

Programs & Services Catalogue

SUPPORT PROGRAMS, EDUCATION & SOCIAL RECREATION
FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS

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Executive Summary

This catalogue provides an overview of the Alzheimer Society of Simcoe County's programs and services. All of our programs and services are **free of charge** and include support groups, educational programs, and social recreation activities for people living with dementia and their care partners. Each program is described in detail below. Please see our [Programs Calendar](#) on our website for a listing of the current programs we are running.

Program Eligibility

To be eligible for our services, you must be:

- Concerned about your memory; **OR**
- Living with dementia; **OR**
- Supporting someone living with dementia



AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County)

Registration

All of our programs and services require registration. If you have registered for a program but can no longer attend, please contact the office to let us know that you will not be participating. There may be times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. If needed, we will aim to cancel in a timely manner and will contact you by phone and/or email.

**Please note, due to volume and capacity to provide services across Simcoe County, clients may experience wait times to access some of our programs and services.*

TO REGISTER:

Registration for our **support groups** is completed through Eventbrite. If you are interested in attending support group, please visit the link below, select the group you wish to attend, and reserve your spot. If you have any questions, do not have access to the internet, or need support registering, please call the program registration line below.

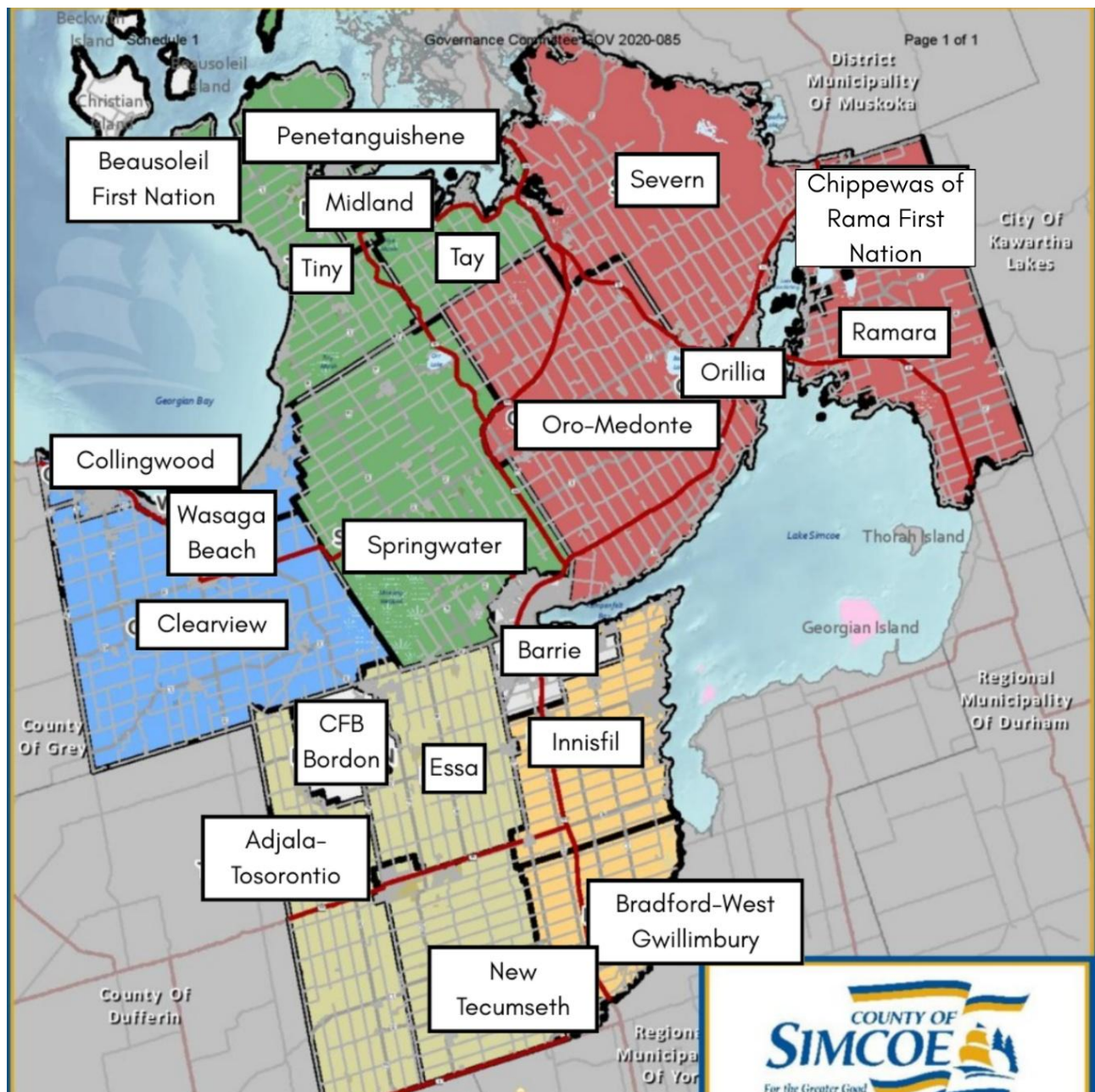
Eventbrite Link: <https://www.eventbrite.ca/o/alzheimer-society-of-simcoe-county-45848286053>

If you are interested in any other programs we offer, please contact our **program registration line at 705-722-1066 Ext. 241**. When leaving a message, kindly include your full name, phone number, and clearly specify the program you are interested in. This information is essential to ensure we can return your call.

