

Alzheimer *Society*

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

PROGRAMS FOR PEOPLE LIVING
WITH DEMENTIA AND THEIR CARE
PARTNERS

www.alzheimer.ca/pklnh



PROGRAM
GUIDE
2022

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EXECUTIVE DIRECTOR STATEMENT

Our mission at the Alzheimer Society is to improve the quality of life for those affected by Alzheimer's disease and other dementias. In this guide, you'll see how we put that mission into practice. Through years of experience working with people affected by dementia, we've learned—and are continuing to learn—how we can help.

To best do our work, we need our clients to use our services as much as they can. That means signing up for educational workshops, trying out social and recreational programs, support groups, and reaching out to their Client Support Coordinators with questions. I encourage you, the user of this guide, to find a new program or service we offer and try it out. You will find relief, support, and useful knowledge that will help you manage how dementia affects your life.

We are here to help.

Finally, I hope you will recommend our services to people who can use our help. Dementia impacts over 10,000 people in the regions we serve, and many don't realize that help is available. No one should have to walk this path alone.

- Andrea Cant, Executive Director



CONTACT US

Anyone can contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton. You don't need a diagnosis.

info@alzheimerjourney.ca

705-748-5131

OFFICE LOCATION

18 - 360 George Street North
Peterborough, ON K9H 7E7
(lower level of Peterborough Square)

Monday - Friday 9:00 am - 4:00 pm

Toll free: 1-800-561-2588 (Ontario only)
Fax: 705-748-6174





**Make a
Difference!**



Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

VOLUNTEER

**For more info contact Susan Simmons
at 705-748-5131 / 1-800-561-2588 or
ssimmons@alzheimerjourney.ca**

Apply now!

alzheimer.ca/pklnh

HOW TO USE OUR SERVICES

Intake Process

Some of our programs are open to the general public, but many require that you are a registered client with the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton. Becoming a client is easy. You don't need a diagnosis. Simply call our office at 705-748-5131 / 1-800-561-2588 or email us at info@alzheimerjourney.ca.

Our Intake Coordinator will lead you through the steps of registering and help you to determine which of our programs and services will benefit you.

This guide offers descriptions of all the programs and services we offer throughout the year. As such, not all programs and services are available at all times. To find out where and when our programs and services are offered, use one of the methods outlined below.

How to Find Up-to-Date Program Schedules

Website Calendar

Find up-to-date programming information online here: <https://alzheimer.ca/pklnh/whats-happening/event-calendar>. Or click What's Happening>Event Calendar on the website navigation bar. Click on the text within the calendar to get complete programming information.

Monthly E-newsletter

We send out up-to-date programming information each month in our e-newsletter, Our Connections Matter. To sign up for our newsletter, visit the front page of our website, or call our office at 705-748-5131.

Calendar Mailing List

If you don't use the Internet, you can join our mailing list and have a printed calendar mailed to your home every two months. To join the mailing list, please call our office at 705-748-5131 and provide your name and mailing address.

SUPPORTIVE COUNSELLING

The earlier people begin to learn and strategize about coping with dementia, the better they are able to provide support over time. We hope you will find relief in knowing that you are not alone. Many people have been on this journey and have shared their learning.

Individual Support

Description

Our Client Support Coordinators help clients understand dementia symptoms and their progression, plan for the future, and navigate the health care and community support systems.

Objective

To coach people living with dementia and their care givers through the changes that come with dementia.

Target Audience

Any person living with dementia or their care partner.

Method of Delivery

Provided by one of our Client Support Coordinators on an ongoing and individual basis, in your home, our office, by phone, or email. Free of charge.

Support Groups for Caregivers

Description

Monthly support groups are available throughout our service area and provide the opportunity to connect with others in the community who are living with similar experiences.

Objective

To fill the gap between medical treatment and emotional support.

Target Audience

Any person caring for someone living with dementia.

Method of Delivery

Facilitated by one of our Client Support Coordinators on a monthly basis, in multiple locations throughout our region and online. Free of charge.

Support Groups for People Living with Dementia

Description

Monthly support groups for people in the early and moderate stages of dementia. Members participate in brain stimulating activities and discussion about living with dementia.

Objective

To fill the gap between medical treatment and emotional support, and to exercise the brain and social skills.

