

Alzheimer Society

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



**July to September 2021
Program Guide**

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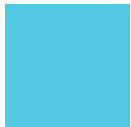
Support and Education



Active Living



Programmes et services 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



Programmes et services 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

Have feedback about our programs and services? Send your thoughts to feedback@alzheimerdurham.com

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 Community Education Team 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 multi-specialty 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 Community 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.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses



Support and Education

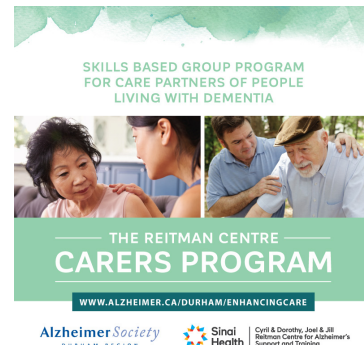
The Reitman Centre Enhanced Care Program

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.

NEW CARERS and TEACH for Long-Term Care



Caring for seniors living with dementia in Long-Term Care (LTC) presents complex challenges, and family care partners face increased emotional distress following placement of their loved ones. Family involvement, visiting and advocacy for the person living with dementia leads to positive outcomes in LTC quality of care and quality of life. As a result, tailored TEACH and CARERS programs have been specifically designed for family care partners of those living with dementia in LTC.

The goal of these programs is to assist family care partners in reducing emotional stress and burden associated with dementia, improve resilience and strengthen the ability to cope with the demands of caregiving.

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

Support and Education

Mindfulness

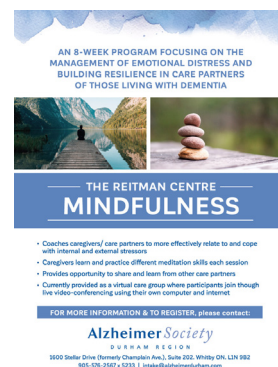


Mindfulness-Based Cognitive Therapy (MBCT)

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.



The Reitman Centre Enhanced Care Program



NEW Information session

For more information about 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 or register at www.asdr.eventbrite.ca

Location	Day	Date	Time
Online 	Wednesday	July 28	6 p.m. - 6:45 p.m.

Respite Reimbursement Program



If you are attending any one of our programs (online, in-person or by phone) and require someone to stay with your loved one, talk to us about respite options. (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	July 7, 14, 21 August 4, 11, 18 September 1, 8, 15, 22	1 p.m. - 2:30 p.m.

Men's Breakfast



Men's Breakfast is a peer-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	July 7, 14, 21, 28 August 4, 11, 18, 25 September 1, 8, 15, 22, 29	9 a.m. - 11 a.m.

Support and Education

Early-Stage Dementia Program



For people in the early stages of Alzheimer's disease or other dementias and their care partners. This monthly program is facilitated by trained staff and will provide participants with an opportunity to discuss relevant topics with others, develop strategies to address challenges and become familiar with available resources. Registration is required.

Register for the session(s) you like by contacting
intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233

Practical Strategies

This session will include strategies, memory aids and establish the importance of routines to provide support for completing tasks and activities.

Location	Day	Date	Time
Online 	Tuesday	July 13	10 a.m. - 11:30 a.m.

Wellness

In this session we will discuss self-advocacy, reducing stigma, strategies for living well and remaining positive and connecting with others.

Location	Day	Date	Time
Online 	Tuesday	August 10	10 a.m. - 11:30 a.m.

Building Resilience

Learn how to adapt to change by improving coping skills with a focus on personal strengths, optimism, social supports and managing (regulating) emotions.

Location	Day	Date	Time
Online 	Tuesday	September 14	10 a.m. - 11:30 a.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses





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	July 9, 23 August 6, 20 September 3, 17	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	July 5 August 9 September 13	6 p.m. - 7:30 p.m.
	Tuesday	July 20 August 17 September 21	1 p.m. - 2:30 p.m.

Support and Education

Living with Loss Support Group



This unique support group run by trained counselling staff provides a safe and supportive group environment for care partners as they adjust to feelings of loss and grief throughout the dementia journey. Members will explore various topics including the loss of connection with a loved one living with dementia, loss of plans and dreams and the anticipated loss or death of a loved one. This closed support group runs weekly for six sessions. Each session is limited to 10 participants. Registration required.

Please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 for more information about upcoming sessions or to register.





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 education@alzheimerdurham.com

Location	Day	Date	Time
Online 	Tuesday	August 10	10 a.m. - 11:30 a.m.

Care Essentials



This four-part series offers care partners of persons living with dementia an opportunity to explore approaches to care in an interactive and supportive atmosphere. Each live session features a workbook and helpful resources

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

email education@alzheimerdurham.com

Care Essentials: What to Expect?

First in our four-part series, this session will provide an overview of the progression and symptoms of dementia and discuss how you can support remaining abilities for the person living with dementia.

Location	Day	Date	Time
Online 	Thursday	September 9	6 p.m. - 7:30 p.m.

Care Essentials: Communicating Effectively

Second in our four-part series, this session explores communication changes in dementia and strategies for effective communication.

Location	Day	Date	Time
Online 	Thursday	September 16	6 p.m. - 7:30 p.m.