Service Area

We serve areas across Simcoe County, including:

- Adjala-Tosorontio
- Barrie
- Beausoleil First Nation
- Bradford West Gwillimbury
- Chippewas of Rama First Nation
- Clearview
- Collingwood
- Essa
- Innisfil
- Midland
- New Tecumseth
- Orillia
- Oro-Medonte
- Penetanguishene
- Ramara
- Severn
- Springwater
- Tay
- Tiny
- Wasaga Beach



Support Services



First Link Care Navigation & Supportive Counselling

Our Navigation and Supportive Counselling is here to support families at every stage of the dementia experience – before, during and after a diagnosis. Supportive Counselling and Navigation are offered over the phone, by email, video conference or in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home.

Our highly experienced First Link Care Navigators can help get you started, create a support plan and link you with dementia supports and services in the community.

Our team of Family Support Coordinators provide safe, confidential 1:1 counselling where you can talk about your experience, receive emotional support, gain insight and practical coping strategies to help you manage circumstances and build resilience.

Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

Support Groups - For Care Partners

Join a free care partner support group to connect with other care partners, share experiences, and learn from one another in a supportive environment.

Eligibility: Care partners of a person living with dementia, regardless of living situation.

Support Groups - For People Living with Dementia

Join a free support group for people living with dementia to discuss your experiences and symptoms openly to a group of peers experiencing similar challenges.

Eligibility: People living with dementia in the early stages who can navigate the group virtually with little assistance.

Enhancing Care Program –In Partnership with Sinai Health Reitman Centre

TEACH

Training, Education and Assistance for Caregiving at Home

TEACH is a 4-week discussion-based group program where care partners receive coaching in problem solving, communication, and coping skills. Each session focuses on a caregiving theme: self-care, healthcare system navigation, relationship changes, and future planning.

Eligibility: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group). Program assessment to be completed by the facilitator.

CARERS

Coaching, Advocacy, Respite, Education, Relationship, Simulation

CARERS is an 8-week skills-based group program which focuses on practical skills and emotional support. Care partners in the CARERS group learn problem solving techniques, learn strategies for keeping a meaningful relationship with the person living with dementia, and receive coaching in communication skills through simulations (role play) with a simulated patient.

Eligibility: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group). Program assessment to be completed by the facilitator.

Facing Dementia Together

A problem-solving workshop for care partners of people living with dementia.

In this one-day small group workshop you will receive simple tools to solve daily caregiving problems, hands-on coaching with experienced group leaders to practice new strategies, and the chance to connect with others who understand your experience. This workshop is based on program concepts from the CARERS group. **Refreshments and lunch will be provided.**

Eligibility: Care partners of a person living with dementia, regardless of living situation. Program assessment to be completed by the facilitator.

Education Programs

We offer a variety of workshops that discuss the symptoms of dementia, care & coping strategies, future planning and more. Education programs are designed specifically for care partners and for individuals living with dementia to learn more about symptoms and strategies to live well.

Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

First Steps - For People Living with Dementia & Care Partners

This is a 4-week introductory series for people living with dementia and their care partners. It serves as an opportunity to learn more about what dementia is, adapting to brain changes, planning ahead, and building a circle of support.

Taking Control of Our Lives - For People Living with Dementia & Care Partners

This is an 8-week series designed to help people living with dementia and their care partners understand their diagnosis and the changes they will experience. Topics covered include adapting to changes, finding meaning & purpose, communication, safety, independence & decision making, emotional wellness, and building & keeping connections.

Learning The Ropes – For People Living with Mild Cognitive Impairment (MCI) & Family Members

Learning the Ropes, run in collaboration with North Simcoe Muskoka Specialized Geriatric Services, is a 7-week program that supports people living with MCI and their family members/friends. The program focuses on optimizing brain health through memory training, lifestyle choices, and family and social support.

Eligibility: MCI diagnosis OR memory concern, independent with activities of daily living (ADLs), independent with instrumental activities of daily living (IADLs), no dementia diagnosis and completed referral form by your healthcare provider.

First Steps for Care Partners - For Care Partners

This is a 4-week introductory series that covers the same content as First Steps but is an option solely for care partners.

