

Alzheimer Society

D U R H A M R E G I O N



**April to June 2021
Program Guide**

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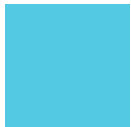
Support and Education



Active Living



Séances en français



Events and Fundraising



Is this for me?



Wondering where to start? Look for the support icons throughout the guide to determine which workshops, groups or services best fit your needs.



Persons Living With Dementia



Care Partners



Health-care Providers



Businesses



Community/General

Contact Us



Contact Us

Support and Education

intake@alzheimerdurham.com

905-576-2567 ext. 5233



Active Living

recreation@alzheimerdurham.com

905-576-2567 ext. 5003



Séances en français

francophone@alzheimerdurham.com

905-576-2567 ext. 5233



Events and Fundraising

donations@alzheimerdurham.com

905-576-2567 ext. 5222



MINT Memory Clinic

mint@alzheimerdurham.com

905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: www.alzheimer.ca/durham

Address: 1600 Stellar Dr., Suite 202

Whitby, ON, L1N 9B2

Ways to Register



By phone: 905-576-2567 | toll-free 1-888-301-1106
(see individual departments for extensions)



By web: asdr.eventbrite.ca



By email: (see individual departments for address)



Please note: for many of our online sessions, you will need Zoom to participate (phone-in options available). For technical assistance prior to the sessions, please contact our Public Education Coordinator education@alzheimerdurham.com



Support and Education

MINT Memory Clinic Services



MINT Memory Clinics (previously Primary Care Collaborative Memory Clinics) help family doctors care for their patients by completing specialized memory assessments and plans for care. The mobile interprofessional team (MINT) based out of the Alzheimer Society of Durham Region consists of Social Workers, Occupational Therapists and Behavioural Supports Ontario (BSO) Nurses. This team works together with specially trained physicians to provide early diagnosis, treatment and support for daily challenges associated with memory concerns. Our team assists with the most challenging aspects of dementia care and works with the Alzheimer Society's First Link® program to connect clients with the resources and supports they need.

Who should be referred for a MINT Memory Clinic assessment? Adults or older adults, not previously assessed by another memory clinic or service, who are experiencing symptoms of memory loss that may or may not be affecting daily functions.

Referrals for the Memory Clinic are accepted from primary-care providers and local GAIN teams. For information about the MINT Team, phone 905-576-2567 ext. 5235 or email mint@alzheimerdurham.com

Navigation and Counselling



Family and one-on-one dementia-specific counselling is provided to care partners and persons living with dementia. We provide education about the disease, coping techniques and therapeutic counselling for care partners. Our First Link® Care Navigators and Counsellors are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey. Our support staff are highly experienced in dementia care and offer expert knowledge and skills for both the care partner and person living with dementia.



Personalized One-on-One Education Sessions



Our knowledgeable Public Education team provides educational opportunities for people living with Alzheimer's disease and other dementias, their family and friends, health-care providers, organizations, community groups and the general public. Do you have a special request for dementia education or training? Personalized educational sessions are available for families, groups, organizations or one-on-one sessions.



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Support and Education

The Reitman Centre Enhanced Care Program

CARERS



(CARERS - Coaching, Advocacy, Respite, Education, Relationship, Simulation)

CARERS is an eight-week program for family caregivers of people living with early and mid-stage dementia. An accredited program of the Sinai Health System Reitman Centre CARERS Program, this is a fully integrated, comprehensive dementia-care program. The focus is on practical skills-based tools and emotional supports needed to provide care for family members with dementia.

For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5227 to register.



TEACH



(TEACH — Training, Education and Assistance for Caregiving at Home)



The TEACH program is a four-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners.

For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5227 to register.

Mindfulness

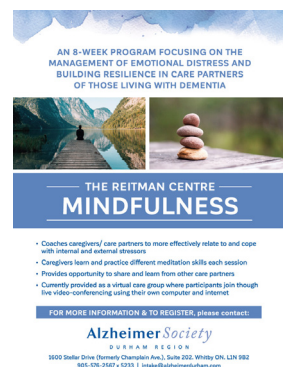


Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is a clinical-based method of mindfulness training that works at bringing attention to and transforming an individual's relationship with difficult thoughts and emotion. This eight-week, therapy-based group coaches care partners to more effectively recognize and cope with internal and external stressors and provides an opportunity to share and learn from others.

Registration is limited to eight individuals per group.

Please email intake@alzheimerdurham.com or contact the program lead at 905-576-2567 ext. 5227 for more information.



