

A Guide to Virtual *Creative* Engagement for Older Adults



Welcome!

We have all experienced significant changes in our daily routines and ways of life in the wake of COVID-19. This impact is strongly felt by clients living in long-term care (LTC) homes and the teams working to care for them. LTC residents face increased social isolation, separation from loved ones, and limited opportunity for meaningful engagement. It is important that our clients within LTC and across all sectors of health continue to have access to services that meet their social and therapeutic needs, even more so during these difficult times. This guide to accessing and using telephone and online support services was created in an effort to decrease boredom, under-stimulation, and loneliness.

Our Purpose:

This guide was created with LTC clients in mind, but can be used in hospitals, retirement homes, private community dwellings, or any location in which seniors can benefit from opportunities to connect.

This guide is more than a resource list. It provides recommendations and tips around how best to engage clients. It reviews and summarizes a range of creative, artistic, emotional, and spiritual online and telephone supports. It provides rationale and purpose for the use of therapeutic engagement. All these elements are brought together with a focus on enhancing quality of life.

In an effort to promote the use of person-centered language we will refer to the recipients of these services as “clients” throughout the document.

This tool is a product of a working group with representatives from Baycrest Health Sciences, Toronto Central Behavioural Supports Ontario, and the Ontario Centers for Learning, Research and Innovation in Long-Term Care.

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Should you come across a resource that is no longer active, please let us know at info@clri-ltc.ca.

To access an index of the activities in this tool, please turn to the **Activities at a Glance** section at the back, where all the resources are listed in an easy-to-access format. This section is useful when working one-on-one with formal or informal caregivers or when sharing resources in a shortened format.



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How to Use This Tool

Despite the challenges that COVID has placed on health care, the pandemic has spurred new and innovative opportunities for virtual engagement and support. This guide makes accessing these opportunities easier and aids clinicians, caregivers, and health providers to do so in a person-centered manner. Within this document, you will find advice to support successful therapeutic engagement for seniors at various stages of cognition or levels of health. Use this resource to cut down on time spent exploring online services; as this tool takes the legwork out of finding population- appropriate opportunities in a virtual format to meet therapeutic goals.

To Make the Best Use of This Document

Get to Know Your Client

Identify your client's hobbies, past interests, employment history and personality traits. The following resources may help in the completion of a thorough social history assessment:

- [PIECES of my PERSONHOOD](#) developed by North East Behavioural Supports Ontario
- The "[All About Me](#)" Alzheimer Society Canada Booklet.
- [PIECES of my RELATIONSHIPS](#) is a tool that supports getting to know a client who is Indigenous. It was developed by the Indigenous Cognition and Aging Awareness Research Exchange and North East Behavioural Supports Ontario. The [Quick Guide](#) provides guidance on using this tool.
- The Canadian Palliative Alliance [Social Histories for Residents with Dementia in LTCH](#), which includes both education and a fillable PDF.



Identify Client Strengths and Challenges

Collect information regarding your clients' abilities to decide which service might be the right fit for them:

- How long can they sit?
- Do they have any challenges with hearing or vision?
- Which language do they speak?
- What is their average attention span?
- Do they have any visual or audio related triggers, such as loud noises?
- Are they better in groups or alone?
- Can they move independently or will they require support?
- Can they follow audio or visual directions independently?
- What is their previous response to technology-based programming?

Know Your Environment

Many of the offerings in this document require the use of technology and some level of open space. A few questions to consider when setting up:

- Does the environment allow for continuous, secure internet connection?
- Does the client have access to a single streaming device or will it be shared?
- If the screen is shared, how many people can safely be fit in a room?
- Does the client have access to a personal phone for call-in services?
- Does the environment have a screen large enough to accommodate vision challenges?
- Will team members be present to set up, monitor and help with device use?
- Can these devices be easily cleaned to lower risk of contamination?
- Will any noise from these devices be triggering to other clients?



Use our Icons

Once you have a good understanding of your client and the care environment, you can use this guide to choose the right digital, virtual, or telephone service to match the client's needs. We have created a legend to make it easy to highlight the populations best suited to the service:

Sight Loss friendly



Best suited for group



Hard of Hearing friendly



Best suited for one-on-one



Low cognition friendly



Good for using in the background



Low movement friendly



Infection Prevention and Control

The COVID pandemic has affected all sectors of health and long-term care and so this guide was created to be useful for multiple care settings.



Within the guide, this icon will indicate an infection prevention and control (IPAC) prompt for the listed interventions or listed activities. These prompts are meant only as reminders to consider COVID-19 when providing care, but we hope they will be useful for team members, caregivers, and clinicians alike.

We have not included detailed IPAC guidelines; however, we strongly encourage you to review your individual organization mandates around infection control and prevention when supporting clients in therapeutic engagements. Additionally, public health provides checklists and information to help, including:

Long Term Care specific checklists:

publichealthontario.ca/-/media/documents/ncov/ipac/covid-19-ipack-checklist-ltcrh?la=en

Acute Care specific guides:

health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_acute_care_guidance.pdf

Home Care Specific Guidance:

canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/infection-prevention-control-covid-19-interim-guidance-home-care-settings.html



Online Support Services

Dance

Why Dance?

- As per the [Women's Alzheimer Movement](#) "... dance/movement therapy has been effective in stimulating social interaction, enhancing mood, reducing anxiety and depressive symptoms, increasing self-awareness and self-expression" for persons living with Alzheimer's and the related dementias.
- [A 2019 New Zealand Study](#) demonstrated that persons with dementia "... responded to the music greatly and showed enthusiasm in moving to the music regardless of their physical limitation.

Positive responses such as memory recalling, spontaneous dancing and joking with each other were observed in every session."

Technology Required: Stable and consistent access to internet, a streaming device with speakers (e.g., computer, laptop or tablet with a large enough screen to be seen from a distance).

Population: Clients will require the ability to follow basic verbal and/or non-verbal direction; active independent movement of the body or a tolerance for passive movement. Functional levels of hearing and visual abilities are useful for full engagement.



In a group dance activity, remember to allow extra space to accommodate for social distancing when clients are engaged in larger movements.

Rate and volume of respiration may increase during dance, which increases both the distance and the rate of spread of the viral load. Standard social distancing may not be far enough!

Providing passive movement or physical guidance increases the risk of exposure due to touch and close proximity. This 1:1 model might be best with private or individually assigned caregivers.



TIPS FOR ENGAGEMENT



- Alter dance movements to accommodate a slower pace or a seated position
- If client can tolerate touch, passively moving their limbs can mimic dance movements
- Client who are unable to actively take part may simply enjoy the music
- Pain can be intensified with increased movement
- Most clients will benefit from a leader to demonstrate movements along with the videos
- Be aware of noise level: Client with hearing challenges may need their hearing aids adjusted, while another client maybe triggered if the music seems “too loud”
- Know each client’s sitting or standing tolerance
- Clients with lower attention spans may exhibit responsive behaviours if they become bored
- Start with a shorter session to gauge client tolerance and interest

Dancing with Parkinson’s

Summary of Service: Dancing with Parkinson’s is offering free half hour daily movement classes for older adults. Not Parkinson’s specific. Multiple pre-recorded video options. Often multiple persons on the screen which can be confusing for the client easily over stimulated.

