

Location

Program services are available in a variety of settings, including in the individual's home. Outings into the community are also an important part of the LEEPS program.

Cost

There is no cost to participate in the LEEPS program.

The LEEPS program is available in the following counties:

- Ashland
- Bayfield
- Iron
- Price
- Sawyer

To find out how to participate please contact:

Aging and Disability
Resource Center of the North
Toll Free: 1-866-663-3607



Our partners include:



AGING AND DISABILITY
RESOURCE CENTER OF THE NORTH
1-866-663-3607
www.adrc-n-wi.org



WISCONSIN DEPARTMENT
OF HEALTH SERVICES

alzheimer's  association®



**An Exercise & Social
Outing Program for
People with
Memory Loss**

LEEPS — LANGUAGE ENRICHED EXERCISE PLUS SOCIALIZATION

The most important letters in wellness are 'we'.

-Author Unknown

LEEPS will match people with Alzheimer's disease or related dementias to a volunteer from their community who will exercise with them and accompany them on outings in the community for social enjoyment.

LEEPS is a research project intended to replicate the successful study performed at the University of Arizona using the same methods. The study showed people with Alzheimer's disease who participated experienced improved physical fitness and mood.

Family caregivers of people with Alzheimer's disease can also benefit from the **LEEPS** program by taking advantage of the time the participant spends with the volunteer to rest and refresh, or complete tasks that are easier to do alone.



LEEPS is a program for people with mild to moderate Alzheimer's disease and related dementias. To participate, you need to:

- Be a resident of Ashland, Bayfield, Iron, Sawyer, and Price counties.
- Live in your home or the home of a family member.
- Be willing to go on outings with a community volunteer.
- Be able to perform simple exercises twice per week.
- Be able to follow verbal directions and participate in conversation.

What will I do if I enroll in LEEPS?

- An individualized exercise program will be developed for you in your home or other setting of your choice.
- A volunteer will be matched with you to accompany you in exercising once a week.
- The volunteer will also accompany you once a week to participate in a social activity of choice.
- You will also be encouraged to exercise with a family member or friend at least once a week.
- You and your volunteer will work together to decide where and when you would like exercise and go on outings.

