

## CarePartner



“2021”

Support Groups created with CarePartners  
*for* CarePartners

Your Guide to Groups & Descriptions

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"It offers me the emotional support, validation of the toll the demands and emotions take on me as primary caregiver, information sharing, socialization, friendship, and HOPE, INSPIRATION to begin again the next day."

-ASP CarePartners

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Support Groups built on a foundation of education ... Our new & redeveloped Support Group Program launched in 2020 @ ASP and combines the best of both worlds of education and facilitated group discussion, to create a completely unique supportive and client centered experience. Since the closure of our physical sites, we have been able to offer all of the groups over Google Meets and will continue to do so in the foreseeable future.

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"A wide variety of practical techniques and approaches to being a caregiver are discussed in response to specific issues that group members raise. For example, these might include how to care for a loved one at home, how to get in home support, how to connect to the wider health care community for support and how to engage with the processes for considering Long Term Care homes or retirement homes. In addition, there is a strong emotional "uplifting" and support that comes from these meetings. This is due to interacting with others who are in a similar situation, receiving empathy, and being able to express feelings during the meetings."

-ASP CarePartner

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Groups that support, educate and so much more.....

Through weekly themed topics, and time limited group sessions running for 4 weeks at a time, CarePartners can register and attend as needed, to ensure their current needs are being met. Having a place and time to come, collect information, resources and education, but also some time to discuss and connect with others travelling the same path.

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"The nature of the care-giving challenges progressively become complex. Group meetings help me prepare to cope with changes. More importantly, experience sharing helps providing much needed emotional support for the members".

-ASP CarePartner

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The Monthly CarePartner Cafe will serve as an anchor that ties it all together.

An informal, relaxed group coming together to talk, share, and socialise with others on the caregiving journey, held the third Wednesday monthly, both in the afternoon and evening over Google Meets.

Due to the lockdown and based on feedback from our CarePartners, we secured additional meeting times on the first Wednesday of the month in the afternoon. We affectionately call this group CarePartner Cafe “light” it is a more casual check in and allows us to stay connected during this extended time away from each other physically.



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# Groups & Descriptions

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## CarePartner Cafe

Frequency: Once a month, afternoon and evening session

Duration: 2 hours

Registration: Open and ongoing, drop in

**Concept:** The CarePartner Cafe is an innovative concept providing an informal, relaxed group coming together to talk, share, and socialise with others on the caregiving journey.

Objectives include reducing stress, providing peer to peer support , creating social respite & time away, sharing Information about community supports and CarePartner education, inviting voluntary information and experience, and exploring tools to help with the issues of progressive health and wellness and the caregiving experience. This group is best suited for any CarePartner, at any stage.

**Goal:** Fortifying CarePartners with information via a social connection to give them a fresh, effective edge in their approach to caregiving. A variety of themes, tools and resources are incorporated.

Co-Facilitated by our Counsellors and Peer CarePartners

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## Circle of Friends

Frequency: Quarterly, 1 session every 3 months

Duration: 2 hours

Registration: ON HOLD - Currently Full

**Concept:** Circle of Friends is an inclusive concept providing a structured but relaxed opportunity for both the CarePartner and person living with dementia to come together, socialise and participate in simple, yet engaging and meaningful activities. Disease can be isolating, and friends and family can find it challenging to transition as capabilities and dynamics change within the relationship. This group is best suited for those persons in the earlier stages of symptoms.

Objectives include reducing stress and isolation experienced, providing peer to peer support , supporting social engagement, inviting voluntary information and experience, and exploring tools to help with the issues of progressive health and wellness.

**Goal:** Providing both CarePartners and persons living with dementia an inclusive and social connection through guided activity. A variety of themes, topics and resources are incorporated.

Facilitated by our Community Support Workers

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# Dementia 101

Frequency: 4 week Series

Duration: 2 hours

Registration: ON HOLD

(Inquire about Virtual Public Education for options)

**Concept:** Dementia 101 is an expanded and deeper exploration of many topics covered in our Getting Started Education session. Providing a more comprehensive exploration in all things Dementia via education topics with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for any CarePartner wanting to learn more about the practical implications of supporting a person living with Dementia

Topics include: Living Day to Day, Transitions, Symptom management, Safety, Legal & Financial considerations and Medical issues. This groups invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

**Goal:** Providing CarePartners a deeper foundation in Dementia knowledge and practical disease management.. A variety of themes, topics and resources are incorporated.