How to Access: On the [Dancing with Parkinson’s website](#) you will find archived videos and live streams.

Mark Morris Dance Group

Summary of Service: This website offers live and archived dance classes, parties and activity classes, as well as resources to listen to over the phone. Membership is required for some resources, but the shorter, archived videos can be accessed for free.

How to Access: There free streaming classes are listed on the [Mark Morris YouTube Channel](#).

Baycrest and National Ballet School Sharing Dance

Summary of Service: Various recorded, online dance classes made for seniors.ca. This offering is a collaboration between Baycrest and Canada’s National Ballet School and is presented to help bring the joy of dance to seniors and people who work with seniors during isolation. These videos are 20 minutes long and are free to use at this time.

How to Access: Start dancing by accessing the [National Ballet School website](#).





Muve Method

Summary of Service: This is a multigenerational, Hawaii-based service hosted across multiple platforms. It is a gentle pre-recorded dance-a-long format, with a lead or “Muse” in the center. Participants are encouraged to use spontaneous movements that feel good to the individual. The focus is on free movement and energy and is meant to accommodate all abilities and needs.

How to Access: This service is provided on [Muve Method’s dance blog](#), and is filled with 100s of free easy to follow dance videos, games, tips and tutorials. Or you can follow them on their [YouTube Channel](#).

Dances for a Variable Population

Summary of Service: During the COVID pandemic, this dance studio has changed their model to incorporate free, pre-recorded and live-streaming Zoom dance classes. These classes are short, low impact and focused on seniors. They offer a variety of free daily and weekly classes with multiple dance instructors and multiple dance techniques.

How to Access: Find the time slot or type of dance that works best for your client on the [Dances for a Variable Population website](#).

Dance Exchange Creative Aging Class

Summary of Service: A free, virtual class designed for older adults led by Dance Exchange artists, which uses the power of moving to cultivate connection, creativity, and greater health. This service runs every Thursday via Zoom. No pre-registration required.

How to Access: This service can be accessed via the [Dance Exchange blog](#).



Art



Why Art?

- A [2018 publication on Health Dementia](#) reminds us that art engages a different part of the brain than the section we use for language, and that engaging clients with dementia in art provides a communication outlet for expression, which they may have lost.

Technology Required: Stable and consistent access to internet with a working screen (e.g., computer, laptop, tablet or phone). Larger audiences require larger devices.

Population: Functional visual abilities is useful for full engagement.



Clients should have individual supplies to limit the risk of virus transfer over shared surfaces.

TIPS FOR ENGAGEMENT

- A Client with vision challenges can still enjoy having the art described to them
- Certain art can be triggering (e.g., violence or death)
- Engage clients in reminiscence therapy by using pictures/painting of places they have been or hold meaning (e.g., their home country, the beach, a fair)
- Persons living with dementia respond best to high contrast, large, clear, and recognizable shapes and human or animal faces
- Engage the client in conversation by discussing the colours, shapes, and people in the art
- Engage the client by asking how the art makes them feel
- Provide verbal encouragement, reminders, and cues throughout to keep client engaged when they are making their own art
- Use adaptive equipment can help persons with physical limitation take part – an Occupational Therapist can help identify which equipment is needed





Google Arts and Culture

Summary of Service: This is a free, online platform with high-resolution image technology that allows individuals to tour museums and access art across the world from electronic devices. It presents numerous pictures of art and culture, which can be used to initiate discussion or increase visual stimulation.

How to Access: This service can be accessed right from the [Google Arts Platform](#).

Google Museum Art

Summary of Service: From the comfort of your sofa you can visit museums around the world. Multiple museums have placed pictures of their famous works all in one place. This is a free, online platform using high-resolution image technology. It presents numerous pictures of art and culture, which can be used to initiate discussion or increase visual stimulation.

How to Access: This resource is also found on google on their [Google Art and Culture Collections](#) page.

Art Recreation from Home

Summary of Service: An online challenge put on by Getty Museum to recreate famous pieces of artwork from home. Clients and care givers can either take part in creating their own replications or use the images presented on the website for stimulation and entertainment. These pictures can be used to entertain clients even if team members are not available to attempt “at home” recreation.

How to Access: This service can be accessed on [The Iris, Behind the scene at the Getty website](#).

Art on the Brain

Summary of Service: Art on the Brain is a web-based app that connects users to interact with works of art. There are different ways of engaging with art work and the app guides the user through interactive games, discussions and questions about the art work. Scientifically validated and developed at Baycrest, this program is designed to be used in a group or 1-1 format.

How to Access: To access the app go to [artonthebrain.org](#)



Arts and Mind Online Art Tutorial

Summary of service: The Dementia Society of Ottawa and Renfrew County created an art tutorial led by an instructor who walks participants through how to create “three sheep” with pencil crayons. This video is part of their “BrainyActive Challenge” series. It is a simple-to-intermediate offering and clients will need some ability to follow audio and or visual directions, as well as the ability to recognize colours.

How to Access: Use the [Three Sheep Video](#) or explore other engagement opportunities by connecting to The Dementia Society of Ottawa and Renfrew County [Youtube Channel](#).

Art Chat: Live Art-Making and Support

Summary of Service: Art Chat Wednesday via Creative Caring is live on Wednesdays at 1:30pm ET. This is interactive and requires clients to have a higher level of cognition to actively engage independently but can be guided by staff for additional support.

How to Access: Call 250-920-9573, or email drmmoulton@werageweweeep.com or learn more on the [We Rage We Weep Alzheimer Foundation website](#).



Music



Why Music?

- [Practical Neurology](#) states “Musical perception, musical emotion, and musical memory can survive long after other forms of memory and cognitive function have disappeared. In non-demented Parkinson’s disease, music therapy can lead to fluent motor flow, such as dancing. ... It can improve mood, behavior, and in some cases cognitive function, which can persist for hours and days after the music stops.”
- [A 2019 New Zealand Study](#) demonstrated that persons with dementia “... responded to the music greatly and showed enthusiasm in moving to the music regardless of their physical limitation. Positive responses such as memory recalling, spontaneous dancing and joking with each other were observed in every session”.

Technology Required: Stable and consistent access to internet, a streaming device with speakers (e.g., computer, laptop or tablet). Some of these offerings also come with visual stimuli that will require a functioning screen, but this is not necessary to enjoy the music on its own.

Population: Clients at all levels of cognitive function can benefit from exposure to music. Functional hearing is needed for full engagement.



Groups singing in close or enclosed spaces have been shown to increase the rate and distance of spread of respiratory viruses.

TIPS FOR ENGAGEMENT

- Soothing, quiet music can be played in the background for passive simulation
- Music therapy is best when tailored to a client’s history, preferences, language, or culture. Some clients will not respond at all to music that has no meaning to them
- Music can be used to foster bonds between clients with shared traits (e.g., nationality, culture, religion)
- Certain music can be triggering (e.g., music with war themes, dramatic or loud music)
- If engaging in singing do not correct clients if they sing the wrong words
- Ensure lyric sheets use universal design (e.g., large print and space between lines)
- Be aware of how long each client can enjoy music without becoming over-simulated
- Some clients will tolerate headphones well, but those who have never used them may find them distressing





Houston Orchestra Virtual Series

Summary of Service: This site provides free links to listen to previously aired orchestra recordings and access to concert videos and videos of musicians performing in their homes.

