

# *Société* **Alzheimer** *Society*

D U R H A M   R E G I O N



## **Program Guide**

1600 Stellar Dr., Suite 202 Whitby ON

905-576-2567 or 1-888-301-1106 | [information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)

[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)

# TABLE OF CONTENTS

## Introduction

**2** A Message from our CEO

**2** How to Register

## Active Living

**3** Social Recreation Programs

**4** Adult Day Program, The Social

## Support

**5** Support for Persons Living with Dementia

**5** Support for Care Partners

**8** Enhancing Care Programs

**9** Comfort Companions, Respite, MINT Memory Clinic

## Education

**10** Education for Care Partners

**12** Education for Persons Living with Dementia

**12** Virtual Dementia Training, Dementia Friendly Communities

**13** Education for Health Care Professionals

**14** Services en français (French Language Services)

## About Us

**15** Ways to Give, Volunteer with Us

**16** About Us, Contact Information

## A MESSAGE FROM OUR CEO

Our mission at the Alzheimer Society of Durham Region is to improve the quality of life of people living with dementia and their care partners. Knowing that the dementia journey is different for everyone, we offer a wide range of programs and services tailored to the clients we serve.

I encourage you to have a look through this guide and find what is right for you. Whether it's working with our Support and Education teams, or joining a recreation program for fun and socializing, we're here to guide you on your journey, however that may look for you. By co-designing our services with our clients we aim to provide a variety of supports and resources at every stage.

Through years of working with people living with dementia, we understand sometimes it's hard to know where to start. Whether you have recently been diagnosed or are a care partner or healthcare professional looking for helpful information or training, we are here to help. Contact us today for more information about our programs, and how we can help you get started.



Gillian Barrie, OT Reg. (Ont.)  
Chief Executive Officer,  
Alzheimer Society of Durham Region



## HOW TO REGISTER

Registration for some programs is open to the general public but many require being a registered client. Becoming a client is easy and you don't need a diagnosis. Simply call or email our office and one of our Intake Coordinators will lead you through the process and help determine which of our programs and services will be beneficial to you.

Register by **phone**: 905-576-2567 | 1-888-301-1106 or **email**: [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com)

## Program Calendar

This Program Guide offers descriptions of all the programs and services we offer throughout the year. Dates and locations for our programs can be found in our seasonal Program Calendar. The calendar is available:



**On our website:**

[www.alzheimer.ca/durham/en/whats-happening/program-calendar](http://www.alzheimer.ca/durham/en/whats-happening/program-calendar)



**By email:**

To sign up for our newsletter, visit our website or call our office.



If you have any questions regarding program or service availability please contact us at 905-576-2567 or [information@alzheimerdurham.com](mailto:information@alzheimerdurham.com).

# ACTIVE LIVING

Our Active Living programs are open to persons living with dementia and their care partners. These programs offer participants enhanced physical and emotional benefits, including increased confidence, a sense of accomplishment and social and intellectual stimulation from meeting new people and visiting new places.



## Minds in Motion®

Minds in Motion® offers people living with dementia and their care partners meaningful socialization and stimulation through appropriate activities. Combining 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills. Registration required. Fees apply.

Audience	Frequency	Delivery Method
Person living with dementia Care partners	Weekly for 8 consecutive weeks 2-hour sessions in-person	In-person

## Brain Waves Café

An informal monthly drop-in café for persons with cognitive (memory) change and their care partners, family and friends to attend together. This program involves stimulating conversation, social interaction, support and an opportunity to participate in engaging activities in a dementia friendly atmosphere.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Monthly 1.5-hour meetings	In-person

For more information on our Active Living programs please contact us:  
[recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com) | 905-576-2567 ext. 5240

# ACTIVE LIVING

## The Friendly Place

### Young Onset Dementia Adult Day Program

A Day Program specially designed for persons diagnosed with dementia prior to age 65.

