

Fall 2019 Program Guide

Programs for people living with dementia and their care partners
La Société Alzheimer peut vous aider en vous fournissant
information, ressources, éducation, soutien et conseil



Alzheimer *Society*

WATERLOO WELLINGTON

www.alzheimerww.ca

Alzheimer Society

WATERLOO WELLINGTON

Dear Friends,

Alzheimer Society Waterloo Wellington (ASWW) is proud to be able to support people living with dementia, their care partners and our community. It really does take a collective effort to support people to “Live Their Best Day”. ASWW continues to provide person-centred, high quality and responsive programming, grounded in best practice including education, social work support, system navigation and social/therapeutic recreational programming. We are grateful to our clients, donors, sponsors, funders, community partners, staff and volunteers, as through their compassion and generosity, we support our community.

You will notice that we are replacing our Learning and Support Series with the First Link Learning Series this Fall. In an effort to align with Alzheimer Society partners all across Ontario, ASWW is offering this standardized, best practice program in our community. The First Link Learning Series is dialogue based education at its best. Check it out on page 15!

Thank you to donors and supporters of our events and fund development programs. Without you ASWW would not be able to offer as many programs and services in our community—as we rely on fundraising for 60% of our operating budget. Your continued support is appreciated and means everything to ASWW. Support a Coffee Break in your community or host one of your own, become a monthly donor or participate in program evaluation through your satisfaction surveys.

ASWW will continue to strive for excellence in all of our various programs across Waterloo Wellington. Our team is proud to provide you with service and look forward to seeing you.

Warm regards,

Michelle Martin, Executive Director

& the ASWW team

Alzheimer Society

**50% OF CANADIANS
DO NOT HAVE
A WILL.**



REQUEST A PLANNER AND GUIDE

**Consider remembering the Alzheimer Society Waterloo Wellington in your will.
To learn more about Planned Giving or to request your free estate planning
guide, contact us today!**

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What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language that affect a person's ability to perform everyday activities. Dementia is a progressive condition. It is very important to arrange for a full medical assessment if you notice changes or symptoms.

Types of Dementia:

Young Onset Dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

Alzheimer's Disease (AD)

AD affects brain cells and how they function, is irreversible and is progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

Vascular Dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke.

Frontotemporal Dementia (FTD)

FTD is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement.

Lewy Body Dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

What is Mild Cognitive Impairment (MCI)?

People with MCI experience problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

Information & Education

We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.

Individual & Family Support

Connect with a Social Worker through in-person, phone, or video appointments to receive help working through individual situations and accessing support services.

Group Meetings

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

Programs & Services Phone Line

Our First Link Coordinator is available during business hours (Monday-Friday, 8:30am-4:00pm) to provide support, answer questions, and help you register for programs. **Call: 519-742-8518 ext. 2090.**

Services en Français

Pour accéder à nos services en français, veuillez contacter Gisèle Hauser en composant le 519-742-8518, poste 2023 ou en envoyant un courriel à ghauser@alzheimerww.ca.

Living Safely in the Community



FINDING Your Way

For people with dementia, every step counts.™

Free online learning course available at www.findingyourwayontario.ca/online-learning

The Finding Your Way® program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

Learn tips and strategies that can help people living with dementia live safely in their day-to-day lives.

Discover Finding Your Way's® *Living Safely with Dementia Resource Guide*, now available at ASWW offices and at **FindingYourWayOntario.ca**. Call 519-742-1422 to request a copy today!

The MedicAlert® Safely Home® program is an effective way to identify the person who is lost and bring the family back together.

Visit www.medicalert.ca/safelyhome or call 519-742-8518 ext. 2090 to learn more.



Vulnerable Persons Registry

Waterloo Region & Guelph Police



In the event of an emergency, The Registry provides police access to helpful information such as:

- emergency contacts
- detailed description
- ways to communicate



Registration is 100% voluntary and free!

Learn more or register today:
vulnerablepersonsregistry.ca

Social & Recreational Programs

Minds in Motion®

Thanks to the generosity of the Ontario Trillium Foundation, the Alzheimer Society Waterloo Wellington is expanding the number of Minds in Motion® locations across Waterloo Wellington. Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. Participants are asked to bring a bottle of water to sessions.