How to Access: Enjoy the music found under the Listen at Home section on the [Houston Symphony website](#).

Xenia Concerts

Summary of Service: Free livestream of pre-recorded concerts or live/ recorded musicians performing within their homes, sponsored by Xenia concerts.

How to Access: Access this musical experience from the [Xenia Concerts Facebook](#) page.

Ars Lyrica

Summary of Service: A free service that hosts various musical events, including weekly series, curated playlists, discussions with artists, mini concerts and more. The site provides a calendar of all events with description and access instructions.

Population specific point: There is some interactive potential within this service that may require a higher level of cognition for full participation.

How to Access: Use the [Ars Lyrica Virtual Events Calendar](#) to see which event best suits your client.

Bach and Mozart Music and Imagery

Summary of Service: The service provides sessions of imagery laid over classical music from Bach or Mozart streamed across YouTube. This is useful for shorter or hour-long sessions, and good for ambient soothing noise.

Population specific tip: Functional visual ability would allow the client to engage more in both visual and audio co-ordinated stimulation.

How to Access: Experience [Bach](#) or [Mozart](#) over YouTube.

The Metropolitan Opera

Summary of Service: This platform provides free nightly operatic performances by the Metropolitan Opera streamed directly from their website. Nightly streams are time limited and must be watched by a certain time: check schedule for details. There is also an option to purchase tickets to stream specific performances.

Population specific tip: Clients with functional vision might likely gain the most from this offering, as they would be able to see the full performance as well as hear the performers sing.

How to Access: Visit [The Metropolitan Opera website](#) to learn more.



Concerts in Care via the Health Arts Society

Summary of Service: Concerts in Care is a Canadian service with musicians who come live into LTC and retirement homes across Canada. While they are unable to provide this in person service due to COVID, they have recorded and freely distributed “live” 30-minute concert videos online.

How to Access: Access this service directly through the [Health Arts Society website](#).

BBC Music Memories

Summary of Service: BBC in the UK has created a website that lists common musical choices for seniors (e.g., Classics, Radio Programming, 50’s music) into categories and then further breaks those categories down by musicians. The user can make personalized playlists specific to the client or event by using either Spotify or Apple Music platforms. This maybe especially useful if the client is able to access an MP3 player via the [Alzheimer Society Music Project](#).

How to Access: Link your client to their most memorable songs from the [BBC Music Memories website](#).

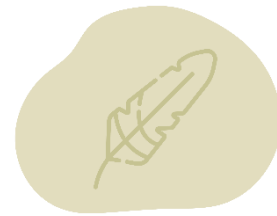
Sing a Song for a Senior!

Summary of Service: Through Smile Theater, you are able to register for free access to more than 100 one-song videos by performers from the Smile Theatre network. These songs are chosen specifically with seniors and isolation in mind. New songs and videos are updated and added regularly.

How to Access: Enter the [Smile Theater website](#) where you will be asked to request free Access.



Creative Writing



Why Creative Writing?

- An article on [Nursing Times Innovation](#) reviewed a nursing home in Scotland that initiated a creative writing group for their residents. This innovation demonstrated that the writing group helped the homes deliver on quality standards, and benefited both residents and staff.
- Research from [The Journal of The American Medical Association](#) *has found that people who write about their deepest thoughts and feelings surrounding upsetting events have stronger immunity and visit their doctors half as often as those who write only about minor events. Exciting research in the Journal of the American Medical Association shows that writing about a stressful experience reduces physical symptoms in patients with chronic illnesses.*

Technology Required: Stable and consistent access to internet, a streaming device with a screen (e.g., computer, laptop or tablet). In this offering other items maybe needed, such as pens, pencils, note pads, etc., if clients would prefer to use these to write with versus keyboards

Population: Clients of a higher cognitive ability would be best able to take part and will need to be able to read and write/type or dictate their story.



TIPS FOR ENGAGEMENT

- Clients who can't write can dictate their own stories
- Consider voice-to-text technology as an additional support
- Provide the client with writers' prompts to aid in motivation and creativity
- Provide the client with verbal encouragement and prompts during the process, such as "And then what do you think should happen in the story?"
- Do not worry about grammar or spelling once client is engaged and enjoying the process
- Consider the use of journaling to help clients better express themselves and their feelings



Timeslips Creative Writing

Summary of Service: This service provides writing prompts and prompt questions to spur creative forms of writing and story creation. There are multiple interactive options, themes, and manners in which the prompts can be used, shared, or discussed. The prompts include images, questions, words, or a starting point. This service is geared to seniors and older writers with calming and memory-based prompts.

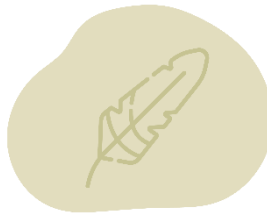
How to Access: Help your client express themselves by accessing the [Timeslips Creativity Center](#).

Firefly Creative Writing Prompts

Summary of Service: A series of writing prompts delivered in the form of pre-recorded videos. The service is designed to aid persons in the creation of longer writing projects. Prompts come from differing sources (e.g., lines from other books, poems, or articles) but are always provided by a speaker in a YouTube clip.

Population Specific Tip: Client will need to be able to listen and/or watch these videos and understand them, or have a care giver present to help them use the information provided.

How to Access: The Firefly website offers this service under the title [Messy Beautiful Pages](#).





Drama

Why Drama and Theatre?

- New research into the use of theatre in dementia care presented by [International Psychogeriatric](#) demonstrated that “... people in the test group were more alert compared to the control group. Moreover, they recalled more memories and showed less socially isolated behavior compared to the control group. This exploratory study shows ... clear positive effects [of theatre exposure] on behavior and mood of people with dementia.”
- [Artists for Alzheimer's \(ARTZ\)](#) created a theatre night for people living with dementia and their caregivers. It noted “... participants came away with more positive moods ... and a greater attention span that lasted beyond the theater experience. They were also more communicative and engaged with staff and peers, and reminisced about their past. Caregivers reported a reduction of symptoms associated with Alzheimer's, including anxiety, aggression, apathy and agitation.”

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen (e.g., computer, laptop or tablet). Often with Smart TV these internet resources can be shown on a larger screen.

Population: Clients with a variety of cognitive levels can enjoy theatre. It is important to choose a production or movie that is specific to your client's needs and abilities. Clients with higher cognition and functional hearing and vision may be more fully engaged.



