

Date	Topic/Description	Time	Instructions/Registration
Monday Feb 1	Getting Started - covers what is Dementia, The 8 Common symptoms in Dementia, and how to communicate effectively with someone living with dementia	6:30-8:00 pm	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your email and clink on the link, or copy and paste the link into your browser, and it will take you to the meeting where you click on join meeting. You should them be able to view the presentation and hear the presenter.
Wednesday Feb 3	Getting Started - covers what is Dementia, The 8 Common symptoms in Dementia, and how to communicate effectively with someone living with dementia	10:00-11:30 am	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your email and clink on the link, or copy and paste the link into your browser, and it will take you to the meeting where you click on join meeting. You should them be able to view the presentation and hear the presenter.
Monday Feb 8	Understanding Behaviour - covers what the meaning behind behaviours is, common behavioural triggers, and management strategies.	6:30-8:00 pm	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com



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Wednesday Feb 10	Understanding Behaviour - covers what the meaning behind behaviours is, common behavioural triggers, and management strategies.	10:00-11:30 am	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your email and clink on the link, or copy and paste the link into your browser, and it will take you to the meeting where you click on join meeting. You should them be able to view the presentation and hear the presenter.
Wednesday Feb 17	Long Term Care Planning - covers signs someone is ready for LTC, triggers for LTC admission, helpful tips for touring LTC Homes, application process and eligibility, priority categories, and transition to LTC tips.	10:00-11:30 am	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your email and clink on the link, or copy and paste the link into your browser, and it will take you to the meeting where you click on join meeting. You should them be able to view the presentation and hear the presenter.



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Monday Feb 22	Transitions – covers role changes in dementia care from spouse or adult child to caregiver. Tips and strategies are given on managing transitions in the journey – moving, starting Day Programs, starting bathing (community supports), and Long Term Care adjustment.	6:30-8:00 pm	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your email and clink on the link, or copy and paste the link into your browser, and it will take you to the meeting where you click on join meeting. You should them be able to view the presentation and hear the presenter.
Wednesday Feb 24	Transitions – covers role changes in dementia care from spouse or adult child to caregiver. Tips and strategies are given on managing transitions in the journey – moving, starting Day Programs, starting bathing (community	10:00-11:30 am	To join please pre-register, via email, with Public Education Coordinator Danielle Farrell by day before session, or through a Counsellor or Care Navigator. Email: d.farrell@alzheimerpeel.com The day before the session you will receive an email that includes a link to the meeting. On meeting date and time, simply go into your



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