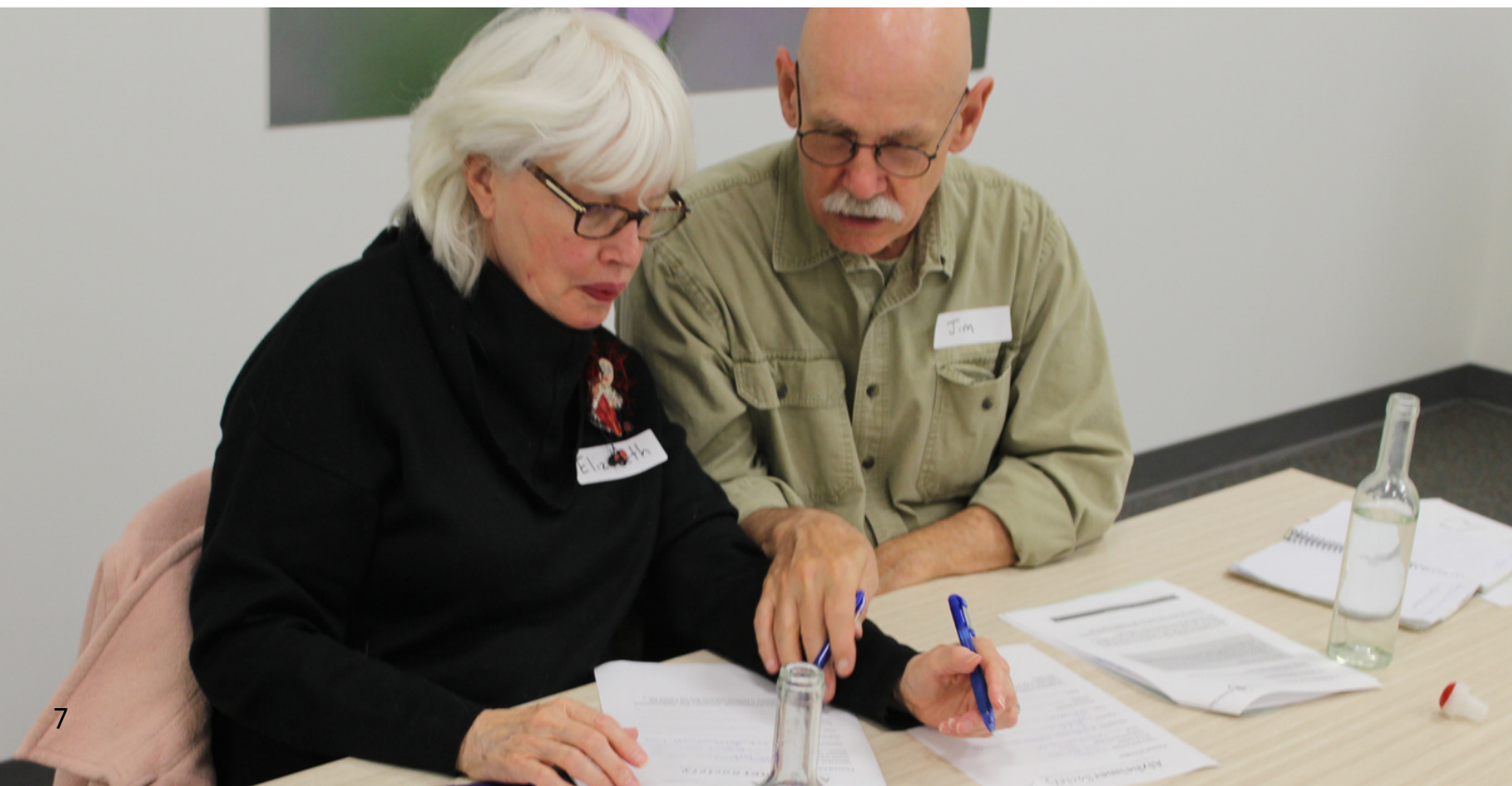
Target Audience

People in the early and moderate stages of dementia.

Method of Delivery

Facilitated by one of our Client Support Coordinators on a monthly basis, in multiple locations throughout our region and online. Free of charge.

For more information about these programs, contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton at 705-748-5131 / 1-800-561-2588 or by email at info@alzheimerjourney.ca.



EDUCATION

Education is an essential tool for managing the changes that come with Alzheimer's disease and other dementias.