#### The Friendly Place offers:

- A place for members to interact with peers, and participate in mentally, socially, and physically stimulating activities.
- A safe, comfortable, inclusive environment.
- Participant driven activities including: music programs, mental stimulation, discussion groups, outings in the community, exercise, creative arts and games.
- Daily lunch and snacks, coffee/tea.



Fees apply. Subsidies available.

Join us in person at our office in Whitby.

## The Social

### Weekly Half-Day Social Program

A weekly social group for persons living with early to mid-stage dementia.

#### The Social offers:

- Engaging activities designed to promote social, mental and emotional well-being.
- A safe, comfortable and inclusive environment.
- Participant-driven activities such as: trivia, cards, board games, bocce ball, washer toss, music, arts and more.
- Respite for care partners.



Fees apply.

To learn more please contact us: 905-576-2567 ext. 5003



# SUPPORT

From coping techniques to therapeutic counselling, our team offers a comprehensive overview of dementia, health-system navigation, care planning and overall support to those on a journey with dementia. Support is available one-on-one or through group settings led by our counsellors, social workers and trained volunteers.



## Counsellor-Led Support

In these support groups, our trained and experienced counsellors facilitate a supportive environment to help persons living with dementia and care partners learn from and connect with others living similar experiences.

### For Persons Living With Dementia

#### Early Stage Support Group

For people in the early stages of Alzheimer's disease or other dementias and their care partners. Learn how to maintain positive connections with others by adopting practical strategies for living well, self-advocacy and ways to reduce stigma. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Monthly 1.5-hour sessions	In-person Virtual

#### Learning the Ropes for Living with MCI®

Learning the Ropes for Living with MCI® is for persons living with Mild Cognitive Impairment (MCI) and a close family member/friend. The program provides education about MCI and focuses on optimizing cognitive health through lifestyle choices, memory training (involving practical strategies) and psychosocial and family support. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Weekly for 6 consecutive weeks 2-hour sessions	In-person

### For Care Partners

#### Care Partner Support Group

Support groups are available throughout Durham Region. They allow care partners to connect with and support others who are living similar experiences. Registration required.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hour sessions	In-person Virtual

# SUPPORT

## Supporting a Parent

This group is for adult children supporting a parent with dementia. Participants will benefit from emotional support and learn coping strategies. Registration is required.

Audience	Frequency	Delivery Method
Adult children care partners	Weekly 1.5-hour sessions	In-person

## Young Adult Support Group

This group is for young adults supporting a person living with dementia. Participants will share their experiences and gain support from others their age. Registration is required.

Audience	Frequency	Delivery Method
Young adult (aged 18-25) care partners	Weekly 1.5-hour sessions	In-person Virtual

## Long Term Care/Retirement Home Care Partner Support Group

This group specifically focuses on topics and strategies that affect those supporting residents in long-term care or retirement homes such as stress, communication, and responding to behaviours. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in long-term care or retirement homes	Monthly 1.5-hour sessions	In-person Virtual

## Living with Loss

A safe and supportive group 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, the loss of plans and dreams and the anticipated loss or death of a loved one. Registration is required.

Audience	Frequency	Delivery Method
Care partners	Weekly for 6 consecutive weeks 1.5-hour sessions	In-person Virtual

For more information on available support or to register please contact us:  
[intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com) | 905-576-2567 ext. 5233

# SUPPORT

## Peer-Led Support

These support groups are led by trained volunteers who have lived experience as a caregiver.

### Care Partner Support Groups

Offered at locations throughout Durham Region, these support groups allows care partners to engage with peers in a supportive, social environment. Registration required.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hours	In-person Virtual

### Drop-In Social

These drop-in support sessions provide opportunities for care partners to share their experiences and navigate available resources.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hours	In-person Virtual

### Coffee Break

This program is to connect caregivers to others living similar experiences in a comfortable and social setting.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hours	In-person

### Men's Breakfast

This group provides peer-to-peer support for male care partners in a casual, comfortable setting.

Audience	Frequency	Delivery Method
Male care partners	Weekly 2-hours	Virtual and In-person

### Peer-to-Peer Support

This peer-to-peer support program allows us to connect you with another individual with a similar lived experience to help you both navigate through your caregiving journey. You will provide each other with support and guidance specific to your needs as a caregiver. Contact us to learn more.



