

# DEMENTIA DAY PROGRAM

Dementia day programs that cater to the needs and preferences of participants that are also integrated in the community benefit both people with dementia and the community at large. They help maintain and strengthen the connection between people with

dementia, their caregivers and the society. The programs also provide a place for community volunteers to learn about dementia through interactions with the program participants.

The Iki Iki Program is an initiative that targets people with dementia as

well as older adults who prefer slower-paced activities. It is a weekly social program for residents of the Greater Vancouver region with Japanese ethnic and cultural backgrounds. They live at home and manage daily life on their own, or with help from

caregivers.

The Iki Iki Program is operated in collaboration with Nikkei Seniors Health Care and Housing Society, Tonari Gumi (Japanese Community Volunteers Association) and Steveston Japanese Canadian Cultural Centre.

## CONNECTION

### Maintain connection between people with dementia & the community.

Community-based person-centred dementia day program has the potential to connect the community and people living with dementia. It is designed around each participant through a flexible program design and varied activity types. It involves community members as volunteers who learn about the person-centred approach through interactions with the participants in the program.



Focus on individual participant



Community volunteer involvement

## ACTIVITIES

- CHAT TIME
- EXERCISE
- ARTS & CRAFTS
- LUNCH TIME
- GAMES
- COOKING
- SINGING

The Iki Iki Program is structured around a set of activity types, or modules, such as these listed above. An all-day program may have 2-3 activities in the morning and 3-4 activities after lunch in the afternoon. The modular program design allows the coordinator to easily adjust the program timetable depending on participant preferences, volunteer availability etc. Having a set of activities also helps activity leaders and volunteers plan and prepare for activities.

## PERSONALIZATION

### Learn about each program participant. Personalize activities.

At the core of person-centred dementia program design is the awareness that every person with dementia is unique. The process of learning about each individual's background, personal history, preferences, needs etc. and incorporating the knowledge into the design of activities is essential to personalization. This aspect of the program also motivates the coordinator and the community volunteers to interact with program participants and fosters a genuine interest in learning about them.



Example of Information Collected

## CHALLENGES

Designing and delivering a personalized program to a group of diverse individuals is challenging. The program coordinator constantly juggles various needs and preferences of the participants and manages a team of volunteers who provide individualized support.

### Considerations for a Better Program

- .....
- Balancing individual & group activities
- .....
- Accommodating diverse needs of the group
- .....
- Volunteer recruitment/training/support
- .....



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