The 2-hour program runs once a week for 6-8 weeks and offers:

- Gentle and easy to follow physical activities led by a certified fitness instructor; and
- Fun social activities focused on building personal skills.

*Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422.
Suggested Donation: \$60*

****Please note: Groups with insufficient registration will be cancelled.**

Baden			Registration Opens for Current Participants
Wilmot Recreation Complex 1291 Nafziger Road, Baden	Wednesdays; 1pm - 3pm	September 4 - October 23	August 21
		November 6 - December 18 (7 weeks)	October 23
Cambridge			Registration Opens for Current Participants
W.G. Johnson Centre Ted Wake Lounge 31 Kribs Street, Cambridge	Mondays; 1pm - 3pm	September 9 - November 4 (no class October 14)	August 19
		November 11 - December 16 (6 weeks)	November 4
Fergus			Registration Opens for Current Participants
Victoria Park Seniors Centre New Basement Room 150 Albert Street W., Fergus	Thursdays; 1pm - 3pm	September 5 - October 24	August 22
		November 7 - December 19 (7 weeks)	October 24

Special thanks to our
Minds in Motion®
community partners:



Social & Recreational Programs

Guelph			Registration Opens for Current Participants
West End Community Centre Lion's Lair Room 21 Imperial Road S., Guelph	Tuesdays; 9:30am - 11:30am	September 3 - October 22	August 20
		November 5 - December 17 (7 weeks)	October 22
Evergreen Seniors Centre 683 Woolwich Street, Guelph	Wednesdays; 1pm - 3pm	September 4 - October 23	August 21
		November 6 - December 18 (7 weeks)	October 23
Kitchener			Registration Opens for Current Participants
Bridgeport Community Centre 20 Tyson Drive, Kitchener	Tuesdays; 1pm - 3pm	September 3 - October 22	August 20
		November 5 - December 17 (7 weeks)	October 22
A.R. Kaufman Family YMCA 333 Carwood Ave., Kitchener	Wednesdays; 10am - 12pm	September 4 - October 23	August 21
		November 6 - December 18 (7 weeks)	October 23
Waterloo			Registration Opens for Current Participants
Stork Family YMCA 500 Fischer Hallman Road N., Waterloo	Mondays; 1pm - 3pm	September 9 - November 4 (no class on October 14)	August 19
		November 11 - December 16 (6 weeks)	November 4

How can you help Alzheimer Society Waterloo Wellington?

Do you ever wonder how a donation to the Alzheimer Society Waterloo Wellington helps or how much it costs to run one of our programs? Look for these bubbles throughout this guide to find out the difference your support makes to our organization.

\$425 donation provides 8 weeks of Minds in Motion® for one set of participants!

Social & Recreational Programs

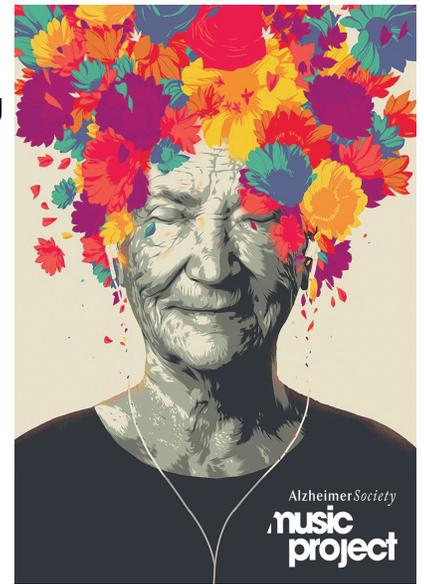
Music Project

The Music Project offers a personalized music package to persons living with dementia at no charge to help improve their quality of life. This includes: a music device, headphones, personalized playlist and ongoing technical support.

If you or somebody you know would benefit from this program, please call 519-742-1422 or fill out an online registration form at www.musicproject.ca/register.

We're always accepting donations of working iPods and iTunes gift cards! Donations can be made online, in person or by mail.

\$150 Donation Provides 1 Music Project Package!



Peer Connections

Peer Connections is a program offered by Alzheimer Society Waterloo Wellington in partnership with the City of Kitchener and the Community Resource Centre of North & Centre Wellington in Elora.