Care Essentials: Responding to Behaviour

Third in our four-part series, this session will explore whole person care, behaviour changes and how to use problem solving solutions in your caregiving journey.

Location	Day	Date	Time
Online 	Thursday	September 23	6 p.m. - 7:30 p.m.

Care Essentials: Supporting Daily Activities

Fourth in our four-part series, this session will help care partners explore meaningful activities, ways to support daily living and will discuss local resources available.

Location	Day	Date	Time
Online 	Thursday	September 30	6 p.m. - 7:30 p.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses





Support and Education

Comfort and Care in Later Stage



This three-part series is for care partners of persons living with dementia. Sessions address common care issues in late-stage dementia to help family care partners adapt to changing needs and explore sensitive issues around care and treatment. The series features guest speakers from community support agencies within Durham Region.

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

Overview and Activities

This session will examine changes in the person in late-stage dementia and will include care approaches and strategies to create meaningful engagement. Our speakers include Alzheimer Society of Durham Region staff and Therapeutic Recreationists from Ontario Shores Centre for Mental Health Services.

Location	Day	Date	Time
Online 	Friday	August 6	10 a.m. - 11:30 a.m.

Pain Matters

Join representatives from VON Durham Hospice Services as they discuss what pain is, what it can look like and supportive approaches for managing it.

Location	Day	Date	Time
Online 	Friday	August 13	10 a.m. - 11:30 a.m.

Long-Term Care: Perspectives of a Nurse Practitioner

This session will feature the perspectives of a local Nurse Practitioner who supports residents at a Region of Durham long-term care home.

Location	Day	Date	Time
Online 	Friday	August 20	10 a.m. - 11:30 a.m.

Support and Education

Spotlight Series



Join us for our new monthly spotlight series featuring guest speakers sharing their knowledge and expertise on various topics to help you through the dementia journey.

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

Ethics in Dementia Care

This presentation will help care partners explore sensitive ethical issues around care and treatment in later stages, such as understanding the role of prior expressed wishes in substitute decision making, best interests, assessing benefits and risks of interventions and who makes decisions according to the law. Guest speaker: Bioethicist at Ontario Shores Centre for Mental Health Sciences.

Location	Day	Date	Time
Online 	Monday	July 26	2 p.m. - 3:30 p.m.

Advanced Care Planning

Learn the what, why and when of advance care planning, how to select a substitute decision maker and the process of creating an advance care plan. Guest speaker: representatives from Dying with Dignity Canada.

Location	Day	Date	Time
Online 	Monday	August 30	2 p.m. - 3:30 p.m.

Medical Assistance in Dying

This session will address how medical assistance in dying (MAID) legislation came to pass, the MAID eligibility and process and recent changes to eligibility. Guest speaker: representatives from Dying and Dignity Canada

Location	Day	Date	Time
Online 	Monday	September 27	2 p.m. - 3:30 p.m.

Active Living



“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	June 28 July 5, 12, 26 August 9, 16, 23, 30	1:30 p.m. - 2:30 p.m.
	Wednesday	July 7, 14, 28 August 4, 11, 18, 25 Sept 1	11 a.m. - 12 p.m.



Recreation Kits



Bringing Recreation to You—Our recreation kits are designed to engage people living with dementia in a fun and purposeful task, providing cognitive stimulation and social connection. Each themed kit will include dementia-friendly resources and easy-to-follow instructions, along with information about the benefits of each activity.

Each recipient will then have the opportunity to join a related social group or connect with a volunteer. Our newest kit includes a no-fail painting project designed to appeal to any artists or creative types. Not much of an artist? Remember, it's never too late to try something new, especially when you hear about the benefits of art therapy! Past and future kit themes include horticulture, arts/crafts and wellness/self-care. This program is for persons living with dementia at home with/without assistance from care partners. Registration required. Must reside within Durham Region.

For more information or to register for a kit, please contact our Intake Coordinator at 905-576-2567 ext. 5233 or 1-888-301-1106 or email intake@alzheimerdurham.com



Persons Living With Dementia



Care Partners



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Programmes et services en français

La Société Alzheimer de la région de Durham a été désignée fournisseur de soins de santé aux fins de la planification et de la prestation de services et de programmes de qualité en français. Nous sommes fiers de notre dévouement et du devoir que nous nous faisons d'appuyer la communauté francophone.

Soutien et éducation

Navigation et counseling



Il s'agit de services de soutien familial ou individuel axé sur les troubles cognitifs offerts aux partenaires de soins et aux personnes qui vivent avec un trouble cognitif. Nous fournissons aux partenaires de soins une éducation sur la maladie, des techniques d'adaptation et des services de counseling thérapeutique. Les membres de notre personnel possèdent une vaste expérience dans le domaine des soins aux personnes atteintes d'un trouble cognitif ainsi que des connaissances et des compétences d'expert qui leur permettent d'épauler le partenaire de soins et la personne qui vit avec un trouble cognitif.

Pour en savoir plus long, envoyez un courriel à francophone@alzheimerdurham.com ou composez le 905 576-2567, poste 5237.