We offer some education workshops more regularly than others. Be sure to check the website calendar, e-newsletter, or mailed calendar insert to see which workshops we're currently offering (see p. 5 for more information on this).

The First Link® Learning Series



Description

The First Link® Learning Series is a set of programs that provides essential knowledge and strategies for all stages of the disease. There are four modules in the series:

- **First Steps** This module helps people living with dementia and their care partners understand their diagnosis and the changes they experience.
- **First Steps for Care Partners** This module provides an overview of the dementia journey for care partners of people living with dementia.
- **Care Essentials** This module offers family members and friends caring for people with dementia problem solving strategies, approaches for communication, and available avenues for support, all of which can strengthen their ability to provide care.
- **Options for Care** This module helps family members and friends caring for people with dementia evaluate their current care giving needs and explore other possible care options available, including long term care.
- **Care in the Later Stages** This module helps family members and friends of people with dementia understand what to expect in the later stages of dementia.

Objective

To provide people living with dementia and their caregivers the knowledge and strategies necessary to achieve the best outcomes possible.

Target Audience

People living with dementia and their care partners. Each module targets a different audience. Talk to your Client Support Coordinator to determine which is right for you.

Method of Delivery

Presented by one of our Education Coordinators in multiple locations throughout our region and online.

Workshops for Coping with Change

Taking Control of Our Lives

Description

An eight-week self-management program for people living with early dementia and their care partners to help them adapt to changes and develop positive strategies for managing their condition.

Objective

To give people the tools for managing changes due to dementia.

Target Audience

Any person living with or supporting someone living with dementia.

Method of Delivery

Weekly in-person sessions for 8 weeks.

Learning the Ropes

Description

Learning the Ropes for Living with Mild Cognitive Impairment (MCI) is a program focused on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support.

Objective

To provide education, strategies, and support to individuals living with MCI.

Target Audience

Individuals living with Mild Cognitive Impairment (MCI).

Method of Delivery

Presented by our Client Support and Education Coordinators (in-person format only), in community locations throughout our region.

U-First!® for Care Partners

Description

This education program helps to build confidence, reduce responsive behaviours, and develop a person-centred approach to providing care for a person living with dementia.

Objective

To enhance the well-being of both care partners and the person they are supporting.

Target Audience

Care partners (family, friends) supporting a person living with dementia.

Method of Delivery

A full-day (6 hour) workshop facilitated by our Education Coordinators.

Creating a Back-Up Plan for Care

Description

This workshop provides ideas and tools to begin creating a back-up plan for care in case one unexpectedly becomes ill or is unable to provide care. Topics include identifying your circle of support, safety planning, planning for future care needs, home and community-based care options, and residential care (retirement homes and long-term care).

Objective

To help care partners create a back-up plan in case they unexpectedly become ill or are unable to provide care.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

Presented by one of our Education Coordinators online and in community locations throughout our region.

Powerful Tools for Caregivers

Description

One of the Home and Community Care Support Services Central East, Self-Management Programs. Our staff have been certified to provide this course to clients of the Alzheimer Society. This program is designed to help care partners take better care of themselves, through the use of tools and strategies that address the unique challenges of their caregiving situation.

Objective

To give caregivers the tools necessary to better take care of themselves.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

Presented by one of our Education Coordinators online and in community locations throughout our region.

For more information about these programs, contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton at 705-748-5131 / 1-800-561-2588 or by email at info@alzheimersjourney.ca.

Education Sessions - Open to All



What Is Dementia?

Description

This workshop offers an overview of dementia. Participants learn about the most common types, the warning signs of dementia, the progression of Alzheimer's disease, and the impact of dementia on the brain.

Objective

To give members of the public a better understanding of dementia.

Target Audience

Any person interested in learning more about dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Heads Up for Healthier Brains

Description

This presentation offers tips and strategies about how we can all take action to maintain or even improve our brain health as we age.

Objective

To give members of the public a better understanding of brain health.

Target Audience

Any person interested in learning more about brain health.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

How Well Do You Know Dementia?

Description

A fun, non-competitive and interactive quiz-style presentation invites participants to see just how well they know dementia.

Objective

To help members of the public deepen their dementia knowledge.

Target Audience

Any person interested in learning more about brain health.

Method of Delivery

A one-hour interactive session facilitated by our Education Coordinators.