Care Essentials - For Care Partners

This is a 4-week education series for care partners supporting a person in the mid to late stages of dementia. The focus is on what to expect, communicating effectively, responding to behaviour changes, and supporting daily activities.

Care Partner Loss & Grief - For Care Partners

Loss and grief are among the most significant challenges care partners face when supporting someone living with dementia. This workshop helps care partners recognize and navigate the ongoing losses and grief that occur throughout caregiving.

Heads Up for Healthier Brains - For Care Partners & General Public

This 4-week education program explores ways to protect your brain health and reduce your risk of dementia at any age! Topics discussed include typical aging versus not typical aging, getting your brain and body in gear, nutrition and brain health, and social engagement.

Sleep Changes in Dementia: Tools For Care Partners- For Care Partners

This session explores how and why sleep changes occur in dementia and shares practical strategies to support healthier sleep habits. Participants will learn about sleep and brain health, ways to promote better sleep for a person living with dementia, and resources to help care partners support their own sleep and overall well-being.

Preparing for the Holidays- For Care Partners

This session is for care partners and friends of people living with dementia to learn helpful tips on how to prepare for the holiday season! Topics covered include considerations for gatherings, individuals living in long term care, and gift giving ideas.

Meaningful Activities- For Care Partners

Discover how meaningful activities can enhance well-being for people living with dementia. This session shares simple, practical ways to spark engagement and connection- plus highlights local supports for care partners and families.

Young Onset Dementia- For General Public

This session explores what young onset dementia is, discusses the genetic component of young onset dementia, and recognizes the impact of young onset dementia on the individual and family/friends. During this session you will also develop an understanding of supportive strategies and services in the community.

Intro to the Alzheimer Society of Simcoe County- For People Living with Dementia & Care Partners

This presentation aims to help people understand what dementia is by exploring the difference between typical aging and not typical aging. It also introduces the main types of dementia, reviews common risk factors, and clears up common misconceptions. Finally, it shares information about other programs and services available through the Alzheimer Society of Simcoe County.

Living alone with Dementia- For People Living with Dementia & Care Partners

Many people living with dementia continue to live on their own. This session provides an opportunity to explore the unique experiences, risks, and supports associated with living alone with dementia. Participants will learn about maintaining independence, planning for the future, and accessing resources that can help individuals remain safe, connected, and supported in their community.

Social Recreation Programs

Creative Spark - For People Living with early-stage Dementia & Care Partners

Creative Spark is a 6-week art program offered in partnership with a local art gallery, the MacLaren Art Centre. This program engages participants in a variety of artistic projects and provides the opportunity for self-expression and connection with others.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early-stage dementia and their care partners.

In-Home Recreation - For People Living with Dementia & Care Partners

This program offers personal visits from a Therapeutic Recreation Specialist who will facilitate a variety of person-centered recreation and leisure-based activities in the comfort of your own home. It consists of weekly 1.5-hour visits for a duration of 12 weeks, providing social connection for the person living with dementia and brief respite for the care partner.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early to mid-stage dementia who do not require personal support during the visit and have no known behavioural concerns.

Minds in Motion - For People Living with Early to Mid-stage Dementia & Care Partners

Minds in Motion® is an 8-week community-based social program that incorporates physical and mental stimulation for participants. Both the person living with dementia and the care partner can benefit from increasing physical activity through gentle group exercise, establishing connections with others who are living with similar experiences, and engaging in social activities.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early to mid-stage dementia and their care partners.

Good Day Café - For Care Partners

A relaxed drop-in program for registered care partners of the Alzheimer Society of Simcoe County designed to reduce isolation and support peer connection. Connect with others, share experiences, and find support in a welcoming environment.

Generously sponsored by **Chartwell Retirement Residences, Atrium Retirement Residence & Cornerstone Caregiving.**

Music Project - For People Living with Dementia

The Music Project helps those living with dementia reconnect with music and reminisce about various times in their lives. It provides a FREE music player and personalized music to improve the quality of life of those living with dementia.

The music package includes:

- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support



If you, or someone you know, would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form for the person living with dementia:

<https://www.musicproject.ca/apply/>

Additional Resources

Information

Brochures and information sheets about dementia, including signs and symptoms, progression, and caregiving tips are available on request and at the Barrie office.

Contact Information

Address: 20 Anne Street South, Barrie

Phone: 705-722-1066 OR 1-800-265-5391

Email: simcoecounty@alzheimersociety.ca

Website: <https://alzheimer.ca/simcoecounty/en>

Hours: Mon to Fri 8:30am- 4:30pm (closed 12pm- 1pm for lunch). Walk-ins are **welcomed**.

Support After Hours

Health811	Ontario Caregiver Organization	211
Call 811 Or visit the website: https://health811.ontario.ca/	Call 1-833-416-2273 Or visit the website: https://ontariocaregiver.ca/	Call or text 211 Or visit the website: https://211.ca/