The program consists of two peer groups, running at the same time but meeting separately. One for individuals living with dementia and one for care partners. The focus is to provide meaningful engagement, and a space where individuals can socialize and build networks of community support.

For more information or to register, please call 519-742-8518 ext. 2090. Suggested donation: \$60

Fall	1st & 3rd Tuesday of the month; 10:30am - 12pm	Rockway Centre 1405 King Street E., Kitchener
	2nd & 4th Tuesday of the month; 10:30am - 12pm	The Royal Canadian Legion Branch 229 110 Metcalfe Street E., Elora



When asked to share what they liked most about the Peer Connections Program, one care partner shared:

"The ability to socialize on this journey, share information and have a few laughs."

Social & Recreational Programs

Dementia Friendly Programs in the Community

Memory Boosters

Memory Boosters is a peer-led social group that aims to provide a warm and supportive place for people with dementia and their care partners to socialize, relax, and have fun together. In addition, they share useful information such as details about educational seminars, adult day programs and services that are designed to make living with dementia a little easier.

Fall	2nd & 4th Tuesday of the month; 1:30pm - 4pm	Group meets in Kitchener . Please contact 519-742-1422 or memoryboostersinfo@gmail.com for more information or to register.
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The Reminders—Peer Support Group for Persons Living with Dementia

If you would like to share experiences about what it is like to live with dementia, then you might consider joining this peer support group! They call themselves *The Reminders* because they share what can be remembered and take delight in hearing each others' stories. There is no agenda, rather the discussion follows whatever route the participants take. The volunteer leader, who also lives with memory challenges, has a rich array of experiences in leading small discussion groups.

Fall	Thursdays; 10:30am - 12pm Meetings occur twice a month <i>Starting September 12</i>	This group meets in Guelph . Please call 519-836-7672 ext. 2015 for more information or to register.
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Movies to Remember

Movies to Remember

KITCHENER:
A SNAPSHOT IN TIME

THE TWO SHORT FILMS "A CONESTOGA WAGON STOPPED HERE"
AND "THE INDUSTRIAL PROGRESS OF KITCHENER" WILL TRACE THE
HISTORY OF WATERLOO COUNTY AND THE AREA'S INDUSTRIAL
DEVELOPMENT FROM 1947 TO 1957.

MONDAY, NOVEMBER 25 @ 11 AM

CENTRAL LIBRARY THEATRE

Kitchener
Public Library

Pay & Display parking is available in the Ahrens Street lot next to the library (\$2.35 per hour).

Social & Recreational Programs

Dementia Friendly Programs in the Community

The Circle of Music — Intergenerational Choir



The Circle of Music is a choir for those living with dementia, their care partners and students from a regional high school. This is an opportunity to sing and connect with other people living with dementia, care partners and students. The Circle of Music has been created for enjoyment and support with no previous music or singing experience required. All words and music will be provided, and there will be a time each week to socialize together.

The choir meets in downtown Kitchener on **Thursdays at 3pm**. Free parking is available. For more details or to register, please contact Sasha Judelson at 519-342-4764 or by email at circleofmusickw@gmail.com.

Golf Fore Life



Golf Fore Life is a specialized program supporting golfers living with dementia. The program is designed to provide those living with dementia a chance to continue playing, or return to the sport they love.

This group meets on Tuesday and Thursday mornings.

For more information contact Julie Laderoute at 519-741-2200 ext. 5346 or Julie.laderoute@kitchener.ca



Dementia-Friendly Book Club



Marlena Books has received funding from the Government of Canada's New Horizons for Seniors Program and is looking for book lovers to join our club! This group meets Thursdays at 11am at the Kitchener Public Library, 85 Queen St. N., Kitchener.

Please email karen@marlenabooks.com or call 226-499-4338 to participate.

Participate in Research

The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies. This initiative will help to advance Canadian studies on Alzheimer's disease and other dementias.

To learn more about participating in a study, visit www.alzheimer.ca/en/Research.

Education for People with Dementia

Overview of Dementia

This 2-hour education session will cover learning about dementia, adapting changes in the brain, and living well with dementia. Persons living with dementia may attend with or without a care partner, just as care partners may attend with or without a person living with dementia.