New Research in Dementia

Description

In this education session, we explain some of the most important new research findings on dementia.

Objective

To help members of the public stay up-to-date on dementia research.

Target Audience

Any person interested in learning more about dementia research.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Types of Dementia

Description

In this education session, we will explore some of the most common types of dementia, their warning signs and symptoms, and disease characteristics.

Objective

To inform members of the public about the different types of dementia.

Target Audience

Any person interested in learning more about brain health.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Enhancing Communication

Description

This session will help those supporting people with dementia to understand changes in communication that result from brain changes.

Objective

To provide tools for enhancing communication with a person with dementia

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Understanding Behaviour Changes in Dementia

Description

In this session we will explore behaviour changes that can occur in dementia and offer some tips for understanding and addressing them.

Objective

To provide strategies for managing behaviour changes.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Positive Visits

Description

This session will help care partners, family and friends to learn strategies for having better visits with a person living with dementia.

Objective

To help people have better visits with those living with dementia.

Target Audience

Any person who may visit someone living with dementia.

Method of Delivery

A one-hour workshop facilitated by one of our Education Coordinators.

Ten Easy Ways to Fight Stigma Against Dementia

Description

We take a look at the stigma associated with dementia and explore ways we can use our voices to raise awareness and bring about change.

Objective

To help reduce the harm of stigma associated with dementia.

Target Audience

Any person interested in reducing dementia stigma.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Understanding the Connection Between the Brain and Behaviour

Description

This session will explain the connection between brain function and the changes in behaviour experienced by a person with Alzheimer's disease.

Objective

To provide a better understanding of how brain changes affect behaviour.

Target Audience

Any person interested in learning about changes due to Alzheimer's.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Understanding Ambiguous Loss and Grief

Description

Ambiguous loss is a type of loss you experience when a person with dementia is physically here, but may not be mentally or emotionally present in the same way as before. It complicates grief, often making it hard to know how to grieve. Join us to learn about steps you can take to live positively with your grief while caring for someone with dementia.

Objective

To help people understand the unique grieving process associated with dementia.

