while the program participant is engaged in the Revive & Thrive program.

September 27 – November 15
Wednesdays 11–12PM
Active Living Center & Board Meeting Room
at the Andover/North Andover YMCA

Member $80/person • Non-member $160/person

Instructor: Emily Kearns, Ph.D., Coordinator of Memory Café
Assisted by Merrimack College Exercise Science Graduate Students

Free information session on the Revive & Thrive program and Dementia Friendly Massachusetts initiative.

Wednesday, September 13
11:00AM
Active Living Center at the Andover/North Andover YMCA

To register for the free informational session or to register for the Revive & Thrive program contact Susan McInnis at smcinnis@mvymca.org.
Revive and Thrive - Pilot Year

- Weekly one-hour classes
- 6-8 week sessions
- Fee structure and competition
- Scholarships
Revive and Thrive - Activity Flow

- Meet and Greet Participants and their Care Partners in the YMCA Café
- Care Partner respite
- Introductions
- Chair Yoga
- Ice breaker
Revive and Thrive - Activity Flow

- Standing Balance Exercises
- Strength training
- Floor Exercises
- Indoor Team Games
- Drumming
Revive and Thrive - Activity Flow

- Cool Down - Chair Tai Chi and breathing
- Team huddle - high fives all around
- Walk Out Together
Revive and Thrive - Record Keeping

- Forms - emergency contacts, YMCA enrollment includes waiver form
- Summary Google sheet
- Evaluation by interns
Revive and Thrive - Current Status

- Completed second year
- Emily, Susan and new graduate interns
- Same program outline, varying elements
- Free to YMCA members
  - Course 1: Introduction to Alzheimer’s Disease
  - Course 2: Exercise Prescription for Alzheimer’s Prevention and Intervention
- Presenting as replicable model
Part II: Research Study - Objectives

- **Research Question**
  - Do care partners feel that wellness/fitness centered respite programs are necessary?

- **Measure**
  - Care partner need
  - Care partner strain
  - Care partner perception of the benefits of physical activity

- Apply this information to YMCA and other facilities
Research Study - Methods

- Design Needs Assessment Interview
  - Hours of care and levels of stress
  - Perception of impact of physical activity
  - Relevance of service
- Recruit care partners of those with early stage dementia
  - Revive and Thrive
  - Local Memory Café
  - Greater community
- Code responses for patterns
Research Study - Findings

- Major findings
  - Expressed need for wellness/fitness based respite programs
  - Aware of possible positive impacts of physical activity
  - Care partners have limited free time
  - Care recipients have little opportunity for structured physical activity
### Comparison of care partners based on relationship to care recipient

<table>
<thead>
<tr>
<th></th>
<th>Spouse</th>
<th>Spouse</th>
<th>Spouse</th>
<th>Adult Child</th>
<th>Adult Child</th>
<th>Adult Child</th>
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</thead>
<tbody>
<tr>
<td>Occupational Changes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Neglect Physical/Mental Health</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Desire for More Physical Activity</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Interest in Using Respite Time to Exercise</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Should Wellness/Fitness Respite Programs Exist</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
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</table>

### Care partner responses to various questions pertaining to impacts of responsibility on life

<table>
<thead>
<tr>
<th>Relationship to Care recipient</th>
<th>Hours per Day Providing care</th>
<th>Years Providing Care</th>
<th>Hours per Day Not Providing care</th>
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</thead>
<tbody>
<tr>
<td>Participant 1</td>
<td>24</td>
<td>8</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Participant 2</td>
<td>24</td>
<td>3</td>
<td>1 to 3</td>
</tr>
<tr>
<td>Participant 3</td>
<td>4 to 5</td>
<td>3 to 4</td>
<td>&gt;5</td>
</tr>
<tr>
<td>Participant 4</td>
<td>24</td>
<td>2</td>
<td>&gt;5</td>
</tr>
<tr>
<td>Participant 5</td>
<td>24</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Participant 6</td>
<td>2 to 4</td>
<td>2</td>
<td>&gt;5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Life Satisfaction</th>
<th>Days per Week Care Recipient gets 30 Minutes or More of Physical Activity</th>
<th>Days per Week Care Partner gets 30 Minutes or More of Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant 1</td>
<td>Moderate</td>
<td>&gt;5</td>
<td>&gt;5</td>
</tr>
<tr>
<td>Participant 2</td>
<td>Moderate</td>
<td>≤1</td>
<td>≤1</td>
</tr>
<tr>
<td>Participant 3</td>
<td>Moderate</td>
<td>&gt;5</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Participant 4</td>
<td>Moderate</td>
<td>&gt;5</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Participant 5</td>
<td>Moderate</td>
<td>3 to 5</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Participant 6</td>
<td>Very High</td>
<td>&gt;5</td>
<td>3 to 5</td>
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</tbody>
</table>
Research Study - Implications/Recommendations

- Andover YMCA
  - Program development
  - Expand outreach and awareness among care partners
- YMCA branches, fitness centers and gyms
  - Reach more care partners in more communities
How might you replicate this program in your community?
Contact Information

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Emily Kearns, PhD, MBA - emilykearns18@gmail.com

Susan McInnis, MA - smcinnis@mvymca.org