**\$120 Donation
Provides
1 Overview of
Dementia Session!**

***No fee to participate - donations appreciated.
Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422.***

Monday, October 21 10am - 12pm	Woolwich Community Health Centre 10 Parkside Drive, St. Jacobs
Monday, October 28 6pm - 8pm	Guelph Family Health Team, Old Quebec Street Shoppes, 55 Wyndham St. N., Suite 212. Please register for this workshop online at www.guelphfht.com or by calling 519-837-0099
Wednesday, November 20 6pm - 8pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
Tuesday, December 10 10am - 12pm	Alzheimer Society - Guelph Office 69 Huron St, Guelph

Mild Cognitive Impairment (MCI)

Individuals with Mild Cognitive Impairment (MCI) have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. In this session, learn about signs and symptoms, and how MCI is different from dementia. **Registrations details below. No fee to participate - donations appreciated.**

Monday, October 28 10am - 11:30am	Alzheimer Society - Kitchener Office, 831 Frederick Street Call 519-742-1422 to register.
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Taking Control of Our Lives

A 8-week dialogue based learning and support series for people living with dementia to share their experiences, and to learn from others in the group. A care partner is welcomed to attend with the person living with dementia; however, this is not a requirement. Each week, the care partners and persons living with dementia will meet separately. **Participants are strongly encouraged to attend the Overview of Dementia session prior to this group.**

Pre-registration is required. For more information or to register, call 519-742-8518 x2090.

Thursdays; 10am - 12pm October 24 - December 12	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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Upcoming Events

Heads up for Healthier Brains

Look at how memory works and the latest in best practices for your memory. Consider the best ways to keep your brain healthy and strong! Learn about the difference between normal and abnormal forgetting. There will be a time for questions, and free resources are available.

Pre-registration is required. For more information or to register, please call 519-742-1422.

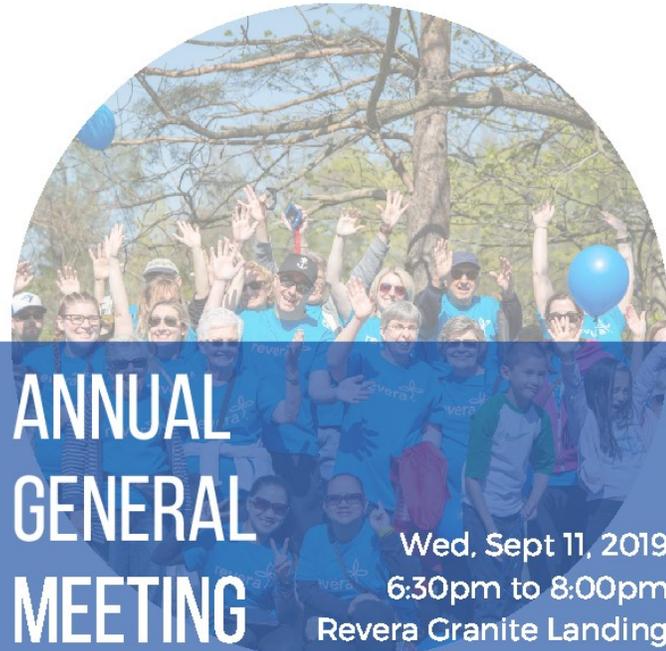
Thursday, October 10
10am - 11am

Victoria Park Senior Centre,
150 Albert St. W., Fergus

Annual General Meeting



WATERLOO WELLINGTON



**ANNUAL
GENERAL
MEETING
2019**

Wed, Sept 11, 2019
6:30pm to 8:00pm
Revera Granite Landing
30 Light Dr, Cambridge, ON
RSVP online:
bit.ly/aswwagm2019

**RSVP phone:
519-742-1422**

Winter Warmer



10th Anniversary

WINTER WARMER

SAVE THE DATE:
THURSDAY, MARCH 26, 2020

To Become a Sponsor, Make a Donation to the Live or Silent Auction, or to Purchase Tickets, Please Contact Barb Eastman-Lewin
barbeastmanlewin@alzheimerww.ca || 519-742-1422 x2019



Coffee Break & Fundraising

- MAKE YOUR COFFEE COUNT -

Host a Coffee Break in support of your local Alzheimer Society



Contact: Gina Dobben
t: 519-742-8518 ext. 2024
e: gina@alzheimersociety.ca



Alzheimer Society
WATERLOO WELLINGTON

Little Fundraiser, Big Difference.



