Physical activity decreased significantly during COVID-19 due to the public health mandates implemented to reduce the spread of disease. Such measures also contributed to inadvertently expediting the progression of cognitive decline and future risk of dementia in older adults. The positive roles of walkable neighborhood destinations on physical activity in community-dwelling older adults have been well studied, but limited studies were conducted on people living with dementia (PLwD) and little is known about whether the mechanisms may vary between before and since COVID-19. This study, using retrospective caregiver-report online survey data from 98 caregivers for community-dwelling PLwD aged 50 or older living in Texas aims to investigate the changes in moderate to strenuous exercise and recreational walking of PLwD before and since COVID-19 and to what extent the different diversity level of walkable neighborhood destinations can help explicate any changes.