

Impact of Walking the Talk for Dementia on Participants' Wellbeing:

Cumulative evidence from an exploratory multi-stakeholder study



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Take away message: Walking the Talk for Dementia positively contributes to participants' level of wellbeing by increasing the subjective experience of purpose, insight, connection, and awareness. Further research can build on these exploratory insights with a pre-post comparison or a single-case experience design, and determine the sustainability of these findings.

INTRODUCTION

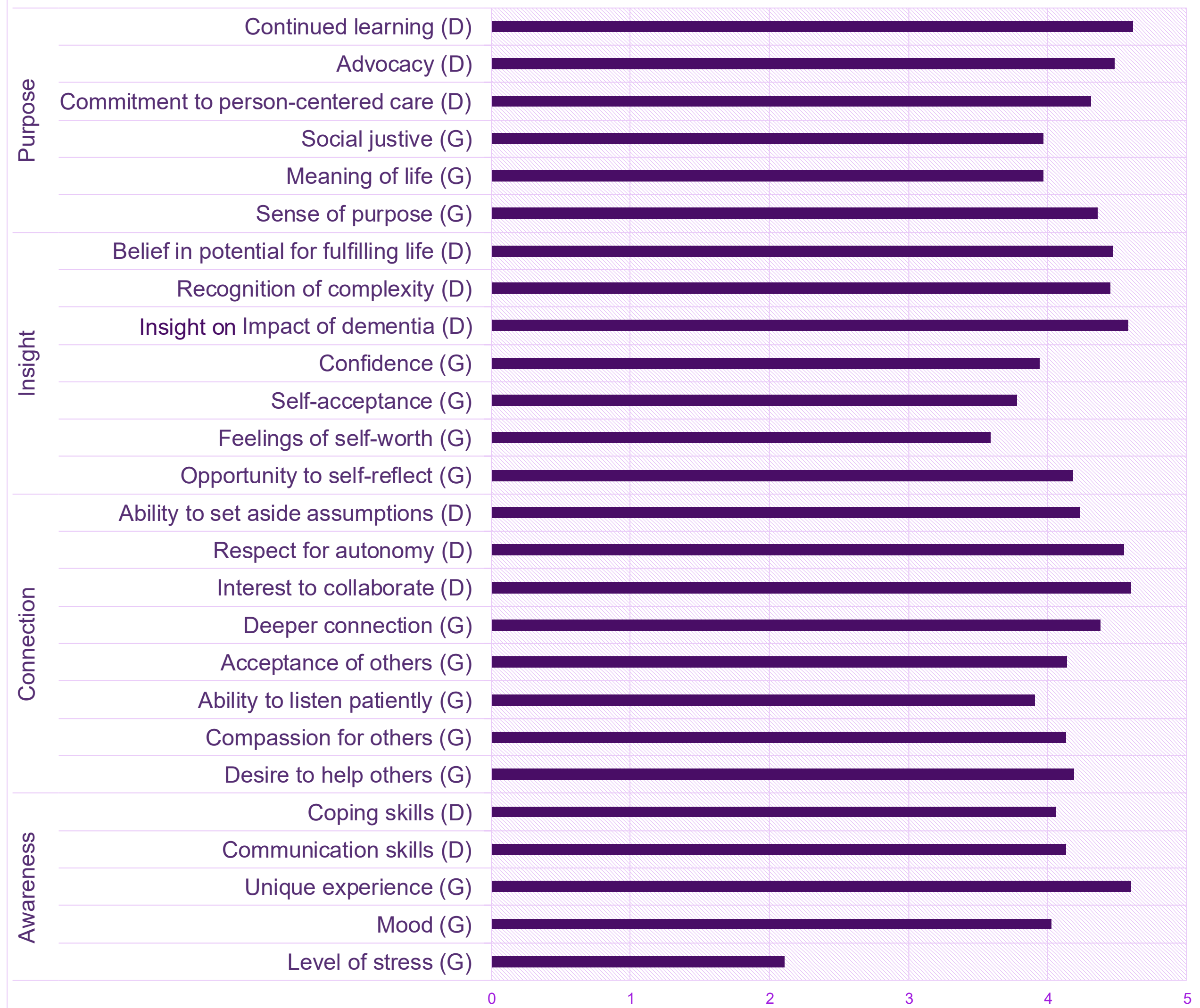
- Wellbeing is a central ambition of individuals and society at large
- The subjective experience of **wellbeing** comprises 4 dimensions: **purpose, insight, connection, and awareness** (Dahl et al., 2020)
- Walking the Talk for Dementia (WTD), a week-long immersive event aimed at sharing knowledge, expanding perspectives, and challenging stigma, has been described as transformative (Aguzzoli-Peres et al., 2024; Gelmon et al., 2026)
- It is current unclear **if and how WTD impacts participants' wellbeing**

METHODS

A two-year cross-sectional, design combined qualitative and quantitative (i.e., post-WTD survey) data, analyzed using descriptive statistics.

	WTD 2025		WTD 2024	
	n=71	Percent	n=79	Percent
Region of current residence				
Asia/ Oceania/ Africa ¹	8	11.3	12	15.2
Europe/UK	36	50.7	39	49.4
North America	14	19.7	15	18.9
South/Central America	13	18.3	13	16.5
Age group				
<30	10	14.1	10	12.7
30-39	15	21.1	19	24.1
40-49	18	25.4	17	21.5
50-59	14	19.7	15	19.0
60-69	12	16.9	15	19.0
>70	2	2.8	3	3.8
Primary role				
Artist	4	5.6	5	6.3
Care partner	9	12.7	11	13.9
Healthcare professional	14	19.7	20	25.3
Innovator/ entrepreneur	7	9.9	6	7.6
Person with dementia	9	12.7	12	15.2
Researchers	21	29.6	7	8.9
Other	7	9.9	18	22.8

RESULTS



Mean scores. Scale: 1: decreased substantially – 5: increased substantially. G: General; D: dementia-specific.

Aguzzoli-Peres F, Nogueira Haas A, Dwi Martha A, Chan M, Steele M, Ferretti MT, et al. Walking the Talk for Dementia: A unique immersive, embodied, and multi-experiential initiative. *Alzheimers & Dementia*. 2024;20:2309-2322.

Dahl, C. J., Wilson-Mendenhall, C. D., & Davidson, R. J. (2020). The plasticity of well-being: A training-based framework for the cultivation of human flourishing. *Proceedings of the National Academy of Sciences*, 117(51), 32197-32206.

Gelmon, S.B., Irving, K., Dawson, W.D., Zegarra-Valdivia, J.A., Mbakile-Mahlanza, L. and Aguzzoli-Peres, F. (2026). The scope and impact of Walking the Talk for Dementia 2024. *Alzheimer's Dement* 22, e70933.

CONTACT

More information on Walking the Talk



www.walkingfordementia.org

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