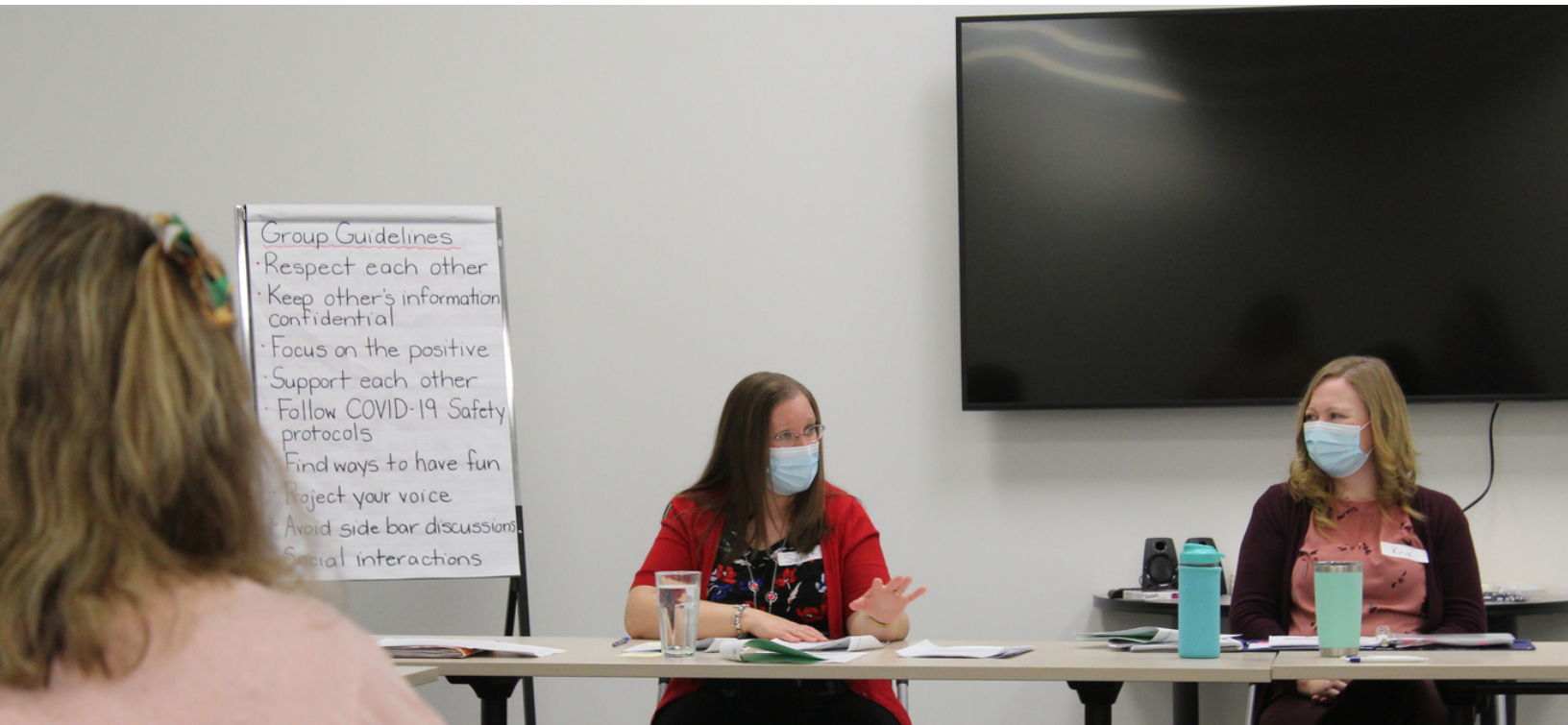
Target Audience

Any person experiencing feelings of loss and grief while caring for someone living with dementia.

Method of Delivery

Presented by one of our Education Coordinators online and in community locations throughout our region.

Education Sessions for Care Partners



Recognizing and Reducing Caregiver Stress

Description

This presentation will help care partners to explore the impact of providing care and to identify the signs of caregiver stress when supporting a friend or family member. Participants will learn strategies for reducing caregiver stress, discuss self-care tips, and leave with resources to support them in their caregiving role.

Objective

To give care partners strategies for reducing stress and improving self-care.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

Presented by one of our Education Coordinators online and in community locations throughout our region.

Dementia, Sexuality and Intimacy

Description

All of us, including people with dementia, have needs and wishes for friendship, belonging, companionship, intimacy, and the expression of our sexuality. In this presentation we will start the conversation about how changes brought on by dementia can affect intimate needs and relationships.

Objective

To start the conversation about dementia and intimacy needs.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Driving and Dementia

Description

This session will address common questions about driving and dementia, including warning signs that driving is getting risky and how to talk about concerns.

Objective

To provide care partners with tools to address concerns around driving and dementia.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Meaningful Activities

Description

This presentation explores the importance of meaningful activity, ways to adapt activities to meet the changing needs of the person living with dementia, and some helpful tips and strategies for caregivers on how to modify and provide assistance with activities at home.

Objective

To empower care partners to adapt activities to be meaningful for the person living with dementia.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Preparing for the Holidays

Description

For people living with dementia, the holiday season can be a stressful and overwhelming time. With some modifications to our regular traditions, we can make the holidays more enjoyable for everyone. Join us as we explore some helpful tips that can make this season as stress-free as possible.

Objective

To find ways to make the holiday season as stress-free as possible for people living with dementia and their care partners.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Safety in the Home

Description

This presentation discusses important factors to consider when thinking about how to increase safety in the home for persons living with dementia. Living arrangements, physical space, physical health, driving and travel are all areas important to consider in an effort to keep the person living with dementia safe and supported.

Objective

To provide tools for increasing safety in the home for people with dementia.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Cold Weather Safety Tips

Description

In this session we will explore some cold weather safety tips that will help keep you safe and warm this winter season.

Objective

To provide tips for staying safe in the winter.

Target Audience

Any person supporting someone living with dementia.

Method of Delivery

A one-hour session facilitated by one of our Education Coordinators.

Professional Education and Training

U-First!® for Health Care Professionals

Description

Through dialogue and a case-based approach, participants develop a common knowledge base, language, values and approach to caring for people living with dementia.

Objective

To collaborate with the team to ensure individualized support strategies are developed to meet the unique needs of the person with dementia, that recognize and respond to information gathered using the U-First!® framework.

Target Audience

People working in community care, acute care, and retirement/long-term care.

Method of Delivery

A full day (6 hour) workshop facilitated by our Education Coordinators.

