

SHAPING THE JOURNEY IN-PERSON & VIRTUAL

A program for people living with dementia and a care partner to attend together.

Shaping the Journey: Living well with dementia™ (STJ) is a six-session educational program offered in-person in select communities and virtually cross-province. This program is designed for people with a recent diagnosis of early stage dementia to attend with a care partner, family member, or friend.

This program provides participants with evidence-based education from knowledgeable, professional staff in a supportive environment. This program also provides an opportunity for people with dementia and care partners to receive separate facilitated peer support.

"The sessions were the highlight of the week! During an uncertain season in our lives, STJ enabled me to find connection, community and information when I needed it the most."

Through this educational program you will:

- Learn about Dementia
- Meet others going through similar experiences
- Learn strategies to seek support and cope with changes and to maximize quality of life
- Become familiar with available community resources
- Engage in future planning

This six-session program occurs weekly for two hours per session.

The program includes education on the following topics:

- The brain and dementia
- The diagnosis
- Taking control of your health and well-being
- Planning ahead
- Life after diagnosis

The following is required for participants to attend who are interested in the virtual option:

- High-speed internet access
- Device with audio and video capability (tablet, laptop, or a desktop computer with a webcam)
- Phone line

For more information, please call the Dementia Helpline at 1-800-611-6345.

We will discuss whether this educational program will suit your current needs. We can also inform you of other available supports and education opportunities.