Groupe de soutien pour les aidants francophones



Ce groupe de soutien offre aux partenaires de soins une occasion de se réunir et de se soutenir les uns les autres grâce à leur expérience commune en tant que personnes qui s'occupent d'un proche. Ce forum sécuritaire en ligne est animé par des membres du personnel qualifiés et chevronnés; il porte essentiellement sur des sujets et des stratégies ayant trait à la prestation de soins. Vous devez vous inscrire en ligne à asdr.eventbrite.ca.

Vous pouvez aussi le faire par courriel à francophone@alzheimerdurham.com ou par téléphone au 905 576-2567, poste 5237.

Lieu	Jour	Date	Heure
En ligne 	Vendredi	9 juillet 6 août 3 septembre	10 h -11 h
	Jeudi	15 juillet 12 août 16 septembre	18 h -19 h



Premières étapes pour les partenaires de soins



Ce programme offert en deux parties donne un aperçu du parcours des partenaires de soins qui s'occupent de personnes qui vivent avec un trouble cognitif. Les participants recevront un cahier et des ressources utiles à chaque séance.

Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca, par téléphone au 905 576-2567, poste 5246, ou par courriel à francophone@alzheimerdurham.com.

1) Premières étapes pour les partenaires de soins : S'adapter aux changements du cerveau

Cette séance aidera les participants à comprendre les changements qui se produisent dans le cerveau des personnes atteintes d'un trouble cognitif. On leur proposera des stratégies pratiques pour s'adapter à ces changements et les gérer.

Lieu	Jour	Date	Heure
En ligne 	Mardi	6 juillet	10 h -11 h 30

2) Premières étapes pour les partenaires de soins : Planifier

Il est important d'être proactif et de se préparer pour l'avenir. Cette présentation porte sur différentes façons de gérer les risques et de discuter de la planification préalable des soins, y compris des possibilités sur le plan juridique et financier.

Lieu	Jour	Date	Heure
En ligne 	Mardi	13 juillet	10 h -11 h 30

Programmes et services en français

Santé du cerveau



Nous avons tous un cerveau. Apprendre à en prendre soin est très important. Il n'est jamais trop tôt ou trop tard pour faire ce qu'il faut. Durant cet atelier, vous découvrirez des moyens de favoriser la santé du cerveau et l'incidence que les changements apportés à votre mode de vie peuvent avoir sur votre risque d'avoir un trouble cognitif. On vous fournira aussi des outils et des conseils pratiques concernant l'adoption d'habitudes favorables à la santé du cerveau.

Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca, par téléphone au 905 576-2567, poste 5246, ou par courriel à francophone@alzheimerdurham.com.

Lieu	Jour	Date	Heure
En ligne 	Lundi	13 septembre	10 h 30 -12 h

Sensibilisation aux troubles cognitifs



Enrichissez vos connaissances sur les troubles cognitifs en assistant à cette présentation percutante. Au cours de cette séance, vous en apprendrez sur la maladie d'Alzheimer et les maladies apparentées, les signes avertisseurs, l'obtention d'un diagnostic et les possibilités en matière de traitement.

Vous découvrirez comment bien vivre avec un trouble cognitif ainsi que les services de soutien offerts dans notre communauté pour vous aider à vivre en toute sécurité. On vous donnera des conseils pour soutenir les personnes qui vivent avec un trouble cognitif ou qui sont touchées par un tel diagnostic. Tout le monde peut contribuer à créer une communauté adaptée aux personnes atteintes d'un trouble cognitif! Cette séance interactive vous permettra d'obtenir des conseils pratiques et des réponses à vos questions sur les troubles cognitifs.

Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca, par téléphone au 905 576-2567, poste 5246, ou par courriel à francophone@alzheimerdurham.com.

Lieu	Jour	Date	Heure
En ligne 	Jeudi	22 juillet	13 h 30 -15 h

Vie active

Trousses récréatives



Des activités récréatives pour vous, chez vous—Nos troussees récréatives ont pour but d'inciter les personnes qui vivent avec un trouble cognitif à accomplir une tâche utile et amusante qui, en même temps, les stimule sur le plan cognitif et leur permet de socialiser. Chaque trousse thématique contient des ressources adaptées à ces personnes et des instructions faciles à suivre ainsi que des renseignements sur les bienfaits que procure l'activité. Thèmes possibles : horticulture, arts et artisanat et bien-être et importance de prendre soin de soi. Chaque participant aura ensuite l'occasion de se joindre à un groupe social ou d'être jumelé à un bénévole.

Ce programme est destiné aux personnes atteintes d'un trouble cognitif qui vivent chez elles avec ou sans l'assistance de partenaires de soins. Il faut s'inscrire pour participer, et résider dans la région de Durham.

Pour obtenir d'autres renseignements ou une trousse, communiquez avec notre coordonnatrice de l'accueil par téléphone au 905 576-2567, poste 5233, ou au 1 888 301-1106, ou par courriel à intake@alzheimerdurham.com.



Personnes atteintes d'un trouble cognitif



Partenaires de soins



Fournisseurs de soins de santé

Communauté/Intérêt général

Commerces



Events and Fundraising

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>