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## Lending Library

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The Resource Lending Library is available for those who are interested in learning more about Alzheimer's disease or related dementias through books, videos and resource guides.

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## Finding Your Way

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Anyone who has dementia and is able to walk is at risk of going missing,

Preparation and planning are crucial to prevent people with dementia from going missing, and to ensure they are found safely and quickly.

The Alzheimer Society of Chatham-Kent will provide care partners with education and a **Finding Your Way** safety kit which contains tools to help ensure the safety of the individual while allowing them to maintain their independence and dignity.



**Behavioural  
Supports  
Ontario**

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## Behavioural Supports Ontario

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The Alzheimer Society of Chatham-Kent serves as the Lead Organization for Erie St. Clair Behavioural Supports Ontario (BSO) program.

This program provides enhanced and integrated services meeting the needs of older adults with responsive behaviours. These behaviours are associated with dementia, mental health, addictions and other neurological conditions and are usually the result of an unmet care need. Services are provided in the community and Long-Term Care Homes.

This program facilitates seamless, interdisciplinary care for individuals with responsive behaviours and their care partners consistent with the client value statement "I am a unique individual and I am worthy of respect, dignity and quality care".

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## MediAlert® Safely Home®

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Persons with Alzheimer's disease or related dementias sometimes lose the ability to recognize familiar places, to communicate or to remember their own names or addresses. They may leave home, become confused or get lost. This can be dangerous for persons with the disease and worrisome for care partners. **But there is help.**

**MediAlert® Safely Home®** is a national program designed to help identify those who are lost and assist in a safe return home. The personal information engraved on the identification allows police and emergency responders to quickly identify the person who is missing and bring them home.



[www.medicalert.ca/safelyhome](http://www.medicalert.ca/safelyhome)

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## In-Home Mobility Monitor

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In-Home Mobility Monitors offer a safe alternative to monitoring the person in your care when in your home. This monitor will make a sound when the person you are caring for goes from one room to another, or goes out the door of your home.

The monitor is loaned at no cost, however a refundable deposit is required when the monitor is signed out.

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## Volunteers

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As a charitable organization, the Alzheimer Society of Chatham-Kent benefits from the dedication and support of our countless volunteers.

Volunteer applications are available by contacting 519-352-1043.

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## Services

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**Services provided by the Alzheimer Society of Chatham-Kent include:**

- ◆ First Link®
- ◆ First Link® Care Navigation
- ◆ First Link® Learning Series
- ◆ Behavioural Supports Ontario
- ◆ Counselling
- ◆ Cognitive Assessments
- ◆ Support Groups
- ◆ Day Programs
- ◆ In-Home Respite Care Program
- ◆ Education Programs
- ◆ MediAlert® Safely Home®
- ◆ In-Home Mobility Monitor



*Soci t  Alzheimer Society*  
CHATHAM - KENT



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## MISSION STATEMENT

*To improve the quality of life of people affected by Alzheimer's disease or related dementias through superior programs and research.*



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## Objectives of Programs & Services

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- ◆ To provide the opportunity for meaningful interactions for persons with Alzheimer's disease or related dementias.
- ◆ To improve the quality of life for persons with Alzheimer's disease or related dementias and their care partners.
- ◆ To help maintain a person with Alzheimer's disease or related dementias in their own home for as long as possible.
- ◆ To alleviate care partners' stress and to provide the care partner with personal time.
- ◆ To help prevent elder abuse.
- ◆ To promote awareness of Alzheimer's disease or related dementias and decrease apprehension about the disease.

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## First Link<sup>®</sup>

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- ◆ First Link<sup>®</sup> is a partnership program between the Alzheimer Society of Chatham-Kent, physicians, and allied healthcare professionals to provide direct referrals that link individuals diagnosed with Alzheimer's disease or related dementias to a community of learning, services, and support as early as possible in the disease process.
- ◆ First Link<sup>®</sup> is designed to provide access to comprehensive services by reaching out to those affected by Alzheimer's disease or related dementias as early as possible in the disease process and throughout the continuum of the disease.
- ◆ First Link<sup>®</sup> offers information, referrals to the Alzheimer Society of Chatham-Kent services, referrals to community support agencies and education including intentional follow-up.
- ◆ First Link<sup>®</sup> Learning Series is progressive, with each course building upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems.

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## Counselling

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### Who can benefit from counselling?

Those who have questions about dementia, are concerned they may have dementia, have been diagnosed, or are caring for someone with dementia.

### What are the advantages of counselling?

A Registered Social Worker can help you by:

- ◆ Providing the opportunity to talk about feelings and individual circumstances in a private, supportive environment.
- ◆ Providing education and support to learn ways to cope in a positive manner and to make plans for the future.
- ◆ Connection and navigation to other resources available to you at the Alzheimer Society and within the community including follow-up.

### Where is counselling provided?

This service is available over the phone, at our office or at your home.

### Is there a cost?

Counselling is available to you at **no** cost.

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## Cognitive Assessments

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A cognitive assessment can be administered in the office, with or without a referral from your primary care provider.

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## Support Groups

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Support Groups are offered to provide the opportunity to share experiences and to learn new coping strategies from others at a variety of locations across Chatham-Kent.

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## Day Program

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### Day Program features include:

- ◆ 2 locations: Chatham and Wallaceburg
- ◆ Safe environment with full-time support
- ◆ Social, recreational and physical activities that promote the maintenance of brain health
- ◆ "Failure free" activities that promote self-esteem
- ◆ VON "SMART" exercise & falls prevention program
- ◆ Nutritious meals and snacks
- ◆ Customized care plans
- ◆ Counselling and referrals
- ◆ Health monitoring by a Registered Nurse
- ◆ Medication support
- ◆ Personal care assistance
- ◆ Staff who are specially trained in dementia approaches and care
- ◆ A wheelchair accessible environment
- ◆ Monthly activity calendar
- ◆ Allows respite time for the care partners
- ◆ Ministry of Health mandated co-payment required

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## In-Home Respite Care

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- ◆ A **non-emergency** support program that is tailored to meet individual needs in their own home.
- ◆ Professional In-Home Personal Support Workers (PSWs) who receive continual training and provide individualized care to persons with Alzheimer's disease or related dementias.
- ◆ The support includes social stimulation to encourage participation in maintaining skills and abilities, personal care (bathing, dressing, grooming), meal assistance and cueing, medication assistance and some light housekeeping or assistance with laundry.
- ◆ Ministry of Health mandated co-payment required.

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## Education

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Education and public awareness programs have been developed to assist with the distribution of information to people living with dementia, formal and informal care partners, students and the general public. Educational sessions can be individualized to meet the needs of the participants.

### Education topics include but are not limited to:

- ◆ Alzheimer's Disease and Related Dementias
- ◆ Assisting with Activities of Daily Living
- ◆ Sensitivity Training
- ◆ Communication and Interaction Strategies
- ◆ Gentle Persuasive Approaches (GPA)
- ◆ Grade 4/5 Children's Awareness Program
- ◆ *Heads Up for Healthier Brains: How to Reduce the Risk of Dementia*
- ◆ Meaningful Activities
- ◆ Montessori-Based Activities in Dementia Care
- ◆ Responsive Behaviours in Dementia Care
- ◆ Secondary School Education Program
- ◆ The Experience of Dementia: Common Feelings and Emotions Experienced by Persons with Dementia
- ◆ U-First! Training
- ◆ Understanding the Link Between Brain and Behaviour
- ◆ Finding Your Way
- ◆ Dementia Friendly Communities
- ◆ P.I.E.C.E.S. Training

