

Alzheimer Society

DURHAM REGION



Learning Series for People with Alzheimer's Disease or a Related Dementia and their Families and Friends (April 1, 2017 – March 31, 2018)



1. First Steps for People with Dementia and Care Partners

Our **First Steps** workshop and **Taking Control of Our Lives Self-Management** program aim to help **individuals newly diagnosed with a dementia** and their **care partners** understand their diagnosis and the changes they experience. These programs will also offer participants an opportunity to share and connect with others embarking on a similar journey.

Our **First Steps** workshop is held three times each year. Upcoming workshops scheduled for June and August 2017, January 2018. Location: Alzheimer Society of Durham Region (ASDR) boardroom, 1600 Champlain Ave., Suite 202, Whitby. Please call our office for details or to register: 905-576-2567 or 1-888-301-1106.

Taking Control of Our Lives (8-week program)

This program is intended to help persons living with dementia to develop skills, increase confidence and feel empowered to take control of their life by talking with and learning from others. Care partners play an important role and attend the program to support their partner to self-manage. **A pre-interview is required to be considered for this workshop.**

Fall series 2017: Tuesdays October 10, 17, 24, 31
Tuesdays November 7, 14, 21, 28

Winter series 2018: Wednesdays February 7, 14, 21, 28
Wednesdays March 7, 14, 21, 28

First Steps Lecture series: This series features local expert guest speakers addressing practical matters such as legal issues, financial issues and safety. Pre-registration requested to hold seats. Location: ASDR boardroom. The next First Steps Lecture Series will take place on Friday mornings in November 2017 at our office.

2. Next Steps for Families and Friends

This 3-part series will offer family members/care partners of individuals with Alzheimer's disease (or a related dementia) an overview of dementia and practical strategies for responding to behaviour change, and caregiver stress.

1. **Overview of Alzheimer's Disease and Related Dementia**
2. **Understanding Communication and Responsive Behaviours**
3. **Managing Caregiver Stress Positively**

- The spring session will take place in the morning (9:30am to noon) on the third Wednesdays of April- May-June 2017 at the Alzheimer Society of Durham Region (ASDR) office.
- The fall September 2017 sessions will take place on 3 consecutive Wednesdays in North Durham in the afternoon (2-3:30pm). Location and dates to be determined.
- The winter session will take place in the evening (6:00-8:30pm) on the third Wednesdays of January- February-March 2018 at the Alzheimer Society of Durham Region (ASDR) office.
- Two full day Saturday workshops will be offered: 1) July 8th, 10 am-4 pm at the Port Perry Library and 2) September 9th 10 am-4 pm at the Ajax Library.

Pre-registration to reserve a seat is required

3. The Resilient Caregiver – middle stage workshop

This program offers family members/care partners an overview of the changes faced in the middle stage of dementia. Problem solving strategies and approaches for meeting increased care needs will be discussed. There will be an emphasis on sharing and discussion.

Topics may include:

- The progression of dementia
- Communication and behaviour
- Assisting with day to day activities
- Transitions

Resilient caregiver workshops are planned for Saturday October 14/17 and February 10/18 from 9:30am until 12:30pm. Topics and locations for 2017/18 will be announced soon.

4. Options for Care

This series will help family members/care partners of people with Alzheimer's disease (or a related dementia) evaluate their current caregiving needs and explore other available care options, including long term care.

This series *features guest speakers* from community support agencies such as CCAC and Community Care Durham.

Topics may include:

- Where to turn when care needs are increasing: adult day programs and other community support options
- Long Term Care - how the system works

An **Options for Care** series takes place each April. We offer daytime and evening sessions to accommodate different schedules. Participants have the option of attending one or all sessions. Location: ASDR boardroom.

5. Care in the Later Stages

This series will help family members/care partners of people with Alzheimer's disease (or a related dementia) understand what to expect in the later stages. The series will also explore how participants can provide comfort to the person with dementia as well as discuss the experiences of grief and loss.

Topics may include:

- Natural course of the later stages
- How to recognize pain and distress
- How to provide care that promotes dignity, comfort and quality of life

The next Care in the Later Stages series is being planned for Tuesday mornings in August 2017 from 10:00-12 noon, at ASDR office in Whitby. Please check the ASDR web site for further details.

The courses in the Learning Series are progressive. Each course builds upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. Participants have the opportunity to learn and share with others who are affected by dementia.

Pre-registration is encouraged as space is limited.

There is usually no fee for education sessions; donations are graciously accepted.

***To register visit asdr.eventbrite.ca or for more information please call: 905-576-2567 or toll free 1-888-301-1106; or email information@alzheimerdurham.com**

To keep up to date on dates and locations, please visit our website: www.alzheimer.ca/durham

***PLEASE NOTE:** Sessions may be subject to change or cancelled without advance notice.