TIPS FOR ENGAGEMENT

- Use subtitles for clients with hearing challenges
- A client with low vision may enjoy musicals and opera
- Clients with cognitive challenges can enjoy productions with bright costumes, colours, music and dancing
- Older movies from the 40s to 60s might be more engaging for client and are less likely to have triggering themes
- Avoid movies/ productions with violence, wars, or other triggering events
- Simple plots are easier for clients to understand and follow
- Be aware of clients' sitting tolerance and attention span so they do not become over stimulated, bored, or uncomfortable
- Certain movies can be used to provide ambient noise and simulated presence
- Be aware of the volume. Some clients may need assistance via hearing aids or use of headphones, while others may be triggered by loud noises





The Living Rooms via TOLive

Summary of Service: “Living Rooms” is presented by TO Live and features exciting five-minute performances by local artists. This offering provides a way to support Toronto talent through the option to connect directly with any artists and offer them patronage to gain access to more of their performances.

How to Access: TO Live provides this content on their [Living Rooms webpage](#).

National Film Board of Canada

Summary of Service: During COVID-19 The National Film Board of Canada has opened its library to allow free access to productions across a range of genres and lengths, from five minutes to over an hour. Films, documentaries, and animation are all available to stream for free.

How to Access: Go to the [National Film Board of Canada's Website](#) to access this service.

YouTube Nostalgic Programming and Episodes

Summary of Service: YouTube provides multiple free television programs, although the more current series and movies are available to rent only. We have attached links to a few popular series, but many others, including *I Dream of Genie* and *I Love Lucy*, are present on the platform as well.

How to Access: Watch the [Mary Tyler Moore Show](#), [Dick Van Dyke Show](#), or [Timeless Classic Movies](#).

A Night at the Theatre/Opera

Summary of Service: Take yourself and your client to the theatre for a free event in isolation. A number of Stratford Festival productions, focused mostly on their classic and Shakespeare’s productions (e.g., *Romeo and Juliet*, *Macbeth*, etc.) are available to stream online over CBC with occasional advertisements. We advise you review the play first to ensure the demonstrations of violence, such as swordplay and death, are not disturbing for your client.

How to Access: CBC Gems offers this service under [Stratford Presents](#) on their website.

The Show Must Go On

Summary of Service: YouTube is providing streaming of Andrew Lloyd Webber’s productions every Friday at 7 p.m. They are available for 48 hours after the performance. This allows clients to enjoy critically acclaimed, full-length performances from home. Many of these productions are dramatic and may be triggering for certain clients (e.g., *CATS* and *Phantom of the Opera*) so choose with care.

How to Access: Go [The Show Must Go On](#) YouTube Channel to explore all it has to offer.

London's Royal Opera House

Summary of Service: This UK platform uses YouTube and Facebook to stream free pre- recording of their various ballet and operas. A full list of performances is available on the website.

How to Access: Review the [Culturally Curious at Home](#) section of the London Royal Opera House website.





Mixed Creative Arts

Why Mixed Creative Arts?

- An [Evidence Review of the Impact of Participatory Arts on Older People](#) demonstrated that “... *participatory art has to positively impact on the wellbeing of people aged over 60*” and participants in the test group demonstrated higher levels of quality of life across various sectors.
- A 2014 Study, “[Shall I Compare Thee to a Dose of Donepezil,](#)” compared the use of art therapies in dementia versus the use of pharmacological interventions and found that “... *the pharmacologic interventions included in our review, with the exception of donepezil, showed little positive benefit compared with many psychosocial interventions and music therapies in particular, which demonstrated effectiveness, at least in the short term*”.

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen and working speakers (e.g., computer, laptop or tablet).

Population: Clients with a variety of cognitive levels can take part in this offering because multiple media can be accessed (including art, culture, music, prose and poetry). Some of these services may require the cognitive ability to take part in a live, virtual interaction. Clients with lowered levels of cognition will likely need the support of a caregiver to guide them. Functional hearing and vision increase client’s ability to enjoy this resource.



TIPS FOR ENGAGEMENT

- Depending on the medium you choose (visual art, music etc.) check back to the section in the guide that provided specific tips for that area
- **To create your own format or program using mixed media therapy in dementia, review these articles**
 - [Dementia and Imagination: A Mixed-Methods Protocol for Arts and Science Research](#)
 - [The Arts as a Medium for Care and Self-Care in Dementia: Arguments and Evidence.](#)





Bernard Betel Centre

Summary of Service: This website provides virtual programming including concerts, reading groups, art workshops, languages, a virtual café, and fitness sessions. Links to register and access the programs are available directly on the page. These services are free and hosted on Zoom and Facebook.

How to Access: Explore the virtual programming on the [Bernard Betel website](#).

Alzheimer's Society Virtual Programming

Summary of Service: The Alzheimer's Society has open numerous digital opportunities for clients to engage virtually, in the absence of in-person groups and supports.

How to Access: [The Alzheimer's Society of London](#) provides Virtual Social Recreation with daily videos and activities. [The Alzheimer's Society of Toronto](#) offers free live recreational programming. [The Alzheimer's Society of Peel](#) is offering pre-recorded video programming over YouTube.

Check out the [Alzheimer's Society](#) in your area for local offerings

North York Seniors Center

Summary of Service: The North York Seniors Center has a list of pre-recorded videos that they stream over their YouTube channel. These include videos around cooking and baking, arts and crafts, fitness, dance, sing-alongs and more. These videos are designed for seniors but are not dementia specific, so clients will likely require supervision and support while taking part.

How to Access: This service can be accessed from the [North York Seniors YouTube Channel](#).

Access Alliance Canada

Summary of Service: Currently providing a range of free fitness, arts, crafts, and social online groups for older adults over their website. This organization provides a wide variety of programs, services, and supports that are often tailored to other languages and cultures for immigrants and refugees who are new to Toronto. The schedule is updated daily.

How to Access: Check out their daily offerings from the calendar on the [Access Alliance Canada website](#).

Sunshine Centre for Seniors

Summary of Service: The LGBTQ+ organization is now offering a wide range of both virtual and call-in programming for seniors during the week. Services for call and chat are available in the morning and can be in English, French, or Spanish. The Centre also provides a range of social, arts, crafts, and fitness programming over Zoom.

How to Access: Call 647-847-9853 for the chat or check out all their resources on the [Sunshine Center website](#).



The (Un) Lonely Project

Summary of Service: Provided by the Foundation for Art and Healing, this new initiative: Stuck at home (together), provides opportunities for creative expression as well as connection and sharing with others. It is not created with seniors in mind but provides multiple opportunities for creative engagement, which can be modified for clients living with dementia once a care giver is present for support.

How to Access: Find this opportunity on the [Art and Healing website](#).



Reading and Digital Stories

Why Reading and Story Telling?

- An article from [The Guardian](#) advised that “Reading aloud to groups of people with dementia has been found to stimulate memories and imagination.”
- In an article written by Kendall Van Blarcom, “[5 Engaging Activities for Dementia Patients](#),” she states that “Listening to someone read often sparks memory recall and encourages imagination. Sometimes it even sparks discussion. Shorter works, such as poems or short stories, work better. They don’t tax attention spans and compress significant meaning into much fewer words.”

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen for reading and speakers (e.g., computer, laptop or tablet).

Population: To fully engage in this service, clients require the cognitive ability to follow the plot of the stories provided. Many clients with lowered cognitive levels still enjoy being read to or having an audiobook played to them as stimulation. Functional hearing is needed to enjoy the audiobooks and some degree of vision is needed for reading independently.