Facilitated by our Public Education Coordinator

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## Let's Talk

Frequency: 3 week Series

Duration: 2 hours

Registration: ON HOLD

**Concept:** Let's Talk is an opportunity to come together and navigate difficult conversations by exploring the many challenges & changes faced by a CarePartner as relationship dynamics shift with the person living with dementia.

Topics will include but not limited to: Loss of intimacy, Sexual Behaviours, Flirting, Incontinence, Disrobing, Eating, Care for the opposite sex, DNR, What is Palliative care, Benefits for End Of Life

Education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for a CarePartner with some caregiving experience, wanting to learn more about the practical implications of supporting a person living with Dementia. This groups invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

**Goal:** Providing CarePartners an expanded opportunity to learn and talk about the difficult challenges faced providing care & disease management. A variety of themes, topics and resources are incorporated.

Facilitated by our Counsellors

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## Plan A, Plan B, Plan C

Frequency: 3 or 4 week Series

Duration: 2 hours

Registration: Required, max of 10-15 participants

**Concept:** Plan A, Plan B, Plan C is all about navigating the system and having a plan, or 2! An opportunity to come together and learn all about the healthcare system, community supports and the many resources available. CarePartners will be encouraged to begin to create their own plans for now and the future to support their success and ensuring needs are met for the person living with dementia, ultimately averting crisis when possible.

Topics will include but not limited to: Advanced Care Planning, Coordinated Care, Communication, Changes, Advocacy, and Waitimes.

Education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for any CarePartner wanting to learn more about care planning and navigating our current healthcare and community support landscape for supporting a person living with Dementia. This groups invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

**Goal:** Providing CarePartners an expanded opportunity to learn, discuss and plan for the future challenges for providing care & disease management. A variety of themes, topics and resources are incorporated.

Facilitated by our First Link Care Navigators

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## Survival Tips

Frequency: 3 or 4 week Series

Duration: 2 hours

Registration: Required, max of 10-15 participants

**Concept:** Survival Tips is an opportunity to come together, and participate in weekly themed and guided conversations focusing on surviving the CarePartener journey. CarePartners will delve into the essentials required to provide progressive care for persons living with dementia.

Topics will include but not limited to: Hope, Expectations, Asking for help, Self Care & Wellbeing

Incorporating elements of humour, to bring some relief to the stress of it all, education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for experienced CarePartners, who are not new to the journey. This group invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

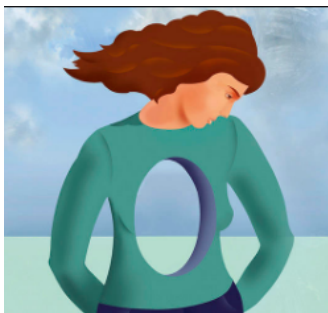
**Goal:** Providing CarePartners an expanded opportunity to learn, discuss and plan for the future challenges for providing care & disease management. A variety of themes, topics and resources are incorporated.

Facilitated by our Behavioural Supports Ontario Counsellors

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## Special Offerings:



### Ambiguous Loss & Grief

Frequency: *Special* 3 week Series

Duration: 2 hours

Registration: Required, max of 10-12 participants

**Concept:** Ambiguous Loss and Grief is a special offering for those CarePartners searching to better understand and cope with the many losses associated with providing care to a person living with dementia. CarePartners will be guided through weekly topics focusing on loss and grief.

Topics will include but not limited to: What is Ambiguous Loss, Grief, Coping, Expectations, Asking for help, Self Care & Wellbeing

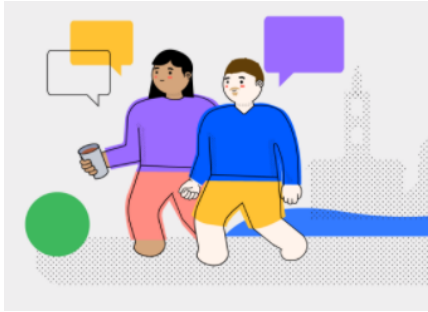
Education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for CarePartners, who are at any stage on the journey, and are searching for additional support with these heavy and complex emotions. This group invites voluntary information and experiences.