U-First!® Advanced

Description

U-First!® Advanced supports healthcare providers who are directly supporting people experiencing behaviour changes caused by dementia or other cognitive impairment. This program builds on the learning from the original U-First!® program.

Objective

To deepen understanding of and ability to apply the U-First!® framework, improve collaboration among all members of the team, and increase the wellbeing of people experiencing behaviour changes.

Target Audience

Individuals and teams who have already taken U-First!® for Health Care Professionals.

Method of Delivery

A full-day (6 hour) workshop facilitated by our Education Coordinators.

Not seeing what you're looking for? The Education Team is happy to work with organizations to tailor sessions to meet specific needs. Please contact the Alzheimer Society to book a consultation with an Education Coordinator.

Gentle Persuasive Approaches in Dementia Care® (GPA)

Description

GPA Basics is a 4-module evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia.

Objective

To educate staff on how to use a person-centered, compassionate and gentle persuasive approach and to respond respectfully, with confidence and skill to responsive behaviours associated with dementia.

Target Audience

Healthcare professionals supporting people living with dementia.

Method of Delivery

A full day (7.5 hour) workshop facilitated by our Education Coordinators.



SEEKING VOLUNTEERS for clinical trials for
MEMORY LOSS.

Please contact us for memory screening if you are interested in participating, and are:

- Concerned about your memory
 - 50-85 years of age
 - In reasonable general health
 - Have a family member or close friend who knows you well and is willing to participate with you as a study partner
- OR
- Have a family history of Alzheimer's disease



Please contact us to set up an appointment:

(T) 705-749-3906 ext. 209

Kawartha Centre – Redefining Healthy Aging
168 Brock St, Peterborough, Ontario K9H 2P4
T: 705-749-3906
E: research@kawarthacentre.com
www.kawarthacentre.com

DEMENTIA **FRIENDLY** COMMUNITIES

ONTARIO



**TOGETHER, WE CAN BUILD
DEMENTIA FRIENDLY COMMUNITIES**

www.dementiafriendlyontario.ca



FINDING Your Way

Living Safely in the
Community

*For people with dementia,
every step counts.*

www.FindingYourWayOntario.ca

LIVING WELL WITH DEMENTIA

These programs are designed to help people living with memory problems stay social and physically/mentally active.



Together Apart Club

Description

The Together Apart Club is a collection of virtual social and recreational programs. Minds in Motion, Brain Games, Musical Memories, and more. Find Zoom links to upcoming virtual sessions in the events calendar on our website, or sign up for the e-newsletter to get the links in your inbox.

Objective

To offer people with memory loss and their care partners the ability to join our social and recreational programs from their homes.

Target Audience

Any person with memory loss and their care partners.

Method of Delivery

Facilitated online by one of our social/recreational coordinators or by those of another Alzheimer Society. Free of charge.

Description

Combining physical activity and mental stimulation, Minds in Motion® unfolds to laughter and chatter, with new friendships forming and stories being shared. Both the person living with dementia and the caregiver benefit from gentle, easy-to-follow physical activities and fun social activities focused on building personal skills.

Objective

To offer people living with dementia and their care partners meaningful socialization and stimulation through appropriate activities.

Target Audience

People in the early and moderate stages of dementia and their care partners.

Method of Delivery

Facilitated by one of our social/recreational coordinators on a weekly basis, in multiple locations throughout our region and online. Thirty dollars per couple for the 8-week session (though we won't let this fee be a barrier).

Friendly Visiting

Description

Volunteers vetted by the Alzheimer Society are matched with a person in their community living with dementia. That volunteer then makes regular visits (perhaps for a walk or a cup of coffee) or phone calls to assist with maintaining social interaction and involvement in meaningful activities.

Objective

To combat isolation in people living with dementia and to free up time for their care partners.

Target Audience

People in the early and moderate stages of dementia and their care partners.

Method of Delivery

In-person or over the phone by an Alzheimer Society Volunteer. Free of charge.

For more information about these programs, contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton at 705-748-5131 / 1-800-561-2588 or by email at info@alzheimerjourney.ca.

Step Out Walking Club

Description

This program provides light exercise as well as an opportunity to socialize with others. Participants need to be mobile but we have had participants with canes, walkers and wheelchairs.

Objective

To combat isolation in people living with dementia, provide the benefit of outdoor activity, socialization, and to free up time for their care partners.

