

The Alzheimer Society of Nova Scotia (ASNS) offers both in-person and virtual programming. Please contact our Dementia Helpline at 1-800-611-6345 to learn more about these programs.

## **CONNECTION & SUPPORT**

### **Dementia Helpline 1-800-611-6345**

The Dementia Helpline is a confidential telephone service provided by a team of knowledgeable and caring staff. We provide information on topics related to Alzheimer's disease and other dementias, discuss questions and concerns, and provide referral to programs and resources.

### **Caregiver Support Groups**

These confidential groups for caregivers provide an opportunity to learn, share, and help each other through mutual understanding and support. Facilitated meetings are held once a month.

### **Connections Hub**

This group provides an opportunity for persons living with early stage dementia to connect socially. This program is facilitated by an ASNS staff member.

### **Artful Afternoon**

This program is a partnership between ASNS and the Art Gallery of Nova Scotia for persons with dementia and their care partners. It is a social, interactive program combining art making and education in a dementia-friendly environment. Participants are not required to have any prior experience in art to attend.

### **Coffee & Conversation**

This is a six-session program for persons with dementia to receive facilitated peer support to discuss their own experiences related to dementia.

## **LEARNING & EDUCATION**

### **Public Education**

Connect with ASNS for information about dementia and related issues through public education sessions. Find archived virtual sessions on our website at [www.alzheimer.ca/ns/virtual-meetings](http://www.alzheimer.ca/ns/virtual-meetings). To request a public education session in your community, please contact the Dementia Helpline.

### **Family Caregiver Education Series**

This six-part education series supports families and care partners of persons recently diagnosed with dementia. Each session consists of a presentation and a question and answer period.

### **Shaping the Journey™**

Shaping the Journey is a seven-session educational program designed for people who are recently diagnosed with early stage Alzheimer's disease or another dementia, and a care partner. This program is offered in partnership with Nova Scotia Health.

### **U-First!™ for Healthcare**

This six-hour workshop develops common knowledge, language, values, and approach to caring for people with Alzheimer's disease or other dementias. It is open to frontline staff of publicly funded long-term care and home support agencies across Nova Scotia.

### **U-First!™ for Care Partners**

This six-hour workshop is an innovative education program designed to increase care partner confidence and capability to reduce responsive behaviours, while enhancing the well-being of both care partners and those experiencing behaviour changes.

### **Annual Provincial Conference**

Each year, we host a conference where healthcare professionals, care providers, educators, researchers and students can exchange the latest on research and dementia care in Nova Scotia.