To get started, visit: alzgiving.ca/anything

Alzheimer Society
WATERLOO WELLINGTON

Other Dementias

Pre-registration is required for all education forums through the Alzheimer Society by calling **519-742-1422**. Education events with insufficient registration will be cancelled.

Vascular Dementia

Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, how it can co-exist with Alzheimer's disease, and how you can reduce your risk.

Wednesday, October 2
10am – 11:30am

Alzheimer Society - Guelph Office
69 Huron Street, **Guelph**

Frontotemporal Dementia

Frontotemporal dementia (FTD) is a form of dementia that affects people's language, thinking, and behaviour often before their memory. Find out about FTD, and discover the best methods of communication and interaction with a person living with this type of dementia.

Tuesday, November 19
1pm - 2:30pm

Alzheimer Society - Cambridge Office
1145 Concession Road, **Cambridge**

Lewy Body Dementia

Lewy Body Dementia (LBD) is more common than formerly thought. This session will explore how LBD is related to Parkinson's disease, common signs and symptoms, and the most current interventions to help minimize the impact of this type of dementia.

Wednesday, December 4
10am - 11:30am

Alzheimer Society - Kitchener Office
831 Frederick Street, **Kitchener**

**Make a
difference!**



There's more than one way to help. We need people of all ages, skills and interests to plan, coordinate, **innovate**, lead, create, **inspire**, build, **advocate**, organize, investigate, meet and greet, answer phones and more.

Would you like to **make a difference**? We welcome you and the talents that you are able to share with us at any time. Contact us and we can create a schedule that works for you!

For more information call our office or visit:

www.alzheimerww.ca/volunteering

First Link Learning Series

The First Link Learning Series (FLLS) is a progressive learning series for people living with dementia and their care partners to learn with and from each other, strategies for living well with their diagnosis and/or their role as a care partner. It is designed to promote peer support and empowerment. The FLLS consists of 5 unique series offered over the course of the dementia journey (learning in time and over time as content is relevant to learners' situation). Each series consists of a number of modules relevant to that stage in their lives.

No fee to participate - donations appreciated.

For more information or to register, please call 519-742-8518 ext. 2090

First Steps for People Living with Dementia

An introductory series for people living with dementia. Provides an opportunity to learn and share with others who are in the early stages of dementia.

Thursdays; 10am-12pm Alzheimer Society - Kitchener Office
September 19 - October 10 831 Frederick Street, **Kitchener**
(4 week session)

First Steps for Care Partners

An introductory series for care partners that focuses on understanding & supporting a person living with dementia. This series covers learning about dementia, adapting to changes in the brain, enhancing communication, assessing and managing risk & planning ahead.

Tuesdays; 1pm-3pm Alzheimer Society - Cambridge Office
September 10 - October 1 1145 Concession Road, **Cambridge**
(4 week session)

Care Essentials

Care Essentials is a series that covers issues commonly faced by care partners supporting someone in the middle stages of dementia. Learn strategies to enhance communication and understanding & responding to behaviours.

Tuesdays; 10am-12pm Alzheimer Society - Kitchener Office
October 8 - October 29 831 Frederick Street, **Kitchener**
(4 week session)

Options for Care

For care partners to evaluate their current caregiving needs and become informed about the long-term care process.

Thursdays; 6pm-8pm Alzheimer Society - Guelph Office
November 7 - 21 69 Huron Street, **Guelph**
(3 week session)

Groups for Care Partners

Enhancing Care (EC) for Ontario Care Partners – a program developed in partnership with the Sinai Health System Reitman Centre including Reitman Centre **CARERS** Program and Reitman Centre **TEACH** Program.



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

This program was made possible through funding from the Ministry of Health and Long-Term Care.



Ontario

Ministry of
HEALTH AND
LONG-TERM CARE

Contact Claire Brown, Social Worker, at **519-742-8518 ext. 4001**, to book an EC Program intake appointment to find the group that will best support you as a care partner.