Support and Education

The Reitman Centre Enhanced Care Program



NEW Information session

For more information about the The Reitman Centre Enhanced Care Program (TEACH, CARERS, Mindfulness), join us for a free online information session! At this session, you will receive a brief overview of our available caregiver support programs and the skills you will develop as a family care partner providing care to individuals with dementia. Our clinical services and group programs help care partners manage the day-to-day care of persons living with dementia, reduce emotional stress and burden and improve their ability to cope with caregiving demands. If you're unsure if you're ready to take part in the program or which program is best suited to you, join our information session to help you understand your options and how to register.

Please email intake@alzheimerdurham.com or contact the program lead at 905-576-2567 ext. 5227 for more information.

Location	Day	Date	Time
Online	Wednesday	April 21	6 p.m. - 6:45 p.m.



Respite Reimbursement Program



Funds from our Respite Reimbursement Program will support care partners of persons living with dementia, who experience barriers in accessing programs and services at the Alzheimer Society of Durham Region (ASDR). Ask one of our support staff about accessing our respite program today. (Please note, ASDR itself does not provide in-home care.)




Support and Education



Drop-in Care Partner Social and Support Group



This gathering is intended to offer an opportunity for care partners to engage with peers in a supportive, social setting. Facilitated by staff or qualified volunteers, drop-in sessions provide opportunities for care partners to share their experiences and navigate available resources. Each session is limited to 15 participants. Please register at asdr.eventbrite.ca or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233

Location	Day	Date	Time
Online or phone-in available 	Wednesday	April 7, 14, 21, 28 May 5, 12, 19, 26 June 2, 9, 16, 23, 30	1 p.m. - 2:30 p.m.

Men's Breakfast



Men's Breakfast is a volunteer-led group, which provides peer-to-peer support for male care partners in a casual, comfortable setting.

For more information, contact Support Services and Groups at intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online 	Wednesday	April 7, 14, 21, 28 May 5, 12, 19, 26 June 2, 9, 16, 23, 30	9 a.m. - 11 a.m.

Support and Education

Care Partner Support Group for Caregivers Providing Care at Home in the Community



This safe online forum is led by a trained and experienced Counsellor and offers an opportunity to learn about topics relating to caregiver coping and connecting with community services. Groups cover relevant topics relating to the community caregiver experience. Each session is limited to 10 participants. Registration required.

To register, please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online or phone-in available	Friday	April 9, 23 May 14, 28 June 11, 25	10 a.m. - 11:30 a.m.

Care Partner Support Group for Those Supporting Residents in Long-Term Care and Retirement Homes



This support group will provide an opportunity for care partners to come together and connect with each other through the caregiving experience of supporting their loved one in long-term care (LTC) or retirement homes (RH). This safe online forum is led by a trained and experienced Counsellor and specifically focuses on topics and strategies that affect those supporting residents in LTC/RH such as stress, communication and responding to behaviours. Each session is limited to 10 participants.



Registration required via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online or phone-in available	Monday	April 5 May 3 June 7	6 p.m. - 7:30 p.m.
	Tuesday and Thursday	April 20 and 22 May 18 and 27 June 15 and 24	1 p.m. - 2:30 p.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses




Support and Education

Living with Ambiguous Loss Support Group

Ambiguous loss is a type of loss you feel when a person with dementia is physically here, but may not be present in the same way as before. This unique support group run by trained support staff provides a safe and supportive group environment for care partners as they adjust to feelings of ambiguous loss and grief throughout the dementia journey. This closed support group runs weekly for six sessions. Enrollment is limited to 10 participants and registration is required.

Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.

Location	Day	Date	Time
Online 	Thursday	May 6, 13, 20, 27 June 3, 10	6:30 p.m. - 8 p.m.




Support and Education

First Steps for Persons Living with Dementia



This introductory workshop provides an opportunity for persons living with dementia to attend with a care partner who supports them. Participants will receive information and have an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias and the impact of receiving the diagnosis. They will also be encouraged to explore and build on coping skills and strengths.

Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online 	Thursday	April 15	10 a.m. - 11:30 a.m.

First Steps for Care Partners




This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. Each live session features a workbook and helpful followup resources to support all learning types.

Register for the session(s) you like at asdr.eventbrite.ca **or**
email information@alzheimerdurham.com


First Steps for Care Partners: What is Dementia?

First in our four-part series, this session will provide an overview of symptoms, responding to a diagnosis, treatment and being a care partner.

Location	Day	Date	Time
Online 	Tuesday	April 27	6 p.m. - 7:30 p.m.

First Steps for Care Partners: Adapting to Brain Changes


Second in our four-part series, this session explores changes in the brain, adapting to change and maximizing brain health.

Location	Day	Date	Time
Online 	Tuesday	May 4	6 p.m. - 7:30 p.m.

