

## 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.

The **LEEPS** program is available in Manitowoc and Kewaunee counties. Call today to find out how you can participate.

## Cost

There is no cost to participate in the LEEPS program.

## ADRC of the Lakeshore (Manitowoc and Kewaunee Counties)

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**An Exercise and  
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 to a volunteer from their community who will exercise with them and accompany them on outings in the community for volunteer activities and 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.** To participate, you need to:

- Be a resident of Kewaunee or Manitowoc county.
- 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 volunteer work or social activity.
- 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