TEACH Program

TEACH (**T**raining, **E**ducation, and **A**ssistance for **C**aregiving at **H**ome) is a 4-week program that focuses on common caregiving themes including:

1. Self-care
 2. Healthcare system navigation
 3. Relationship changes
 4. Future planning
- Coach care partners in practical communication and coping skills.
 - Provides opportunity to share and learn from other care partners.

Space is limited to 8 participants - intake assessment required.

Wednesdays; 10am - 11:30am
September 18 - October 9

Alzheimer Society - Kitchener Office
831 Frederick Street, **Kitchener**

Mondays; 10:30am - 12pm
October 21 – November 11

Alzheimer Society - Guelph Office
69 Huron Street, **Guelph**

Wednesdays; 1:30pm - 3pm
October 9 - October 30

Victoria Park Senior Centre
150 Albert St W, **Fergus**

Mondays; 1:30 - 3pm
November 4 - November 25

Alzheimer Society - Cambridge Office
1145 Concession Road, **Cambridge**

Tuesdays; 6pm - 7:30pm
November 12 - December 3

The Village at University Gates
250 Laurelwood Drive, **Waterloo**

"Thank you Claire for teaching me how to take better care of myself so that I can be more patient with my partner."

- Care Partner

Groups for Care Partners

CARERS Program

CARERS (**C**oaching, **A**dvocacy, **R**espice, **E**ducation, **R**elationship, **S**imulation) is an 8-week program that focuses on the practical skills and emotional supports needed to care for people living with dementia.

- Teaches problem-solving techniques and a structured approach to address problems.
- Coaches care partners in communication skills through the use of simulation.
- Provides strategies for keeping a meaningful relationship with the person living with dementia.

Space is limited to 6 participants - intake assessment required.

Thursdays; 6pm - 8pm

September 19 - November 7

Alzheimer Society - Kitchener Office

831 Frederick Street, **Kitchener**

Tuesdays; 1pm - 3pm

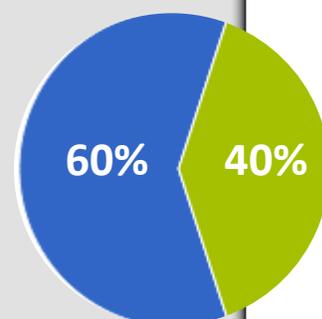
October 22 - December 10

Alzheimer Society - Guelph Office

69 Huron St., **Guelph**

ASWW fundraises 60% of our annual budget in order to provide programs and services that are financially accessible to everyone.

Please help us by making a donation, hosting or attending fundraising events that are offered throughout the year (Page 12-13). Contact us at 519-742-8518 ext. 2019 to learn more about hosting a fundraising event.



Please note that tax receipts will only be issued for donations of \$20 or more.

Online Resources for Care Partners

These online resources are offered by:



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

Tele-Mindfulness Group

- * 8 Week mindfulness meditation program for family care partners.
- * Learn and practice different meditation skills each session.
- * Learn how to effectively relate to and cope with internal and external stressors.
- * Participants must purchase “The Mindful Way Workbook”.
- * Private and confidential Live video-teleconferencing.

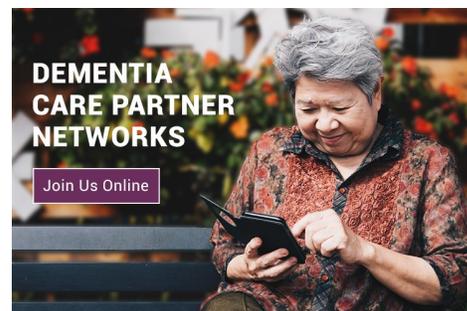
Contact Claire Brown, Social Worker at **519-742-8518 ext. 4001** for more information



Dementia Care Partner Network

- * Online Community for Care Partners.
- * Care partners engage with each other.
- * Exclusive access to Reitman Centre expertise and resources.
- * Invitation to exclusive online events such as the Information and Discussion series hosted by Reitman Centre clinicians.

To register for the network, please visit www.dementiacarers.ca



Mobile Apps

Download for free at the Apple App Store or Google Play.