Support and Education


First Steps for Care Partners: Planning Ahead

Third in our four-part series, this session for care partners will explore assessing and managing risk and financial planning.

Location	Day	Date	Time
Online 	Tuesday	May 11	6 p.m. - 7:30 p.m.

First Steps for Care Partners: Building a Circle of Support

Fourth in our four-part series, this session will help care partners learn how to recognize stress, manage stress and build a circle of support.

Location	Day	Date	Time
Online 	Tuesday	May 18	6 p.m. - 7:30 p.m.



Support and Education

Options for Care



This three-part series features guest speakers from community support agencies within Durham Region. Care partners will be able to evaluate their current caregiving needs and explore other care options, including in-home supports, Adult Day Programs and long-term care.


Register for the session(s) you like at asdr.eventbrite.ca
or

email information@alzheimerdurham.com




Transitions Throughout the Dementia Journey

This workshop explores coping strategies during key transition points on the dementia care journey.

Location	Day	Date	Time
Online 	Tuesday	June 1	3 p.m. - 4:30 p.m.


Community Supports and Adult Day Programs

Guest speakers include representatives from Central East Local Health Integration Network (LHIN) and Community Care Durham.

Location	Day	Date	Time
Online 	Tuesday	June 8	3 p.m. - 4:30 p.m.

Accessing Long-Term Care

Guest speaker from Central East Local Health Integration Network (LHIN).

Location	Day	Date	Time
Online 	Tuesday	June 15	3 p.m. - 4:30 p.m.



Persons Living With Dementia



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Support and Education

Meaningful Visits for Volunteers




Celebrating the theme of National Volunteer Week, “The Value of One. The Power of Many.” this interactive session is for volunteers who wish to expand their knowledge of ways to engage with and enhance the lives of persons living with dementia.

This session will cover:

- Communicating with persons living with dementia
- How to support meaningful interactions
- Ways you can support those living with dementia in your community
- The benefits of volunteering

Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online 	Thursday	April 22	12 p.m. - 1 p.m.

Dementia-Friendly Community Information Session




A dementia-friendly community is a place where people living with dementia are understood, respected and supported.

Are you a business, organization or agency who wants to support people living with dementia in our community?

Are you a member of a volunteer organization, faith community or an employee at an agency who wants to ensure that your organization or group is dementia friendly?

Join us to find out more about the Dementia-Friendly Community training program available in Durham Region.

Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online 	Thursday	May 20	12 p.m. - 1 p.m.

Support and Education

U-First!® for Health-Care Providers (Fees apply)

U-First!® is a training program that helps frontline staff develop a common knowledge base, language and approach to care and helps foster shared values when caring for people living with Alzheimer's disease and other dementias by:

1. understanding the person living with dementia and associated behaviour changes
2. working as a team to develop individualized support strategies

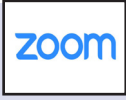
For more information or to register for the upcoming U-First!® for Health-Care Providers online two-part workshop, please visit the [U-First!® website](#). Registrants must commit to attending both sessions.

Location	Day	Date	Time
Online 	Thursday Friday	May 13 May 14	9 a.m. - 12 p.m.

Gentle Persuasive Approaches (GPA®) in Dementia Care: (Fees apply) Supporting Persons with Responsive Behaviours

GPA Basics is a two-part online evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. GPA® teaches care providers across disciplines how to use a person-centred, respectful, compassionate and gentle persuasive approach to respond to the behaviours associated with dementia. Registrants must commit to attending both sessions. Cost \$125 per person.

Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online 	Wednesday	June 9 and 16	1 p.m. - 4:30 p.m.

Taking Control of Our Lives (TCOOL)

This eight-week program will help persons living with dementia develop skills, increase confidence and feel empowered to take control of their lives by talking with and learning from others. Care partners attend the program to support their family member or friend. Screening interview required.

For upcoming dates and information, please contact our Intake Coordinator at intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.



“The Friendly Place” — Young Onset Adult Day Program



For persons diagnosed with dementia prior to age 65, our Adult Day Program (ADP) provides opportunities to participate in social and recreational programming, including creative arts, exercise, music and games. Pre-screening required. Our ADP is being offered online and in-person.

Please contact the program lead for space availability at 905-576-2567 ext. 5003.


Minds in Motion®



Minds in Motion® is a physical activity and brain-stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario. We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected! Minds in Motion® is delivered by our experienced staff, community partners, and dedicated volunteers.



Pre-registration required.
Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5003 for more information.