# ENHANCING CARE PROGRAMS

For care partners of people living with dementia including partners, spouses, siblings, adult children, and other family and friends.



Free of Charge | Virtual and In-Person Groups | Self Referral



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL  
REITMAN CENTRE FOR ALZHEIMER'S  
SUPPORT AND TRAINING

## CARERS

Coaching, Advocacy, Respite,  
Education, Relationship, Simulation

A skills based group program for care partners of a person living with dementia.

- Focuses on practical skills and emotional supports needed to care for people living with dementia
- Teaches problem solving techniques, a structured approach to address problems
- Coaches care partners in communication skills through the use of simulation
- Provides strategies for keeping a meaningful relationship with the person living with dementia
- 8 weekly sessions, 2 hours per session, maximum 6 care partners in group

## TEACH

Training, Education, and Assistance for  
Caregiving at Home

An interactive group program for care partners of a person living with dementia.

- Focuses on common caregiving themes including:
  - Self-care
  - Healthcare System Navigation
  - Relationship Changes
  - Future Planning
- Coaches care partners in practical communication and coping skills
- Provides opportunity to share and learn from other care partners
- 4 weekly sessions, 1.5 hours per session, maximum 8 care partners in group

For more information please contact us: 905-576-2567 ext. 5239

## Comfort Companions

Robotic pets and dolls bring comfort, companionship, and fun. Contact us at 905-576-2567 to see if you or your loved one qualifies. Adoption fee applies.



"My wife, being a pet lover, has found the perfect way to relieve stressful days. It has such a calming affect on her." - ASDR Care Partner

## Respite Care

Our Respite Care Program is designed to provide funds for in-home support for persons living with dementia so care partners can participate in ASDR programs and services.

Please contact us at 905-576-2567 for more information. (Please note, ASDR itself does not provide in-home care.)



**MINT  
MEMORY  
CLINIC**

Collaborative primary care

Our MINT Memory Clinic consists of Social Workers, Nurses and Occupational Therapists who work together with primary care physicians to provide early diagnosis treatment and support for those experiencing memory concerns.

For more information visit [www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)  
or call 905-576-2567 ext 5235

# EDUCATION

Our Education team hosts a variety of workshops, seminars, training and education sessions for people living with dementia, care partners, health-care professionals and community partners.



## For Care Partners

Education for those caring for people living with dementia to help understand their diagnosis, the changes they will experience, problem solving strategies, approaches for communication, and available avenues for support.

### Dementia 101 (First Steps for Care Partners)

Explore an overview of the dementia journey in an interactive and supportive atmosphere. Topics include: What is Dementia?, Adapting to Brain Changes, Planning Ahead, and Building a Circle of Support. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in early stages	4-part series 2-hr sessions	In-person Virtual

### Care Essentials

Learn more about approaches to caring for someone living with dementia. Each session explores a new topic including: What to Expect, Communicating Effectively, Responding to Behaviour, and Supporting Daily Activities. Registration required.

Audience	Frequency	Delivery Method
Care partners	4-part series 2-hr sessions	In-person Virtual

### Options for Care

Evaluate current care giving needs and explore how to use community resources to continue supporting a person living with dementia. Learn more about other possible residential care options available and the application process. Topics include: Help in the home, Considering Residential Care Options, Moving to Long-term Care. Registration required.

Audience	Frequency	Delivery Method
Care partners	3-part series 2-hr sessions	In-person Virtual

# EDUCATION

## Comfort and Care in Later Stages

This series addresses common care issues in late-stage dementia to help care partners adapt to changing needs and explore sensitive issues around care and treatment. Registration required.

Audience	Frequency	Delivery Method
Care Partners	2-part series 2-hr sessions	In-person Virtual

## Monthly Spotlight Series

Hear from guest speakers sharing their expertise on various topics to help you through the dementia journey and live well within the community. Past presentations have included Driving and Dementia, Mental Health, Nutrition for Brain Health, and Fraud Awareness. Registration required.