Dementia Advisor App

- * Interactive format to learn about dementia and communication skills.

Dementia Talk App

- * Track dementia related behaviors, medication, and appointments.
- * Share information with family members and members of health care team.



Groups for Care Partners

Young Onset Care Partner Support Group

This support group is an opportunity to connect with other care partners who are caring for someone with Young Onset dementia, to enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia throughout their journey.

For more information or to register, please call 519-742-8518 ext. 2090.

**\$100 Donation
Provides
1 Care Partner
Support Group
Session!**

1st Wednesday of the month; September - December	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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2nd Wednesday of the month; September* - December <i>*for the month of September, 3rd Wednesday*</i>	Community Outreach Services - St. Joseph's Health Centre 100 Westmount Road*, Guelph <i>(*entrance off of Edinburgh Road)</i>
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Care Partner Support Group

This support group is an opportunity to connect with other care partners, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia throughout their journey.

For more information or to register, please call 519-742-8518 ext. 2090.

1st Tuesday of the Month; September - December	Chartwell Elmira (large activity room) 11 Herbert St, Elmira
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1st Thursday of the Month; October- December	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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OTN Care Partner Support Group

This support group, in partnership with Ontario Telemedicine Network (OTN), is offered through video conferencing as an opportunity to connect with other care partners who are supporting a person living with dementia throughout their journey. There is a brief presentation on topic of the group's choice,



For more information or to register, please call 519-742-8518 ext. 2090.

1st Tuesday of the month; 10am - 11:30am September - December	Locations in Elora, Erin, Mount Forest and Palmerston
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Please note: Groups with insufficient registration will be cancelled.

Groups for Care Partners

Coping with Stress and Grief

Ambiguous loss is defined as a “loss that is unclear; it has no resolution, no closure.”
– Pauline Boss (*Loving Someone who has Dementia*, 2011)

This 4-week support group focuses on understanding and learning to live with grief and loss throughout the dementia journey. Strategies for maintaining meaningful connection with the person living with dementia throughout the journey will be discussed.

It is recommended clients read *Loving Someone who has Dementia* by Pauline Boss prior to the group. Copies of the book are available for loan through the Alzheimer Society library, or available for purchase at your local book store and online retailers.

For more information or to register, please call 519-742-8518 ext. 2090.

Thursdays; 6pm - 8pm
September 5 - September 26

Alzheimer Society - Guelph Office
69 Huron Street, **Guelph**

Care Partner Self Care Group

This group is intended for Care Partners that would like to reflect and learn to balance their energy. Providing support to someone who is living with dementia can be a journey that requires us to be mindful of how we take care of ourselves, to ensure that we don't become overwhelmed and/or burnt out.

For more information or to register, please call 519-742-8518 ext. 2090.

Tuesdays; 1:30pm - 3pm
October 22 - November 12

Alzheimer Society - Cambridge Office
1145 Concession Road, **Cambridge**

Groupe de soutien pour les aidants naturels

Ce groupe de soutien, offert en français, est une belle occasion de nouer des liens avec d'autres aidants naturels, ainsi que d'améliorer votre compréhension de la démence. Il vous permet de développer des stratégies pratiques afin de soutenir une personne vivant avec la démence.

Pour plus d'informations ou pour vous inscrire, s'il vous plaît composez le, 519-742-8518 poste 2023.

1st Mardi du mois;
à partir de novembre

Cambridge
Lieu a determiner

Training and Education

Dementia-Friendly **COMMUNITIES**

*Help our community become
Dementia Friendly*

- People living with dementia may wear a self-identifier
- Businesses, agencies and facilities receive training and can identify themselves as dementia-friendly



LOOK FOR THE BLUE UMBRELLA

www.alzheimerww.ca/dfc

**\$300 Donation Provides 1 Business
with Dementia Friendly
Communities Training!**

Alzheimer Society Waterloo Wellington is committed to offering education and support to professionals who are working with people who are living with dementia.

Our Public Education Coordinators strive to develop training sessions that are tailored to your organization's specific educational needs and areas of interest.

To learn more or to schedule an education session for your organization please call 519-742-1422.

