Is DELIGHT the Right Fit for Your Community?

Use this guide to assess if your organization is ready to deliver DELIGHT, learn how to overcome common challenges, and plan your delivery.

What You Need to Deliver and Solutions for Common Challenges

What You Need	Common Challenges	Flexible Solutions and Strategies
1. Staffing and Training		

• At least one program leader with a physical activity certification.
• Program leaders and/or volunteers with skills to support people living with dementia.
	• Finding a certified physical activity instructor.
	• Staff or volunteers who lack direct experience working with people living with dementia.
		Resources and Partnerships:
		• A variety of exercise certifications are acceptable for DELIGHT. Please refer to page 6 in the program guide.
		• Use the Dementia Wellness Directory to find certified program leaders.
		• Find registered exercise professionals at:
		  • Fitness Leadership Canada
		  • Canadian Society for Exercise Physiology
		• Connect with local university kinesiology departments, YMCA fitness leaders, or healthcare networks.
		• Collaborate with a physical activity partner organization to co-lead sessions.
		
		Free Online Training:
		• Complete free online training (DREAM, DICE, and DELIGHT) to gain key skills for safe, effective delivery.
		• Visit RIA eLearning to access and enrol in training modules.

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2. Funding and Space		
• Funding to deliver DELIGHT. • Room available twice a week for 8 weeks.	• Finding and securing needed funding. • Finding a room or managing high rental costs.	**DELIGHT Portal Resources:** • Get ready-to-use grant templates and budget plans on the DELIGHT portal. • Charge a fee-for-service if grant funding is unavailable. **Community Spaces and Flexible Options:** • Rent or borrow low-cost space at senior centres, libraries, or places of worship. • Deliver a hybrid model (one in-person session and one online session per week) or deliver fully online.
3. Recruitment and Outreach		
• A plan to recruit participants (people living with dementia and care partners).	• Navigating stigma around dementia. • May create difficulty finding and signing up participants.	**DELIGHT Portal Resources:** • Download the Marketing Guide and Toolkit for outreach ideas and welcoming, alternative language to reduce dementia stigma. • Include your program offering on the Dementia Wellness website: https://dementiawellness.com/delight-program-offerings/ **Community Partnerships:** • Work directly with local Alzheimer Societies, primary care networks, and local township and city recreation program teams.

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4. Cultural Adaptation		
• Readiness to welcome and serve diverse community members.	• Supporting non-English speaking families or diverse cultural groups.	**Multilingual Resources:** • DELIGHT Participant Guides are adapted and available in French, Traditional Chinese, Simplified Chinese, Punjabi, and Urdu. **Multilingual Staff:** • Include bilingual staff or volunteers to help translate during sessions.

Next Steps to Deliver DELIGHT

1. **Complete free online training:** Ensure staff and volunteers complete the DREAM, DICE, and DELIGHT eLearning courses.
2. **Courses are available at:** https://learn.the-ria.ca/
3. **Access the DELIGHT portal:** Log in to download grant templates, marketing materials, and all DELIGHT program materials and resources.
4. **Connect with our team:** Reach out to the DELIGHT team at https://dementiawellness.com/contact/
   - Secure the DELIGHT licensing agreement.
   - Get support, answers to your questions, and additional guidance.

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