When reading to clients, keep in mind distancing precautions: it is tempting to lean close to clients who may have vision or hearing limitations.

TIPS FOR ENGAGEMENT

- Audiobooks maybe best for clients with vision impairments while reading is better for clients with limited hearing
- A loved one can be recorded reading or story telling for simulated presence
- Provide cues to clients to remind them to use their aids (e.g., hearing aids, glasses etc.)
- For a client with vision impairment, consider reaching out to organizations such as [Braille Literacy Canada](#) or [Canadian National Institute for the Blind](#) for other resources
- For clients with hearing impairments, which limit engagement, consider reaching out to [Canadian Hearing Services](#) or [Communication Disabilities Access Canada](#)
- Try poetry versus longer and more complex stories, which can be difficult to follow
- Be aware of pacing and tone as this goes a long way towards client’s enjoyment





Public Library Free Access to Online Books

Summary of Service: Toronto Public Library is now offering a free digital library card for people who do not already have a library membership, which will give people the opportunity to access and borrow electronic books and audiobooks free of charge. This offering is structured differently in every town and is subject to COVID-19 limitations.

How to Access: Find your closest public library using [Ontario Public Library](#) or use the [Toronto Public Library](#).

DementiAbility Dementia Friendly Books

Summary of Service: DementiAbility provides a number of free resources on their website; among these is a list of dementia-friendly books that include large, easy-to-read print formats. This makes these books accessible for clients with low vision and challenges with cognition.

How to Access: All free downloadable offering can be accessed from the [DementiAbility website](#), but you can go directly to [Mississauga's Longest Running Mayor](#) or [Time for Tea](#).

EBooks

Summary of Service: Many online bookstores provide free access to downloadable books that are out of copyright. These books are often classics, which might make them well suited to seniors. These books can be read to clients, as soothing background stimulation, even if they are unable to follow the plot closely.

How to Access: Click on "Read" to get free books from [Good Reads](#). The [International Children's Digital Library](#) provides free books with a focus on diversity and tolerance in a number of languages.

[ManyBooks](#) has more than 30,000 out of-copyright ebooks from many genres available in one place.

[OpenCulture](#) provides more than 800 free ebooks. [ReadPrint](#) has thousands of free digital books, with the added benefit of digital books clubs as well. Lastly, [Project Gutenberg](#) has collected more than 60,000 books and provided works in French, Dutch, and Italian.

Audiobooks

Summary of Service: Audible is now providing free audiobooks streamed directly from their platform. Although we suggest the timeless classic section, the site has a collection of classic fairy tales, modern books, and books in multiple languages (e.g., French, Portuguese, Cantonese, Italian and more). OpenCulture provides a similar service, compiling the top steamed free audio books from multiple sites.

How to Access: Open the world of stories for your client using [Audible](#) or [OpenCulture](#).



Sightseeing and Virtual Travel

Why sightseeing and virtual travel?

- This relatively new form of therapy has shown promising results in a number of ways for clients living with dementia. [An article](#) about a European virtual, travel therapy program states that “... *patient wanderings dropped by an average 30%, as well as a 40% reduction in medication use... Certain patients have regained the pleasure of eating and are seeing their chronic pain levels reduced.*”
- A [study](#) from the University of Kent found that “*Virtual reality (VR) technology could vastly improve the quality of life for people with dementia by helping to recall past memories, reduce aggression and improve interactions with caregivers...*”

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen for easy and clear viewing and speakers (e.g., computer, laptop or tablet.) Smart televisions can be used to stream these video experiences on a larger screen. *These streaming videos are not the same as the immersive virtual reality experience but can be a low-cost or freeway to access this type of therapy.*

Population: Clients of almost all levels of cognition can enjoy these videos and experiences. Clients with low vision may not be able to get the full benefit of the tours but may gain some positive experience from listening in (e.g., hearing a steam playing in the background).



TIPS FOR ENGAGEMENT

- Virtual tours and virtual reality often trigger memories; leave time after the activity to discuss these memories with clients
- Be aware of clients' sitting tolerance and endurance
- Choose locations that are relevant to the client's culture or interests
- In group settings, a neutral, pleasant video is best (e.g. beach, mountain or countryside)
- The thoughts, feelings, and memories brought up during the experience can be used in other therapies (e.g., after visiting the seaside care givers can start a conversation around everyone's memories of the seaside, or drawing pictures of the seaside during art)

Some of the videos in the amusement rides include steep drops, fast motion, and heights, which may be stressful viewing for certain clients due to challenges with depth perception and declines in visual perception.





To help you decide which virtual tour is best for your client, the links below are separated into the following categories: Museums and Art Galleries, Gardens, City Tours, Zoos and Aquariums, National Parks, and Amusement Parks.

Museum Tours

- Explore new and changing exhibits from [The Smithsonian National Museum of Natural History \(Washington\) Virtual Tour](#)
- Immerse in a 360-degree view of the [Louvre](#)
- Go picture-by-picture in the [Van Gough Art Museum](#)
- Tour The [Vatican](#) Museum room by room.
- Enjoy the [British Museum](#) in this interactive game, which allows you to travel through time and through the museum with music and audio tours included.

Gardens

- Stroll through the English [Waddesdon Garden](#) in a five-minute YouTube video.
- Take a three-minute walk through spring in the [Claude Monet's Garden, Giverny, France](#)
- The [Chicago Botanic Garden, Chicago IL](#) is made up of 27 small gardens that you can see in three minutes
- Warm up with a six-minute tour of Tour of [Hoomaluhia Botanical Garden](#) in Hawaii, but if you want a longer stay, walk the [Ho'omaluhia Botanical Garden](#) for a full 48 minutes.
- Return to England for six-minutes and travel through the [Top Ten Attractions at Kew Gardens](#).

National Parks

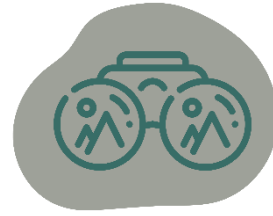
- Take a trip around Canada and visit all of its [national parks](#) in this project that links Parks Canada and Google Street view
- Explore the [Hidden World](#) with National Geographic and travel to five of the biggest national parks across the United States. Let these fully immersive, pre-recorded HD video tours take you from mountain tops to the ocean's depths.
- Take the scenic route around [Yellowstone Park](#) with these four videos ranging from two to ten minutes in length.

City Tours

- Enjoy the view from the [Eifel Tower](#)
- Bring the majesty of [The Taj Mahal \(New Delhi, India\)](#) to you in this street view
- Click your way to the shore of [Easter Island](#)
- Use [Travel.Earth](#) to watch 13 HD pre-recorded, virtual walking tours of a number of European cities. These tours last hours so wear comfortable shoes!