**Goal:** Providing CarePartners a supportive space to better understand and cope with the feelings of loss and grief associated with caregiving for a person with dementia. A variety of themes, topics and resources are incorporated.

Facilitated by our Behavioural Supports Ontario Counsellors

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## Walk & Talk

Frequency: *SEASONAL* for July & August

Duration: 2 hours

Registration: Required, open & unlimited participants

**Concept:** Walk and Talk is a seasonal opportunity to combine the best of peer to peer support with a little light exercise. This group takes the conversation outside, to enjoy the weather and enjoy some much needed social respite and support, with scenery included!

Weekly themes will be shared and conversations will cover all aspects of the CarePartener journey. Participants should be comfortable to participate in light to moderate walking for approx. 45 min. Locations will include but not limited to Port Credit/ Lakeshore walking paths, Chinguacousy Park, and similar.

**Goal:** Providing CarePartners a seasonal opportunity to get outside, go for a short walk and connect with others in the caregiving journey.

Facilitated by our Counsellors

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## Schedule at a glance:

Please note the schedule is subject to change at any time, always register with your assigned Counsellor prior to starting, as spaces are limited.

MONTH	GROUP	WHERE	WHEN
January	Care Partner Cafe	Virtual	WEDNESDAY 20th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	Wednesday 6th 1-3
FEBRUARY	Care Partner Cafe	Virtual	WEDNESDAY 17th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	Wednesday 3rd 1-3
	Plan A, Plan B, Plan C	Virtual	Feb, 9, 16, 23 1-3
	My Health My Wellbeing	Virtual	Feb 11, 18, 25 from 10:30-12
	Circle of Friends	Virtual	Feb 9th 1-2
	MARCH	Care Partner Cafe	Virtual
Care Partner Cafe-Light		Virtual	Wednesday 3rd 1-3
Survival Tips		Virtual	Tuesday March 2, 9, 16, 23 10-12
APRIL	Care Partner Cafe	Virtual	Wednesday April 21

			1-3 & 7-9
	Care Partner Cafe-Light	Virtual	Wednesday 7th 1-3
	Ambiguous Loss and Grief	Virtual	Every Tuesday 1-3 pm
	Circle of Friends	Virtual	Apr 16th 1-2
<b>MAY</b>	Care Partner Cafe	Virtual	WEDNESDAY 19th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	Wednesday 5th 1-3
	Plan A,Plan B,Plan C	Virtual	4th 11th 18th Time TBD
	Survival Tips	Virtual	6th 13th 20th, 12-2PM
<b>June</b>	Care Partner Cafe	Virtual	WEDNESDAY 16th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	Wednesday 2nd 1-3
	Walk & Talk If COVID 19 Restrictions Lift		Monday 7, 14, 21, 28 10 am -12pm
	Circle of Friends	Virtual	June 8th 1-2
<b>July</b>	Care Partner Cafe	Virtual	WEDNESDAY 21st 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Walk & Talk		Monsday 5, 12, 19, 26 10am -12pm
<b>AUGUST</b>	Care Partner	Virtual	WEDNESDAY 18th

	Cafe		1-3 & 7-9
	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Walk & Talk If COVID 19 Restrictions Lift		Mondays 9, 16, 23, 30 10am -12pm
	Circle of Friends	Virtual	Aug10th 1-2
<b>SEPTEMBER</b>	Care Partner Cafe	Virtual	WEDNESDAY 15th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Survival Tips	Virtual	Mon 13th 20th 27th
	Plan A,B,C	Virtual	14th 21st 28th
<b>OCTOBER</b>	Care Partner Cafe	Virtual	WEDNESDAY 20th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Survival Tips	Virtual	7th 14th 21st
	My Health/My Wellbeing	Virtual	5th,12th 19th
	Circle of Friends	Virtual	Oct 12 1-2
<b>NOVEMBER</b>	Care Partner Cafe	Virtual	WEDNESDAY 17th 1-3 & 7-9
	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Ambiguous Loss and Grief	Virtual	9th 16th 23rd
<b>DECEMBER</b>	Care Partner Cafe	Virtual	WEDNESDAY 15th 1-3 & 7-9



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	Care Partner Cafe-Light	Virtual	First Wednesday 1-3
	Circle of Friends	Virtual	Dec 14th 1-2

Please note the schedule is subject to change at any time, always register with your assigned Counsellor prior to starting, as spaces are limited.

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