Target Audience

People living with dementia and their care partners.

Method of Delivery

Trained leaders walk with the group one morning a week.

Young Onset Day Service

Description

A small group program that involves outings in the community, music and arts based activities, group meals, and volunteering in the community. The program runs year round with the same participants each week.

Objective

To provide regular socialization and the opportunity to engage the mind in appropriate activities.

Target Audience

People in the early and moderate stages of dementia who were diagnosed before the age of 65.

Method of Delivery

Delivered weekly, year round, in person, by two Alzheimer Society Day Service Coordinators. Provided in multiple locations in the region.

**VON Peterborough-Victoria-Haliburton
is pleased to offer:**

- Assisted Living
- Adult Day Program
- Visiting Nursing Services



Contact us to learn more:

T: 705-874-3935

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Peterborough, ON K9J 5N3

www.von.ca

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THE ONTARIO

caregiver
ORGANIZATION

PEER
SUPPORT

1:1 Peer Support Program



If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. We all face challenges on the caregiving journey which is why it is important that we connect with our fellow Caregivers and lend one another support. The Ontario Caregiver Organization's 1:1 Peer Support programs are here to help you.

An OCO trained peer mentor will:

- 'Just be there'/Listen
- Provide encouragement, support and acceptance
- Acknowledge a caregiver's strengths
- Share lived experience and give real life examples
- Discuss a caregiver's wellbeing
- Celebrate any goals the caregiver achieves
- Be someone for a caregiver to bounce ideas off

Sign up to become an OCO Peer Mentor and help other caregivers as they navigate their journey, today.

Sign up as a Caregiving Participant and easily connect by phone or by online/virtual discussion with your mentor without leaving your home.

Visit our website to learn more about our 1:1 Peer Support programs

ontariocaregiver.ca

We are always here to answer your questions. Please email us at: peersupport@ontariocaregiver.ca



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ontariocaregiver.ca

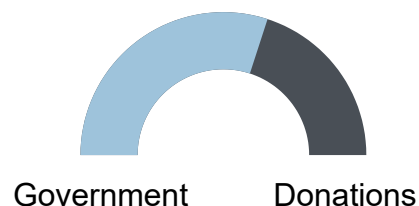
Funded by:



The views expressed are the views of The Ontario Caregiver Organization and do not necessarily reflect those of the Province.

EVENTS AND FUNDRAISING

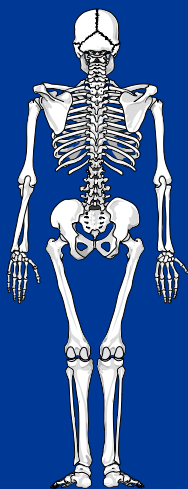
How we spend your DONATIONS



The government provides skeleton funding for our services through Ontario Health. This accounts for 60% of our funding. As such, we rely on our funders' dollars to bring our programs to life, to innovate and respond to community needs, and to best support the people living with dementia in our region.

The reality is that we have not received an increase in base funding in approximately 10 years. This is increasing our reliance on donor dollars to continue to be able to do our vital work to support people living with dementia and their care partners.

Ontario Health funds:



- First Link ®
- Supportive counselling
- Education
- Young Onset Day Service
- Friendly Visiting program
- Memory Clinic support

But it is important to note:

None of these programs and services can run without additional support from our donors.

Our donors fund:



- Minds in Motion ®
- Together Again Club
- Walking Club
- Advertising to reduce stigma
- All new programs and services as they are developed
- Supportive counselling
- Education
- Young Onset Day Service
- Friendly Visiting program
- Memory Clinic support

A Gift For Tomorrow, Left Today



Leaving a gift in your will provides peace of mind. Create a legacy while supporting those in your community who will one day need our services.

For more information on how you can make a difference
Contact: giving@alzheimerjourney.ca

Get Ready to **Walk!**



Alzheimer*Society*

Our Goal for 2022 is
\$107,400

We are looking for extraordinary teams to join us in our mission to support those living with dementia and their caregivers.

- Gather you friends, family, and coworkers, and create your team.
- Register your team online
- Set your personal and team goals
- Take a step for every local person diagnosed with Alzheimer's and related dementias in our communities.

Join us in person May 28, 2022, or host your own Walk for Alzheimer's

Register now!

May 28, 2022

www.walkforalzheimers.ca