Zoos and Aquariums



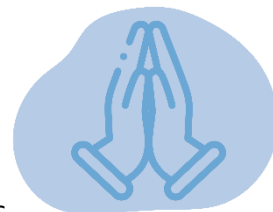
- The [National Marine Sanctuaries](#) website provides a great opportunity to travel to four underwater destinations on guided HD virtual tours. Share and enjoy these 360, pre-recorded immersive videos. The website also provides beautiful, underwater photography slides.
- [Monterey Bay Aquarium](#) is a great option for soothing background videos. They have a number of live animal cameras, including two hypnotic and calming jellyfish options.
- If your client is an animal lover there are numerous opportunities to watch live animals around the world as they go about their day. Enjoy beavers at the [San Diego Zoo](#) as streamed from their Facebook, watch whales and sea lions splash at [Orcalive](#), or travel to China to watch baby pandas play in [Wolong Grove Panda Yard](#).
- If you can't choose just one animal to watch, go to the zoo and take your pick from one of the live or pre-recorded videos at the [Calgary Zoo](#), the [Cincinnati Zoo](#), or the [San Diego Zoo](#).

Amusement Parks

If your client is a thrill seeker, they will enjoy the following dementia- and senior-friendly rides:

- Disney welcomes you with a full 11-minute ride with Ariel from the [Little Mermaid](#), a four-minute ride on [Peter Pan's Flight](#), or a three-minute lighting of [Sleeping Beauty's Castle](#).
- For a little faster pace, get on a 10-minute [Splash Mountain Ride](#), ride the [Kali River Rapids](#) for a full seven minutes, or be ready for more intense viewing during a visit to the numerous roller coasters at [Canada's Wonderland](#).





Religion and Spirituality

Why Religion and Spirituality?

- A [small systematic review](#) of the evidence around dementia and spirituality indicates, *“Spirituality and religion appear to slow cognitive decline, and help people use coping strategies to deal their disease and have a better quality of life,”* and that the *“...use of spirituality or faith in daily life enabled people to develop coping strategies to help accept their disease, maintain their relationships, maintain hope, and find meaning in their lives, thereby improving their quality of life.”*
- Another [study](#) around dementia and religion advised that clients *“... and their family caregivers benefit greatly from clinicians and other care and service providers who respect and acknowledge the role of religion and spirituality in their clients’ lives.”*

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen for viewing with one or more persons and speakers (e.g., computer, laptop or tablet). Smart televisions can be used to stream these video experiences on a larger screen in a group setting. A printer for printing and sharing materials.

Population: Clients of almost all levels of cognition can enjoy these videos, excerpts, resources, and experiences. Clients with multiple levels of function can be engaged; these resources include written formats, streaming, and live videos that can be both watched or listened to.



Remember that singing can increase the rate of spread and distance of spread of respiratory viruses.

TIPS FOR ENGAGEMENT

- In times of distress, many individuals find comfort in their faith, even if they are unable to vocalize their desire or need for this.
- In some faiths it is considered inappropriate to lead prayer or spiritual meetings electronically. These clients might prefer one-on-one or group in-person sessions.
- Religion can be a comfort or a trigger – do not assume that your client wishes to take part in the religion they are linked to without speaking to them or their family
- Clients with cognition challenges may enjoy songs and shorter passages (e.g., hymns and Psalms versus longer sermons)
- Religion often interacts with culture – it’s important to understand both aspects in order to provide clients with person-centered care
- Check online for more resources related to your client’s specific religion, as many religious institutions are now hosting Zoom or live streaming events





DementiAbility Religious Texts

Summary of Service: DementiAbility's website provides free dementia-friendly excerpts from the bible and Buddhist teachings. These printables have larger print and prompts reminding clients to turn the page.

How to Access: Go to [DementiAbility's website](#) to explore all their downloadable resources, or go directly to [Prayers and Blessings](#), [The Palms](#) or [The Gospel of Matthew](#).

Digital Religious Texts

Summary of Service: Although these free-to-download ebooks are not specific for dementia, you can still use this digital library to find information and education on almost any religious, spiritual or mythological teachings. The website offers CD versions of its works for purchase — but there are thousands of free downloads as well.

How to Access: Find this impressive collection at [The Internet Sacred Text Archive](#).

Islamic Institute of Toronto

Summary of Service: This institute provides a number of programs, services, and education related to Islam and Islamic studies and worship. They host Live Fatwa Sessions, virtual halaqas, space-limited Jumu'ah prayers, and stream Salaatul Fajr and Maghrib on a daily basis.

How to Access: This and more is right on the [Islamic Institute of Toronto's website](#).

Dementia Action Alliance (DAA)

Summary of Service: The DAA is hosting live and interactive Christian-based discussions called, Faith, Hope and Love. The sessions are hosted by a reverend and are focused on providing support through spirituality. Fridays on Zoom at 1 p.m.

How to Access: Click the infographic on the [DAA website](#) to access.

Romemu Synagogue

Summary of Service: A New York Synagogue with an active online presence. Currently running various live and pre-recorded Shabbat, morning Minyan, prayers, and mindfulness sessions over Facebook.

How to Access: You can access this service via [Facebook](#) or learn more about their services on the [website](#).

Christian World Media

Summary of Service: This is an online site that hosts more than 90 free, pre-recorded videos of hymns, prayers, sermons, and worship from multiple Christian denominations. It also provides links to multiple live church events that are scheduled daily. From Jewish to Evangelical, there are many options for engaging clients in worship and spiritual care.

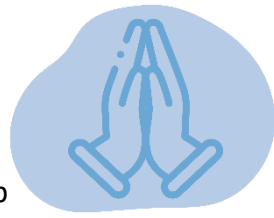
How to Access: Review your options from the [Word Stream Live Service section](#) of the Christian World website.



WMB Seniors Ministry

Summary of Service: This is a senior-specific service. WMB Ministry and Church has moved much of its senior supports online. This Waterloo church has set up a Facebook group to stream live services and hosts other live programming, a YouTube channel with pre-recorded videos, and a calling tree you can request to join to defeat isolation.

How to Access: Decide which service is best suited for your client from the [WMB Church website](#).





Mindfulness, Yoga and Meditation

Why Mindfulness, Religion and Spirituality?

- An article in [Frontiers of Psychology](#) focused on the effects of mindfulness-based interventions on persons living with dementia and found *“positive effects on cognitive, emotional, and psychological domains ... mindful meditation may improve attention, memory, executive function, processing speed, and general cognition ... meditation influences brain structure and function, particularly in areas involved in attentional control, self-awareness, and emotion-regulation.”*
- [Research](#) is showing that yoga can have positive effects on dementia. In fact, *“It was found that chair yoga is relatively safe and effective for older adults with advanced dementia. Chair yoga can help older adults with advanced dementia to manage behavioral and emotional symptoms. It can also minimize risk of drug adverse events and improve their quality of life.”*

Technology Required: Stable and consistent access to internet, a streaming device with a large enough screen for viewing with one or more persons and speakers (e.g., computer, laptop or tablet). A device to download and stream podcasts

Population: Clients of almost all levels of cognition can enjoy some degree of involvement. See tips below.



If attempting to engage multiple clients in a group yoga activity, remember that you will need extra space to accommodate social distancing with movement.

Deep breathing encouraged in yoga and meditation can increase the volume, rate of spread, and distance of spread of respiratory viruses.

