

SHAPING THE JOURNEY (VIRTUAL)

For persons with dementia and care partners to attend together

Shaping the Journey (STJ) is a seven-session educational program offered through the online platform Zoom for Healthcare. This program is designed for people with a recent diagnosis of early stage Alzheimer's disease or another dementia, and a care partner, family member, or friend. Shaping the Journey provides participants with evidence-based education from knowledgeable, professional staff in a supportive environment. This program also provides an opportunity for persons with dementia and care partners to receive separate facilitated peer support.

"The sessions were the highlight of the week! During an uncertain season in our lives STJ enabled me to find connection and community and information when I needed it the most."

Through this educational program you will:

- Learn about Alzheimer's disease and other dementias
- Meet others going through similar experiences
- Learn strategies to seek support and cope with changes and to maximize quality of life
- Become familiarized with available community resources
- Engage in future planning

This seven-session program occurs weekly for two hours per session. The first session of the program will include a basic overview of the Zoom platform.

The program includes education on the following topics:

- The brain and dementia
- Hearing the diagnosis
- Maintaining your health
- Life after diagnosis
- Planning ahead
- Maintaining your spirit

As this program occurs online, the following is required for participants to attend:

- High-speed internet access
- Device with audio and video capability (tablet, laptop, or a desktop with a webcam)
- Phone line

For more information please call the Alzheimer Society InfoLine at 1-800-611-6345

We will discuss whether this educational program will suit your current needs. A call to our InfoLine service will inform you of other support and education opportunities available through the Alzheimer Society of Nova Scotia.