

---

## Lending Library

---

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.

---

## Membership

---

If you would like to offer your support to help us reach our goals, consider a membership at a minimal fee.

A strong membership base enables the voice of those affected by Alzheimer's disease or related dementias to be heard through the representation of the Alzheimer Society of Chatham-Kent when decisions are being made at all levels of government.

Membership applications are available both online and at the office.



**Behavioural  
Supports  
Ontario**

---

## Behavioural Supports Ontario

---

The Alzheimer Society of Chatham-Kent serves as the Lead Organization for the Erie St. Clair (ESC) Local Health Integration Network (LHIN) Behavioural Supports Ontario (BSO) Initiative. 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 includes those in the community and Long-Term Care Homes.

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

---

## MediAlert® Safely Home®

---

People 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 people with the disease and worrisome for caregivers. **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 has wandered and bring the family back together.



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

---

## In-Home Mobility Monitor

---

In-Home Mobility Monitors offer you a safe alternative to monitoring your loved one 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.

---

## Volunteers

---

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.

---

## Services

---

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

- ◆ **First Link®** involves working together to link individuals and families affected by Alzheimer's disease or a related dementia to a community of learning, services, and support.
- ◆ **First Link® Learning Series** provides participants with an opportunity to learn and share with others.
- ◆ **Behavioural Supports Ontario**
- ◆ **Counselling** for those affected by Alzheimer's disease or related dementias and their caregivers.
- ◆ **Cognitive Testing**
- ◆ **Support Groups** to share experiences and learn new coping strategies.
- ◆ **Day Programs** provide a safe and stimulating environment for those affected by Alzheimer's disease or related dementias.
- ◆ An **In-Home Respite Care Program** which helps individuals with Alzheimer's disease or related dementias.
- ◆ **Education Programs** designed to raise public awareness regarding Alzheimer's disease or related dementias and to assist those involved in caregiving.
- ◆ Participation in the nationwide **MediAlert® Safely Home®** in order to help locate individuals who are lost and return them home safely.
- ◆ **In-Home Mobility Monitor** offers a safe alternative to monitoring individuals with Alzheimer's disease or related dementias in the home.

---

**Supported by:**



*Société Alzheimer Society*  
CHATHAM - KENT



**36 Memory Lane  
Chatham, Ontario  
N7L 5M8**

**Phone: (519) 352-1043  
Fax: (519) 352-3680**

**Email: [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca)  
[www.alzheimer.ca/chathamkent](http://www.alzheimer.ca/chathamkent)**

---

## MISSION STATEMENT

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



---

## Objectives of Programs & Services

---

- ◆ 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 caregivers.
- ◆ To help maintain a person with Alzheimer's disease or related dementias in their own home for as long as possible.
- ◆ To alleviate caregiver stress and to provide the caregiver with personal time.
- ◆ To provide a safe monitoring system for those with Alzheimer's disease or related dementias living alone.
- ◆ To help prevent elder abuse.
- ◆ To promote awareness of Alzheimer's disease or related dementias and decrease apprehension about the disease.

---

## First Link®

---

- ◆ First Link® 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.
- ◆ First Link® 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® offers information, Alzheimer Society of Chatham-Kent services, referrals to community support agencies and education.
- ◆ First Link® 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.

---

## Counselling

---

### 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 to help improve the quality of life for those with Alzheimer's disease or related dementias and their caregivers.
- ◆ Providing education and support to learn ways to cope in a positive manner and to make plans for the future.
- ◆ Providing other resources available to you at the Alzheimer Society and within the community.

### Where is counselling provided?

This service is available over the phone and at our office.

### Is there a cost?

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

---

## Cognitive Testing

---

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

---

## Support Groups

---

A variety of Support Groups are offered to provide the opportunity to share experiences and to learn new coping strategies from others.

---

## Day Program

---

### Day Program features include:

- ◆ 2 locations: Chatham and Wallaceburg
- ◆ Safe environment with full-time supervision
- ◆ Social, recreational and physical activities that promote the maintenance of brain health
- ◆ "failure free" activities that promote self-esteem.
- ◆ Nutritious meals and snacks
- ◆ Customized care plans
- ◆ Counselling and referrals
- ◆ Health monitoring by registered nurses (VON partnership)
- ◆ Medication assistance and administration
- ◆ Personal care assistance
- ◆ Staff who are specially trained in dementia approaches and care
- ◆ A wheelchair accessible environment
- ◆ Bi-monthly newsletter
- ◆ Allows respite time for the caregivers
- ◆ Fee for service

---

## In-Home Respite Care

---

- ◆ A **non-emergency** support program that is tailored to meet individual needs.
- ◆ Professional In-Home Registered Personal Support Workers (PSWs) who receive continual training 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.
- ◆ Fee for service. Available 24 hours a day, 7 days a week.

---

## Education

---

Education and public awareness programs have been developed to assist with the distribution of information to both professional health care providers 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 Overview
- ◆ Assisting with Activities of Daily Living
- ◆ Caregiver Education Series
- ◆ 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
- ◆ Sensitivity Training
- ◆ The Experience of Dementia: Common Feelings and Emotions Experienced by Persons with Dementia
- ◆ U-First! Training
- ◆ Understanding the Link Between Brain and Behaviour

