



EverActive

Brain health
group programme

DSiDC

Dementia Services Information
and Development Centre

dementia.ie



What is EverActive?

EverActive is a friendly and supportive programme designed to help people look after their brain health. It was developed by the Dementia Services Information and Development Centre, with support from the Dublin City Sport and Wellbeing Partnership and the Regional Specialist Memory Clinic at St James's Hospital.

Over seven weeks, participants take part in gentle physical activity and learn practical tips for maintaining brain health, staying active, and living well. The programme also provides an opportunity to meet others, share experiences, and build confidence in a welcoming environment.

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Who is it for?

EverActive is for people who have noticed changes in their memory or thinking and would like support to stay active and informed.

Participants are welcome to attend with a family member, friend, or supporter, as having someone alongside them can be helpful. However, attending on their own is also perfectly fine.

Before joining, participants will have been referred by a doctor and confirmed as able to take part safely in the exercise sessions. They should be able to walk independently without a walking aid and follow simple instructions.

What happens at EverActive?

The programme runs once a week for seven weeks. Each session lasts about two hours and includes:

- › Information and advice on a range of brain health topics.
- › Gentle, guided physical activity.
- › Time for refreshments, conversation, and getting to know other participants and staff.

The aim is to provide a relaxed and enjoyable experience where people can learn new skills, stay active, and feel supported.

Information and advice sessions

Each week focuses on a different topic related to brain health and everyday wellbeing. Sessions are delivered by experienced professionals such as occupational therapists, speech and language therapists, dietitians, and social workers.

Topics may include:

- › Ways to manage memory difficulties.
- › Tips for communication.
- › Healthy eating and alcohol awareness.
- › Community services and supports that may be available.

Participants are encouraged to ask questions and discuss any concerns in a friendly, supportive setting.



Physical activity sessions

The exercise component could be led by a qualified Postural Stability Instructor and/or a physiotherapist.

The sessions are designed to:

- › Encourage people to become more physically active.
- › Improve strength, balance, and confidence.
- › Introduce exercises that may help reduce the risk of falls.

Everyone is encouraged to work at a pace that feels comfortable for them, and exercises can be adapted to suit different abilities.



What happens after the programme?

At the end of the seven weeks, participants receive a resource pack containing information from each session, along with instructions for exercises they can continue at home.

They will also receive access to a video demonstrating the recommended exercises, helping them to stay active and continue building on what they have learned.

The hope is that participants leave EverActive feeling more informed, more confident, and better supported in looking after their brain health and overall wellbeing.



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