

GET INVOLVED

The Alzheimer Society of Simcoe County strives to help improve the quality of life for people living with dementia in our community. We need your help to do this! There are many ways you can get involved.

VOLUNTEER

Volunteers are integral to our work. There are many ways volunteers support the work that we do:

- Support Services
- Education
- Administration
- Fundraising and Events

FUNDRAISE

Over 50% of our funding for programs and services comes from the community.

You can help—become a fundraiser!

- Participate in the Walk for Alzheimer's event
- Host a Coffee Break® fundraiser
- Create your own unique fundraising event
- Become a Fundraising Ambassador

DONATE

Your donations help us offer our support and education programs!

- Make a donation by phone, mail or online
- Memorial or Tribute Donations
- Make a donation in honour of a special occasion
- Give at work
- Plan your legacy

Speak with our Fund Development Coordinator for more information.

RAISE YOUR VOICE

We believe that sharing your experience can help. Whether you are a person with dementia, a caregiver, a family member or a health care practitioner, talking about your experiences and hearing about others in similar situations can be positive and rewarding. It also helps to reduce the stigma that may accompany a diagnosis.

Need a guest speaker? Our highly skilled staff and specialized volunteers increase public awareness by providing education presentations to businesses, schools and community groups.

PLEASE CONTACT US

Barrie Office Location:

20 Anne Street South, Unit 3
Barrie, ON L4N 2C6

Office Hours:

Monday - Friday
8:30 am - 4:30 pm

Orillia Office Location:

25 Museum Drive, Suite 175
Orillia, ON L3V 7T9

By appointment only



Tel: 705-722-1066 Fax: 705-722-9392

Toll-free: 1-800-265-5391



simcoecounty@alzheimersociety.ca



www.alzheimer.ca/simcoecounty



Like us on Facebook at
AlzheimerSocietySimcoeCounty



Follow us on Twitter
@AlzheimerSimcoe

Charitable Registration Number
11921 2116 RR0001

Help for Today. Hope for Tomorrow...®





We Can Help **INFORMATION & EDUCATION**

We can provide you with a wealth of information about Alzheimer's disease and other dementias. Whether you are concerned about your memory, currently have a diagnosis, are supporting a person with dementia or are a health care professional, we have the resources to assist you. Information packages are available upon request.

FIRST LINK® LEARNING SERIES

The learning series provides family caregivers with the skills necessary to support a person living with dementia. Courses in this series include:

- Next Steps
- Care Essentials
- Options for Care
- Care in the Later Stages



SUPPORTIVE COUNSELLING

Our free and confidential supportive counselling provides coping strategies and knowledge to people with dementia, family members and friends.

Support services can be provided over the phone, in our office, or less frequently at your home or another location of your choosing. **Our highly-trained staff can help with topics such as:**

- Managing stress resulting from the disease
- Coping strategies
- Planning for the future
- Managing symptoms
- Accessing other community services

For a full listing of our support groups, education workshops as well as other additional programming, please contact our office or visit our website for up to date information:

www.alzheimer.ca/simcoecounty



PEER SUPPORT GROUPS

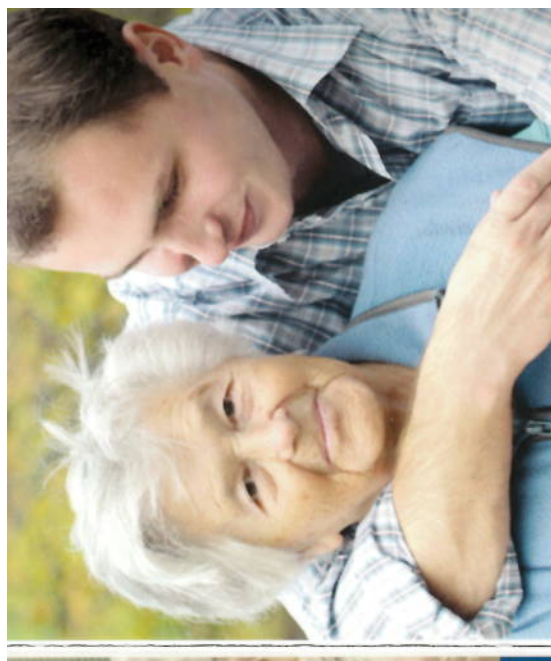
Confidential peer support groups connect people who are supporting persons with dementia. In this safe environment, you can share your challenges and successes and realize that you are not alone.

Joining a support group can help you:

- Talk to others who are going through similar experiences
- Increase your understanding of dementia
- Broaden and develop your set of coping strategies

Our support groups operate on a monthly basis throughout Simcoe County. They are offered both in the day and evening.

705-722-1066



PERSONS WITH DEMENCIA

If you have a diagnosis of Alzheimer's disease or another type of dementia, we can help. You are eligible to access our Supportive Counselling program as well as take part in one of our *First Link®*

Learning Series called *First Steps*. In this workshop, you will meet others with similar diagnoses and discuss strategies to best manage your symptoms.

We can also provide you with resources that may help as you live with dementia.

ADDITIONAL PROGRAMS

We are constantly evolving to meet the needs of the community. From time to time we may offer time limited or community specific programs.