Location	Day	Date	Time
Online 	Monday	April 5, 12, 19, 26 May 3, 10, 17, 31	1:30 p.m. - 2:30 p.m.
	Wednesday	April 14, 28 May 5, 12, 19, 26 June 2, 9	11 a.m. - 12 p.m.

RECREATION KITS

BRINGING DEMENTIA-FRIENDLY RECREATION EXPERIENCES INTO PEOPLE'S HOMES!



Coming May 2021

Our first kit will be Horticulture themed with an activity that gets your hands busy with a planting project. Embrace your inner gardener and discover the health benefits of engaging in a meaningful activity with beautiful outcomes!

Each recreation kit will be thoughtfully curated to provide a fun and engaging themed activity for a person living with dementia. The kit will be delivered to your door and include all the supplies you need to participate in a purposeful task along with easy-to-follow instructions. Once you receive your kit, join an Alzheimer Society of Durham Region-hosted social group (either by phone or online), or be matched one-to-one with a volunteer.

This program is for persons living with dementia or a care partner on their behalf. Registration required. Must reside within Durham Region. Some restrictions may apply.

If you are interested in learning more, please contact our Intake Coordinator at 905-576-2567 ext. 5233, toll-free at 1-888-301-1106 or email intake@alzheimerdurham.com



Séances en français

Premier Lien



Cette séance d'initiation permet à l'apprenant de mieux comprendre le diagnostic d'un trouble neurocognitif et les changements qui peuvent survenir.

Premier Lien Aidant



Cette séance offre les proches aidants des stratégies concrètes pour s'adapter aux changements de comportement et gérer le stress de manière positive.

Survol sur les trouble neurocognitifs



Nous présenterons un survol de troubles cognitifs et discuterons des signes précurseurs et les symptômes, la différence entre l'oubli normal et une perte de mémoire sérieuse, examiner les types de troubles cognitifs et les différents stades et enfin les traitements pour les symptômes et une revue de la recherche récente.

La santé du cerveau



Joignez-vous en ligne pour une séance de sensibilisation sur la santé du cerveau. C'est vrai! Nous avons tous un cerveau et il est important d'en prendre soin. Nous partagerons des conseils pratiques pour réduire les risques et développer des bonnes habitudes pour maintenir votre santé cérébrale.

Renseignements

Pour de plus amples renseignements sur nos séances, veuillez communiquer avec nous par courriel à francophone@alzheimerdurham.com ou par téléphone au 905-576-2567, poste 5246, sans frais au 1-888-301-1106.



Donate in Memory and in Honour

Memorial donations to the Alzheimer Society of Durham Region (ASDR) are a significant way to pay tribute to a relative, friend or co-worker who has passed away. You are honouring a special life by helping us improve the quality of life of people living with Alzheimer's disease and other dementias and their care partners.

You can also honour or remember your loved one as part of a celebration gift. You can commemorate any special occasion, including birthdays, anniversaries, graduations, retirements or weddings with a gift to the ASDR. Please contact us directly and we'll customize a package for you.

Donate in memory or honour or contact us for more information:

Email donations@alzheimerdurham.com

Phone 905-576-2567 ext. 5222 | toll-free at 1-888-301-1106



Social with a Purpose

Now more than ever, it's important to find new, creative ways to stay connected to our friends and family, even while staying physically apart.

Our new do-it-yourself Social with a Purpose fundraiser gives you an excuse to get together with your friends, family and community and turn your virtual social gathering into a fundraiser! All funds raised will go towards supporting social recreation programs offered at the Alzheimer Society of Durham Region—programs that are vital for people living with dementia and their care partners.

Learn more about Social with a Purpose and how to get started: <http://on.alz.to/socialwithapurpose>



Persons Living With Dementia



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Health-care Providers

Community/General



Businesses





AlzheimerSociety

Locally presented by

Tim Hortons



**Register
today!**

MAY 2021

JOIN OUR IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S SCAVENGER HUNT! SHOW THE POWER OF CONNECTION

Our IG Wealth Management Walk for Alzheimer's looks a little different this year!

While we can't physically walk together right now, we can still connect virtually and have fun as a group!

Register as an individual, team or as your bubble.

This year, we know the main focus has to be safety. Second to that, we want something engaging and to keep people active. Join our "Scavenger Hunt" walk over the month of May, which you can participate by achieving tasks, answering questions and taking photos, all within your community or in your home.

Or, put on your runners, sandals, boots or slippers and count 11,275 steps—one for every person living with dementia in Durham Region.

**For those of you who have the ability, we need your support now, more than ever before.
Together we can make a difference.**

WWW.ALZGIVING.CA/DURHAM

THANK YOU TO OUR SPONSORS!



REGISTER TODAY!