

First Link Learning Series & Other Series 2021 (Jan-June)

Programs will be offered using Zoom a web-based video conferencing tool

To register with the First Link® program, and for information about which learning series would be best for you, contact:

Alzheimer Society Grey-Bruce at **519-376-7230** or **1-800-265-9013**

Pre-Registration is required. Space is limited so please register today!

First Link Learning Series

First Steps: Living Well with Memory Loss

4 session series for people with dementia and care partners

Learn About:

- Understanding the diagnosis of Dementia
- Adapting to Brain Changes
- Planning Ahead
- Building a Circle of Support

10:00 - 12:00 p.m.

- January 6, 13, 20, 27, 2021
- April 1, 8, 15, 22, 2021
- June 10, 17, 24, July 8, 2021

First Steps for Care Partners (formerly called Next Steps)

4 session series for care partners

Learn About:

- Understanding the diagnosis of Dementia
- Adapting to Brain Changes
- Planning Ahead
- Building a Circle of Support

10:00 - 12:00 p.m.

- January 7, 14, 21, 28, 2021
- April 21, 28, May 5, 12, 2021

Care Essentials

4 part series for family members and friends of people with dementia

Learn About:

- The progression of dementia
- Understanding behavior and communication approaches
- Problem solving strategies
- Supporting daily activities

10:00 - 12:00 p.m.

- February 3, 10, 24, March 3, 2021
- May 6, 13, 20, June 3, 2021

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Options for Care

3 part series session for family members and friends who are caring for a person with Alzheimer’s Disease or other dementia look at caregiving options.

<p>Learn about:</p> <ul style="list-style-type: none"> • Evaluate your own caregiving needs; • Explore other care options available; • Support in the transition process 	<p>10:00 - 12:00 p.m.</p> <ul style="list-style-type: none"> • February 4, 11, 25, 2021 • May 19, June 2, June 9, 2021
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Care in the Later Stages

This is a 3 part series for family members and friends caring for people with Alzheimer’s disease and other dementias around what to expect in the later stages of the disease.

<p>Learn about:</p> <ul style="list-style-type: none"> • What to expect as the disease progresses; • How participants can provide comfort to the person; • The experience of grief and loss 	<p>10:00 to 12:00 pm</p> <ul style="list-style-type: none"> • March 4, 11, 18, 2021 • June 16, 23, 30, 2021
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Other Series

Learning the Ropes for Mild Cognitive Impairment (MCI)

6-week series focusing on optimizing cognitive health through lifestyle choices, memory training and psychosocial support. For caregivers & people with memory concerns-MCI (NO diagnosis of dementia)

<p>Learn about:</p> <ul style="list-style-type: none"> • MCI & Lifestyle factors; • Memory training • Family Support 	<p>10:00 to 12:00 pm</p> <ul style="list-style-type: none"> • March 10, 17, 24 ,31, April 7, 14, 2021
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Memory and Aging

5 week series is aimed at people of retirement age or older who are interested in learning about memory

changes that normally occur with age, and strategies to improve their everyday memory performance.

Learn about:

- What kinds of memory changes should you expect, as you grow older?
- Which changes are normal and which ones are not?
- If I forget, is something wrong with my brain?
- Can I improve my memory?

10:00 to 12:00 pm

- January 12, 19, 26, February 2, 9, 2021
- April 6, 13, 20, 27, May 4, 2021

U-FIRST! for Care Partners

This 3 week series for care partners (family and friends) of people living with dementia or other cognitive impairment with behaviour changes, is designed to increase Care Partner confidence and capacity.

Learn about:

- Understand the behaviour changes in a person with dementia
- Flag possible changes seen in the person,
- Interact with skill and understanding
- Reflect and report the behaviour
- Support the person with dementia.
- Team involvement in caring for the person with dementia.

10:00 to 12:00 pm

- January 25, February 1, 8, 2021
- April 12, 19, & 26, 2021

Learning from your Living Room

Free community education presentations from the comfort of your home

Building Dementia Friendly Communities

Learn about what makes a community Dementia Friendly. What does a dementia friendly community look like? What are the benefits? What steps can you take to make your community more dementia friendly?

Learn about the roles individuals and businesses have to play in making this a dementia friendly community.

Prevention and Early Detection of Dementia

11:00 to 12:00 pm

- February 9, 2021

Learn what memory mistakes adults should be concerned about and the latest evidence on what people can do to help prevent dementia.

Finding Your Way - Living Safely in the the Community

Navigating public spaces and minimizing the risk of getting lost are two important aspects of living with dementia that we can all help with. Whether you are a person living with dementia, a friend, a family member, a business owner, or a community member you can help to keep local people safe by knowing the signs, recognizing the risks, preparing for an emergency and knowing what to do.

Alzheimer's Disease and Supportive Communication

People living with dementia will undergo many changes in the way they communicate. Learn to recognize these changes and what they mean. Noticing which types of communicate are effected and understanding how that affects why they may be communicating in a certain way can help lead to better outcomes and communication for everyone.

Normal vs. Not Normal Aging as it relates to Memory –

This session will help you to understand and recognize the difference in "normal" and "not normal" aging. Emphases is on the value of matching helping behaviours to the person's needs and retained abilities to promote a sense of control and self-direction, and address typical issues that occur throughout the progression of dementia.

Searching for the Meaning Behind Behavior –

Our actions can have a positive or negative impact on people living with dementia. In this session we explore triggers that can create behaviours in people living with dementia. Focusing on the link between brain changes and why a person may act a certain way. Learn how to use strategies that make up for a person's losses

- February 23, 2021

- March 2, 2021

- March 9, 2021

- March 16, 2021

- March 23, 2021

and highlight their remaining strengths.

The Journey of Support States Here

General information about the Alzheimer Society of Grey-Bruce. Who we are, what we do, as well as understanding the warning signs and how to go about getting a diagnosis.

- March 30, 2021

Nutrition and Dementia -

Find out how changes in the brain can influence a person's eating behaviour and learn about what strategies may help

- May 11, 2021

Validation Therapy –

Learn about Validation Therapy, developed by social worker Naomi Feil. Learn how using validation is possible in acknowledging a person's emotional needs and avoid lying or truth telling which can lead to emotional distress. This therapy is a method for connecting with people living with dementia and helps you learn how to acknowledge the meaning behind their behaviour.

- May 18, 2021

Meaningful Activities –

Learn about activities that are a part of your family member or friend's life and how to adapt these to support that person to continue to be involved despite the changes in ability that come with dementia

- June 1, 2021

Planning Ahead –

Planning ahead is about preparing for a time when you may not be able to make decisions for yourself. You will evaluate and learn how to manage risk, and learn information about what is involved when referring to advance care planning.

- June 8, 2021