Alzheimer Society Waterloo Wellington is grateful for all donations.

Please consider any of the following to support our mission.



Cash **accepted** at any of our 3 locations Monday-Friday 8:30am-4pm



Cheques **in person** at any of our 3 locations **or by mail** to 831 Frederick St. Kitchener, ON N2B 2B4



Credit Cards accepted **online** at www.alzheimerww.ca
In person at 831 Frederick St., Kitchener Monday-Friday, 8:30am-4pm
By phone 519-742-8518 ext. 2013

Terms of Service

The Alzheimer Society Waterloo Wellington (ASWW) role is to support persons living with dementia and their care partners, in living well with a dementia diagnosis. Our programs and services include: support and education groups, counselling, care coordination, and social/recreational opportunities. These programs are designed to help people remain supported and engaged throughout the dementia journey. Some French language services are available upon request.

All personal information is protected by confidentiality. A confidential file will be created during your initial intake appointment by a Registered Social Worker (RSW) or a supervised Social Work intern. Your file will be securely kept in our electronic database in accordance with the Personal Health Information Protection Act, 2004 (PHIPA). All paper records will be kept for a minimum of 7 years for staff to refer to. Information we keep on file may include:

- The services you receive from us and the dates they were provided to you
- Demographic and statistical data
- Information related to you and your situation which is necessary to understand your service needs

The ASWW operates as a team where all staff and student interns are ethically bound by confidentiality. Information will only be shared where it is found to be clinically necessary and helpful in providing service to you.

Your personal health information may be shared with or collected from your ‘circle of care’. The circle of care refers to individuals and organizations who provide services to you. This may include: doctors, hospitals, Local Health Integration Network’s (LHIN) Home and Community Care, day program providers and community support services. You can tell us if you do not want us to share information with certain members of your circle. You may also give us permission, verbally or in writing, to share your personal information with any individual or organization outside of your circle of care.

Exceptions to confidentiality in which staff members have a duty to report or are required to share your personal health information without your permission include some of the following examples:

- a) Medical emergencies
- b) Court-order
- c) If we believe you or someone you know is at risk of, or experiencing harm to self or others
- d) If a child under the age of 16 could be at risk
- e) Professional misconduct in the form of abuse or behaviours that have placed you or someone you know at risk

Questions or concerns about our terms of service can be discussed with an ASWW staff member. Alternatively, you may contact our office and request to speak with the ASWW’s Privacy Officer for more information or to make a complaint. You may also forward complaints about ASWW’s handling of your information to the Information and Privacy Commissioner of Ontario: by phone (1-800-387-0073); or by mail (1400-2 Bloor Street East, Toronto, Ontario, M4W 1A8).



WATERLOO WELLINGTON PATIENT DECLARATION OF VALUES

You can expect your health care to include:



PATIENT-CENTRED CARE

- That understands that you are a whole person,
- Treats you with compassion and respect, and
- Includes your family and support system in your care.



A PARTNERSHIP WITH YOUR CARE PROVIDER

- That shares responsibility and accountability with you,
- Provides care and support to achieve your health goals, and
- Considers all your health needs, connecting you to health and community services.



COMMUNICATION

- That allows you to be heard in a safe and caring environment,
- Provides clear health information that you can understand, and
- Shares open and transparent information with you and your care teams.



EQUITABLE CARE

- That puts your needs first regardless of your situation,
- Eliminates barriers to receiving timely and safe services, and
- Is free of prejudice, stigma and judgment.



CONTINUOUS IMPROVEMENT IN HEALTH CARE

- That provides you with access to the best quality of care,
- Increases access to new innovative technology and treatments, and
- Contributes to your confidence and trust in the health system.

Alzheimer Society

WATERLOO WELLINGTON



Contact Us

asww@alzheimerww.ca

www.alzheimerww.ca



Charitable Registration Number 10670 5338 RR0001

Our Offices

Kitchener: 831 Frederick St. N2B 2B4 | 519-742-1422

Bus Route #20

Cambridge: 1145 Concession Rd. N3H 4L5 | 519-650-1628

Bus Route #56 & #64

Guelph: 69 Huron Rd. N1E 5L6 | 519-836-7672

Bus Route #4 & #14