Audience	Frequency	Delivery Method
Perons living with dementia Care partners	Monthly 1-1.5 hour sessions	Virtual

## U-First!® for Care Partners

For family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairments. This program helps care partners to build confidence, reduce responsive behaviours, and develop a person-centred approach to providing care. Registration required.

Audience	Frequency	Delivery Method
Care partners	6-hour session or 2 x 3-hour sessions	In-person Virtual

## Living the Dementia Journey

Living the Dementia Journey is an award-winning, evidence-informed training program for those who support people living with dementia. Participants gain awareness and understanding that changes not only the way they view dementia, but the way they support people living with it. Registration required.

Audience	Frequency	Delivery Method
Care partners	2 x 4-hour sessions	In-person Virtual

# EDUCATION

## For Persons Living With Dementia

Help for people living with dementia to understand their diagnosis and the changes they will experience.

### Living Well with Dementia (First Steps for Persons Living with Dementia)

This introductory workshop provides an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias. Participants will discuss the impact of receiving the diagnosis, changes they will experience and coping skills. Care partners are welcome to attend. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in early stages	2-hr session	In-person Virtual

### Taking Control of Our Lives

This program offers the person living with dementia and their care partner help in adapting to changes and developing positive strategies for living with dementia. Participants will have an opportunity to find their voice, and be empowered to overcome the stigma associated with dementia. Topics include communication, living safely and more. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in early stages	4-part series 2-hr sessions	In-person Virtual

### Virtual Dementia Tour

**This up-close, hands-on experience provides critical insight into the world of dementia.**

This program is invaluable to people who are caring for a person with Alzheimer's disease or a related dementia to help understand the experience of those living with dementia.



### Dementia Friendly Communities

A Dementia Friendly Community is a place where people living with dementia are understood, respected, and supported. Learn how your business can provide a safe and welcoming environment for those living with dementia in your community. Ideal for local businesses such as retailers, banks, restaurants, churches and more.

**DEMENTIA  
FRIENDLY  
COMMUNITIES**  
ONTARIO

For more information contact us: [education@alzheimerdurham.com](mailto:education@alzheimerdurham.com) | 905- 576-2567



# EDUCATION

## For Health Care Professionals

These education sessions are designed for health care professionals to better understand the dementia journey and learn new skills to enhance care for people living with Alzheimer's and other dementias.

### Spotlight Speaker Series

This series features a different expert guest speaker sharing their knowledge to enhance participant's understanding of Alzheimer's disease and other dementias. Topics may include: Lewy Body Dementia, The Lived Experience, Understanding Agitation and more. Registration required.

Audience	Frequency	Delivery Method
People working in healthcare settings that interact with people living with dementia.	1 hour session	Virtual

### U-First!®

U-First!® is a workshop on dementia care designed for health care providers who are involved in supporting persons with Alzheimer's disease or other dementias. Develop a common knowledge base, language, and approach to caring for people with Alzheimer's and other forms of dementia. Registration required. Fees apply.

Audience	Frequency	Delivery Method
People working in community care, acute care, and retirement/long-term care or other health care settings.	Full Day Workshop	In-person Virtual

### Gentle Persuasive Approaches (GPA)®

Evidence-based education designed for team members who care for those who display responsive behaviours associated with dementia. Learn to use a person-centered, compassionate and gentle persuasive approach and to respond respectfully, with confidence and skill. Registration required. Fees apply.

Audience	Frequency	Delivery Method
People working with those living with dementia.	Full Day Workshop	In-person Virtual

**For more information on education sessions or to register please contact us:**  
[education@alzheimerdurham.com](mailto:education@alzheimerdurham.com) | 905-576-2567 or visit: [asdr.eventbrite.com](https://asdr.eventbrite.com)



# SERVICES EN FRANÇAIS

Nous offrons une variété de nos ateliers éducatifs en français.

## Personnes atteintes de démence et leurs partenaires de soins

Séances éducatives pour aider les personnes atteintes de démence à vivre le mieux possible.

