

## Program History

In September 2016 the Alzheimer Society started researching the need for a new Care Partner program. The Caregiver Café program, which had been running for over 10 years, provided the foundation for this research to begin. Feedback from the Café participants along with three focus groups asked care partners what they needed. Care Partners expressed the need to be kept up to date and get assistance in navigating their journey with dementia.

## Special thanks to:

- LeeAnn Kelpin, Master of Social Work student, University of Waterloo
- Participants of the Caregiver Café program
- Participants of focus group sessions held April/May 2017



## Mission

To advocate for and with people with dementia and their care partners, and provide access to a diverse range of appropriate resources and supports.

## Vision

A community where individuals with dementia and their care partners are fully supported to maximize their quality of life and well-being.

For further information or to register, please contact:

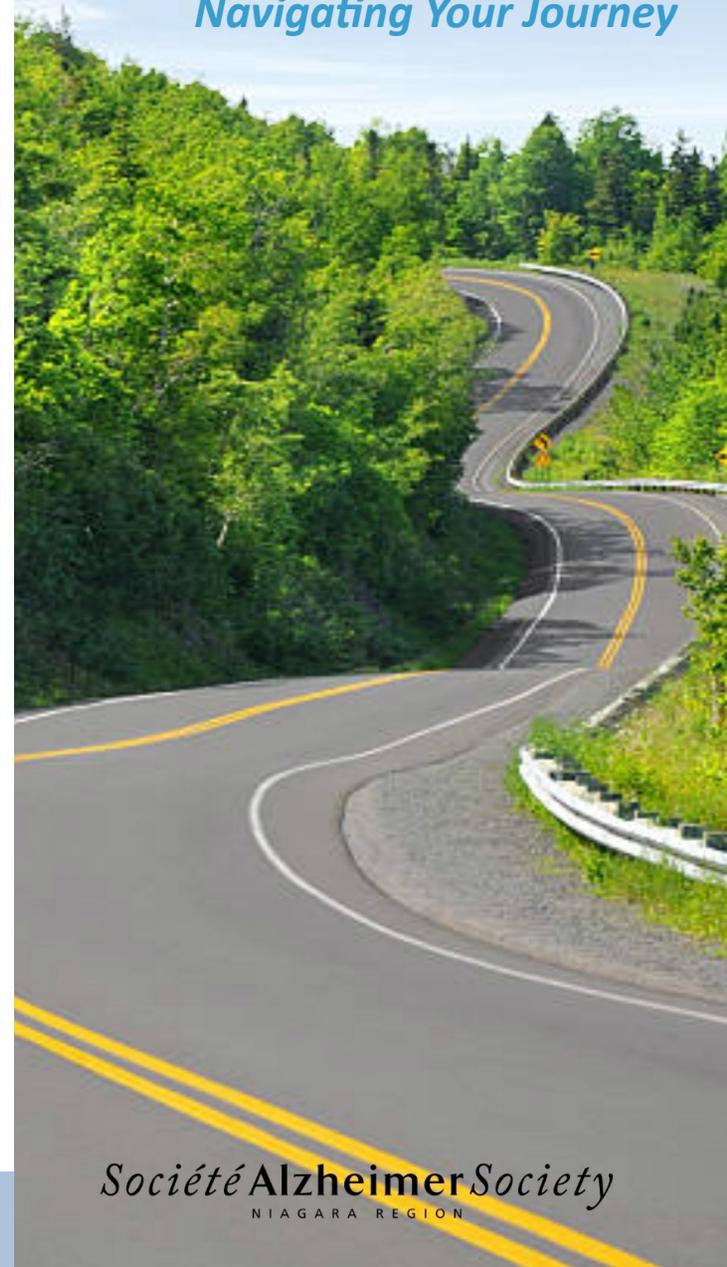


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*Navigating Your Journey*



*Société Alzheimer Society*  
NIAGARA REGION

**“A journey of a thousand miles begins with a single step”**

**The journey with dementia is unique to each individual and their family. Often it is hard to know where to begin. The Caregiver Wellness: Navigating Your Journey program provides the opportunity to self-reflect and discover where you are on your journey with dementia.**



## **Navigating Your Journey Sessions 1 & 2**

Sessions 1 & 2 will focus on giving participants the opportunity to examine their own journey and learn about resources and supports that may be available along the way. Each participant will be given a workbook to follow throughout the program.

Participants will:

- Determine where they are on their dementia journey
- Learn strategies for self-care
- Learn to identify signs of stress and coping strategies
- Examine current and next steps which may provide empowerment and enhance their well-being
- Receive information on resources, services and programs offered at the Alzheimer Society of Niagara Region and in the Niagara community
- Receive encouragement, inspiration and thoughts from fellow participants

## **Staying Connected Session 3**

All care partners who have participated in the *Navigating Your Journey* sessions are invited to attend a bi-monthly *Caregiver Wellness: Staying Connected* session.

A general invitation to all care partners will be extended to provide opportunities for care partners to connect and stay connected.

Scheduled events will align with the interests of the group and may include:

- Social events
- Workshops
- Guest speakers
- Education
- Meditation
- Opportunities to build connections