TIPS FOR ENGAGEMENT

- Clients at multiple functional and cognitive levels can benefit from mindfulness and meditation
- Clients with more intact cognition can follow along to guided meditation, while more impacted clients may benefit from calming sounds
- Yoga can be enjoyed both seated and standing depending on client's tolerance and mobility
- Sit or stand facing your client(s) so they mirror your movements
- Playing nature sounds can help calm clients during triggering scenarios
- Tailor choices to clients' history (e.g., what sound of sounds will be the most meaningful to them: Did they grow up in country, the city, or near a seaside? etc.)





Scarborough Center for Health Communities Tamil Caregiver Support Series

Summary of Service: This is a free, weekly online relaxation workshop entitled Breath work, Stretches and Mindfulness. It is led by a certified Tamil-speaking yoga instructor over zoom weekly on Thursdays.

How to Access: Learn more from this [SCHC Poster](#), call 416-847-4129 or email djayapathy@schcontario.ca.

Meditation PodCast

Summary of Service: Lifetime Daily, a website focused on spirituality, provides a list of five senior-focused, free podcasts, which can be downloaded onto smartphones and tablets. The website provides a brief description of each podcast so you are better able to decide which app works best for your client.

How to Access: Review the list on the Lifetime Daily website under “[5 Best Meditation Podcast for Seniors](#)”.

The Free Mindfulness Project

Summary of Service: This website is a collaborative project created by the mindfulness community as a response to COVID-19. It is a collection of free-to-download mindfulness meditation exercises. The large collection is easy to access, free, and based in mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), and other closely related approaches.

How to Access: Explore ways to engage clients in mindfulness on the [Free Mindfulness Project website](#).

Create Your Own Mindfulness Program

Summary of Service: If you think your client, or larger organization, could benefit from an in-house mindfulness program, this study provides a step-by-step guide to create an evidence-based program for seniors living with dementia.

How to Access: The North East London NHS Foundation Trust created a 27-page guide called “[A Mindfulness Program Manual](#)” which will show you how to run your own mindfulness program session-by-session.

Insightimer- Nature Sounds

Summary of Service: This generous, mindfulness website has collected an impressive 500+ meditation music. This includes rainy afternoons, ocean waves, forest streams and more. The library of music is free to stream right off the website and most options are an hour or more long.

How to Access: Help your client relax and settle using the Nature sounds on the [Insightimer website](#).



Online Yoga

Summary of Service: If COVID-19 restrictions prevent you from hosting an in-person yoga instructor, enjoy the benefits attributed to yoga by following along with these free, streamed videos ranging from 20-30 minutes. Follow along for low impact, gentle, or seated yoga. Make sure to know the physical abilities of your client prior to beginning the class.

How to Access: Follow along with Adriene on her [wellness blog](#), sit for yoga on the [DailyCaring website](#), or head to YouTube for 30 minutes of [yoga for seniors](#). For a little more pep, try out seated [Dance Yoga](#) over YouTube with YogaJP.



Activities at a Glance

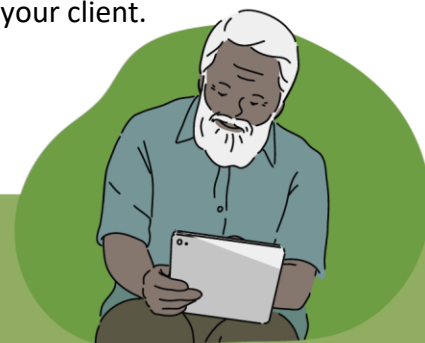
Dance Programming	Description	Link
Dancing with Parkinson's	Dance movement class suitable for people with varying cognitive and physical challenges.	Access this service via the Dancing with Parkinson's website .
Mark Morris Dance Group	Live and archived dance activity.	Free streaming classes on the Mark Morris YouTube Channel .
Dance Exchange Creative Aging Classes	Free weekly class; drop-in friendly.	Find this service on the Dance Exchange blog .
Baycrest NBS Sharing Dance	Various pre-recorded online dance classes.	Hosted on the National Ballet School website or use the free Facebook live-streamed event Dancing With Seniors .
Muve Method	This is a multigenerational, Hawaii-based service hosted across multiple platforms.	This service is provided on Muve Method's dance blog .
Dances for a Variable Population	Short and low impact pre-recorded and livestream classes.	Go to the Dances for a Variable Population website to find the time slot or type of dance that works best for your client.

Arts Based Programs	Description	Link
Google Arts and Culture	Free, high-resolution images of museums and art galleries.	This service can be accessed from the Google Arts Platform .
Google Museum Art	High-resolution pictures of art from galleries around the world.	This resource is found on Google on their Google Art and Culture Collections page.
Art Recreation from Home	An online challenge put on by Getty Museum to recreate famous pieces of artwork from home.	This service can be accessed on The Iris, Behind the scene at the Getty website .
Art on the Brain	A digital therapeutic intervention that promotes mental stimulation and socialization through viewing and discussing works of art.	Explore this service from the Art on the Brain website .
Arts and Mind Online Art Tutorial	The Dementia Society of Ottawa and Renfrew County created an art tutorial led by an instructor. This video is part of the "BrainyActive Challenge" series.	Use the Three Sheep Video or explore the Dementia Society of Ottawa and Renfrew County Youtube Channel .



Art Chat: Live Art-Making and Support	Art Chat Wednesday via Creative Caring is live on Wednesdays at 1:30pm ET.	Call 250-920-9573, or email drmmoulton@werageweweep.com or learn more on the We Rage We Weep Alzheimer Foundation website .
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Music Based Programs	Description	Link
Houston Orchestra Virtual Series	Listen to pre-aired orchestra recordings and access videos of concerts and musicians performing in their homes.	Listen at Home section on the Houston Symphony website .
Xenia Concerts	Free livestreams of pre-recorded concerts or musicians performing within their homes.	Access this musical experience from the Xenia Concerts Facebook page.
Bach and Mozart Music with Imagery	Abstract images displayed over Bach or Mozart classical music streamed across YouTube; good for ambient, soothing noise.	Experience Bach or Mozart over YouTube.
The Metropolitan Opera There is also an option to purchase tickets to stream specific performances.	Free nightly Metropolitan Opera performances streamed on their website. Streams are time limited, check schedule for details.	Visit The Metropolitan Opera website to learn more.
Concerts in Care via the Health Arts Society	Canadian musicians recording and live 30-minute concert videos.	Access this service directly through the Health Arts Society website .
BBC Music Memories	A BBC UK website listing senior friendly musical choices (e.g., Classics, Radio Programming, 50's music, etc.). Easy to navigate.	Link your client to their most memorable songs from the BBC Music Memories website .
Sing a Song for a Senior!	Free access to over 100 one-song videos by performers from the Smile Theatre network. Senior friendly with new songs and videos weekly.	Enter the Smile Theatre website where you will be prompted to request free access.
Ars Lyrica	A free service that hosts various musical events, including weekly series, curated playlists, discussions with artists, mini concerts etc.	Use the Ars Lyrica Virtual Events Calendar to see which event best suits your client.



Creative Writing	Description	Link
Timeslips Creative Writing	Writing prompts and prompt questions to spur creative writing and story creation.	Help your client express themselves by accessing the Timeslips Creativity Center .