Les sujets incluent:

- Aperçu et progression de la maladie
- Comprendre les changements cérébraux
- Planification des risques et de la sécurité
- La Communication
- Options de soins
- Songer aux options de soins ultérieurs
- Ressources communautaires

## Éducation publique

Séances éducatives pour aider les prestataires de soins de santé, les étudiants et le grand public à en apprendre davantage sur la démence, sur la manière de réduire les risques et de soutenir les personnes atteintes d'un trouble neurocognitif.

## Une communauté alliée des personnes atteintes d'un trouble neurocognitif

Apprenez comment offrir un environnement sûr et accueillant aux personnes atteintes de démence dans votre communauté. Idéal pour les entreprises locales telles que les détaillants, les banques, les restaurants, les églises et plus encore.

## Le Salon des Échanges

Ce programme vise à connecter les proches-aidants vivant des expériences similaires dans un environnement social et convivial.

Audience	Fréquence	Méthode de livraison
Proche-aidants	1 heure et demie par mois	En personne

## Les Jeux de Réflexion

Un salon informel mensuel destiné aux personnes affectées par des changements cognitifs (de mémoire) et à leurs partenaires de soins. La famille, les amis et les personnes vivant avec un trouble neurocognitif doivent participer ensemble. Ce programme vise à favoriser la conversation, l'interaction sociale, le soutien mutuel et offre l'occasion de participer à des activités enrichissantes dans une ambiance conviviale.

Audience	Fréquence	Méthode de livraison
Proche-aidants et personnes vivant avec un trouble neurocognitif	1 heure et demie par mois	En personne

Contactez notre équipe d'éducation pour plus de renseignements de nos services et programmes en français.

# ABOUT US

## Ways to Give

The Government of Ontario provides base funding through Ontario Health which covers 56% of our annual costs. Therefore, we depend on the generosity of individuals, foundations, and local businesses to bring our programs to life and best support those impacted by dementia in Durham Region. With cases of dementia rising at an alarming rate, the demand for our services continues to grow and more than ever, we will rely on the support from our donors.

Help us provide vital programs and services for people living with dementia and their care partners.



### MAKE A GIFT

Donate online at [www.alzheimer.ca/durham](http://www.alzheimer.ca/durham) or by calling 905-576-2567.



### LEAVE A LEGACY

Continue your giving with a bequest in your will.



### BECOME A SPONSOR

Sponsor our IG Wealth Management Walk for Alzheimer's here in Durham Region. Contact us at 905-576-2567 to learn more.



### PLAN YOUR OWN EVENT

To get started planning your event in support of ASDR, contact us.

## Volunteer with Us

Our team of dedicated volunteers support and enrich the lives of persons living with dementia and their care partners, far beyond what we can accomplish alone. We need people of all ages, skills and interests to help us provide programs and services such as Support Groups, Minds in Motion®, Virtual Dementia Training and so much more.



To get started, please contact us at:  
[volunteer@alzheimerdurham.com](mailto:volunteer@alzheimerdurham.com)

## ABOUT US

---

The Alzheimer Society of Durham Region believes that people affected by dementia have the right to enjoy the highest possible quality of life and quality of care. We believe that services should be tailored to the unique needs and interests of persons living with dementia and their care partners, regardless of the stage of the disease.

### Our Vision

To live in a community where people with Alzheimer's disease and related dementias are accepted and supported in their environment.

### Our Mission

To improve the quality of life of people with Alzheimer's disease or a related dementia and their care partners.

### Our Values

Accountability - Collaboration - Respect - Excellence - Innovation - Empowerment

## CONTACT US

---

If you have any questions regarding our programs and services, please contact us by phone, email or visit our office during office hours.

Business Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

Programs and services may be offered outside of these hours.



### PHONE

905-576-2567 or toll-free 1-888-301-1106



### EMAIL

[information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)



### VISIT OUR OFFICE

1600 Stellar Dr. Suite 202, Whitby, ON L1N 9B2



### WEBSITE

[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)