Firefly Creative Writing	A series of writing prompts delivered in the form of pre-recorded videos.	The Firefly website offers this service under the title Messy Beautiful Pages .
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Drama	Description	Link
A Night at the Theatre/Opera	Classic theatre productions from The Stratford Festival (e.g., Romeo and Juliet, Macbeth) available to stream over the CBC website.	CBC Gems offers this service under Stratford Presents on their website.
London's Royal Opera House	This UK platform uses YouTube and Facebook to stream free pre-recording of their various ballet and operas.	Review the Culturally Curious at Home section of the London Royal Opera House website.
The Show Must Go On	Andrew Lloyd Webber's productions streamed across YouTube every Friday at 7 p.m. Available for 48 hours after the performance.	Go The Show Must Go On YouTube Channel to explore all it has to offer.
YouTube Nostalgic Programming and Episodes	YouTube provides multiple free television programs, although the more current series and movies are available to rent only the classics are often free.	Watch the Mary Tyler Moore Show , Dick Van Dyke Show , or Timeless Classic Movies on Youtube.
National Film Board of Canada	During COVID-19 The National Film Board of Canada provided free access to its Library.	Go to the National Film Board of Canada's Website to access this service.
The Living Rooms via TOLive	"Living Rooms" presented by TO Live features five-minute performances by local artists.	TO Live provides this content on their Living Rooms webpage .



Mixed Creative Arts	Description	Link
Bernard Betel Centre	Virtual programming including concerts, reading groups, art workshops, languages, a virtual café, and fitness sessions.	Explore the virtual programming on the Bernard Betel website .
The (Un) Lonely Project	The Foundation for Art and Healing, “Stuck at home (together)” provides opportunities for creative expression and connection.	Find this opportunity on the Art and Healing website .
North York Seniors Centre	Pre-recorded videos streamed over their YouTube channel (e.g., cooking and baking, arts and crafts, fitness, dance, etc.).	This service can be accessed from the North York Seniors YouTube Channel
Access Alliance Canada	A range of free fitness, arts, crafts, and social online groups for older adults.	Check out their daily offerings from the calendar on the Access Alliance Canada website .
Sunshine Centre for Seniors	The LGBTQ+ organization offering a wide range of virtual and call-in programming for seniors during the week.	Call 647-847-9853 for the chat or check out all their resources on the Sunshine Centre website .
Alzheimer’s Society Virtual Programming	Numerous digital opportunities for clients to engage virtually in social activities, daily videos and recreational programming hosted by a number of the Alzheimer Society chapters across Ontario.	The Alzheimer’s Society of London Daily videos and activities. The Alzheimer’s Society of Toronto Free live recreational programming. The Alzheimer’s Society of Peel Pre-recorded video programming Find local offerings at Alzheimer’s Society .



Reading and Digital Stories	Description	Link
Public Library Free Access to Online Books	Toronto Public Library offers a free digital library card, giving free access to electronic books and audiobooks.	Find your closest public library using Ontario Public Library or use the Toronto Public Library .
DementiAbility Dementia Friendly Books	A list of dementia-friendly books that include large, easy-to-read print formats that increase accessibility.	Access this free download from the DementiAbility website , or go directly to Mississauga's Longest Running Mayor , or Time for Tea .
Audiobooks by Audible	Audible provides free audiobooks streamed directly from their platform, including sections on timeless classics, fairy tales, modern books, and books in multiple languages.	Open the world of stories for your client using Audible or OpenCulture .
EBooks	Many online bookstores provide free access to downloadable books that are out of copyright.	Click on "Read" to get free books from Good Reads . The following websites provide libraries packed with thousand of ebooks; The International Children's Digital Library , ManyBooks , OpenCulture , and Project Gutenberg

Religion and Spirituality	Description	Link
DementiAbility Religious Texts	Free dementia-friendly excerpts from the Bible and Buddhist teachings. Larger print and reading prompts are included.	Access all offering from DementiAbility's website or go directly to Prayers and Blessings , The Palms or The Gospel of Matthew
Islamic Institute of Toronto	This institute provides a number of programs, services, and education related to Islam and Islamic studies and worship.	On the Islamic Institute of Toronto's website .



Dementia Action Alliance (DAA)	Live and interactive Christian-based discussions called Faith, Hope and Love. Sessions are hosted by a reverend and focused on providing spiritual support Fridays on Zoom at 1 p.m.	Click the infographic on the DAA website to access.
Romemu Synagogue	A New York Synagogue running various live and pre-recorded Shabbat, morning Minyan, prayers, and mindfulness sessions.	You can access this service via Facebook or learn more about their services on the website .
Christian World Media	More than 90 free, pre-recorded videos of hymns, prayers, sermons, and worship from multiple Christian denominations. Links to multiple live church events daily.	Review your options from the Word Stream Live Service section of the Christian World website.
WMB Seniors Ministry	This Waterloo church set up a Facebook group livestreaming services, a YouTube channel with pre-recorded videos, and a calling tree to defeat isolation.	Decide which service is best-suited for your client from the WMB Church website .
Religious Texts	The website offers CD versions of its works for purchase — but there are thousands of free to downloads religious and spiritual ebooks as well.	Find this impressive collection at The Internet Sacred Text Archive .

Sightseeing and Virtual Tours	Description	Link
Listing of links to famous sites and points of interest categorized by subject area to meet your client's needs	This relatively new form of therapy has shown promising results in a number of ways for clients living with dementia.	Please see the guide pages 24-26 for a list of links.



Mindfulness, Yoga and Meditation	Description	Link
Meditation Podcast	Lifetime Daily, a spirituality focused website listing 5 free, senior-friendly podcasts with a brief description of each podcast option.	Review the list on the Lifetime Daily website under " 5 Best Meditation Podcast for Seniors "
The Free Mindfulness Project	A collection of free downloads on meditation exercises based in mindfulness-based stress reduction and mindfulness-based cognitive therapy.	Explore ways to engage clients in mindfulness on the Free Mindfulness Project website .
Create Your Own Mindfulness Program	This study provides a session-by-session guide to creating an evidence-based mindfulness program for seniors living with dementia.	The North East London NHS Foundation Trust created this 27-page guide called " A Mindfulness Program Manual "
Scarborough Center for Health Communities Tamil Caregiver Support Series	A free, online relaxation workshop entitled Breath Work, Stretches and Mindfulness, led by a Tamil-speaking certified yoga instructor over zoom on Thursdays.	Learn more from this SCHC Poster , call 416-847-4129 or email djayapathy@schcontario.ca .
Online Yoga	Free videos of low impact, gentle or seated yoga ranging from 20-30 minutes long.	Follow along with Adriene on her wellness blog , sit for yoga on the DailyCaring website , or head to YouTube for 30 minutes of yoga for seniors . For a little more pep, try out seated Dance Yoga over YouTube with YogaJP.
Insightimer - Nature Sounds	An impressive 500+ collection of free to stream meditation music, including rainy afternoons, ocean waves, forest streams and more.	Help your client relax and settle using the Nature sounds on the Insightimer website .

