

Winter 2020 Program Guide

Programs for people living with dementia and their care partners

La Société Alzheimer peut vous aider en vous fournissant des informations, 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”.

If you have not had the chance to participate in our **First Link Learning Series**, I would strongly encourage you to do so. The best thing we can do to support someone to live well with dementia is to be educated about the disease.

Minds in Motion[®] continues to be a strong and popular program. I want to communicate a special thank you to the Ontario Trillium Foundation for supporting this program over the past two years. It's been amazing to watch people participate and shine in this program. ASWW is committed to keeping Minds in Motion[®] going. Beginning in January we will resume charging a fee to participate in the program in order to help with some of the costs, while we continue to explore funding. The fee is \$60 for an 8 week session (no additional cost for a care partner attending). In February we will evaluate and reduce by 2 program locations across Waterloo Wellington. Reviewing attendance along with other exercise offerings in the community will guide our decision. Thank you for your continued support of Minds in Motion[®].

Thank you to all donors and supporters of our events and fundraising. Keep an eye out for our 10th Anniversary **Winter Warmer**; tickets will be on sale soon. Without you, ASWW would not be able to offer as many programs and services in our community. We rely on fundraising to support 60% of our operating costs. Your continued support is so appreciated and means everything to ASWW. Become a monthly partner, host a third-party event, and/or support our events; it all helps.

ASWW will continue to strive for excellence in our programs offered across Waterloo Wellington. Our team is proud to provide you with service and look forward to seeing you. Wishing you all a happy and safe Holiday Season!

Warm regards,

Michelle Martin, Executive Director and 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!**

CONTENTS

General Information

What is Dementia?	4
Our Services.....	5
Living Safely in the Community.....	5
Terms of Service.....	19
Online Resources	18

Social and Recreational Programs

Minds in Motion®	6
The Music Project.....	8
Peer Connections Group	8
Memory Boosters.....	8
The Reminders Group	9
Intergenerational Choir	9
Golf Fore Life.....	9
Dementia Friendly Book Club	9

Education Sessions for People Living with Dementia and Care Partners

Overview of Dementia.....	12
Mild Cognitive Impairment.....	12
Taking Control of Our Lives	12
Other Dementias.....	13
Finding Your Way®	13
First Link Learning Series.....	14

Groups for Care Partners

TEACH Program.....	15
CARERS Program	15
Young Onset Care Partner Support Group	16
Care Partner Support Group.....	16
OTN Care Partner Support Group.....	16
Care Partner Self Care Group.....	17
Self Compassionate Mindfulness Group	17
Groupe de soutien et education pour les aidants naturels.....	17
Tele-Mindfulness Group	18
Dementia Care Partner Network	18
Mobile Apps	18

Upcoming Fundraising Events

Winter Warmer	10
Anything for Alzheimer's	10
Walk for Alzheimer's - Save the date	11

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 or transient ischemic attacks (TIA's).

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®

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. A **fee** will be charged to participate in the program effective January 2020. The fee is \$60 for an 8 week session (no additional cost for a care partner attending). Participants are asked to bring a bottle of water to sessions.

The 2-hour program runs once a week 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 at 519-742-1422.
You can register any time if you are a NEW participant to the program.
 If you are currently registered in a session, during the last class you are welcome to register for the next session.*

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

Baden		
Wilmot Recreation Complex 1291 Nafziger Rd. Baden	Wednesdays; 1 pm - 3 pm	Jan 22 – Mar 11
		Mar 25 – May 13
Cambridge		
W.G. Johnson Centre Ted Wake Lounge 31 Kribs St. Cambridge	Mondays; 1 pm - 3 pm	Jan 13 – Mar 9 (no class Feb 17)
		Mar 23 – May 25 (no class Apr 13 or May 18)
Fergus		
Victoria Park Seniors Centre New Basement Room 150 Albert St. W. Fergus	Thursdays; 1 pm - 3 pm	Jan 23 – Mar 12
		Mar 26 – May 14

Special thanks to our
Minds in Motion®
 community partners:



Social & Recreational Programs

Guelph		
West End Community Centre Lion's Lair Room 21 Imperial Rd S. Guelph	Tuesdays; 9:30 am - 11:30 am	Jan 21 – Mar 10
		Mar 24 – May 12
Evergreen Seniors Centre 683 Woolwich St. Guelph	Wednesdays; 1 pm - 3 pm	Jan 22 – Mar 11
		Mar 25 – May 13
Kitchener		
Bridgeport Community Centre 20 Tyson Dr. Kitchener	Tuesdays; 1 pm - 3 pm	Jan 21 – Mar 10
		Mar 24 – May 12
A.R. Kaufman Family YMCA 333 Carwood Ave. Kitchener	Wednesdays; 9:30 am – 11:30am	Jan 22 – Mar 11
		Mar 25 – May 13
Waterloo		
Stork Family YMCA 500 Fischer Hallman Rd N. Waterloo	Mondays; 1 pm - 3 pm	Jan 13 – Mar 9 (no class Feb 17)
		Mar 23 – May 25 (no class April 13 or May 18)

How can you help Alzheimer Society Waterloo Wellington?

Alzheimer Society Waterloo Wellington is grateful for all donations.

Please consider joining our **Monthly Partners** program.

Your monthly gift helps to sustain programming so help is always there
for those who need it most.

Call Lorri at 519-742-8518 ext. 2021 for more information on making a difference by joining this group.

Social & Recreational Programs

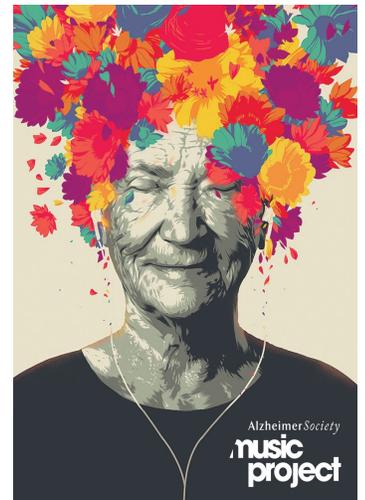
Music Project

The Music Project offers a personalized music package at no charge to persons living with dementia 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.

**\$150 Donation Provides
1 Music Project Package!**

We also accept donations of working iPods



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**

1st & 3rd Tuesday of the month;
10:30 am - 12 pm

Rockway Centre
1405 King St E. **Kitchener**

2nd & 4th Tuesday of the month;
10:30 am - 12 pm

The Royal Canadian Legion Branch 229
110 Metcalfe St E. **Elora**

Dementia Friendly Programs in the Community

Memory Boosters

Meet new people and learn about community resources and services that are designed to make living with dementia a little easier. At Memory Boosters our goal is to provide a warm and supportive place for people living with dementia and their care partners to socialize, relax and have fun together.

2nd & 4th Tuesday
of the month;
1:30 pm - 4 pm

Group meets in **Kitchener**.
Please contact Karin 519-885-2375 or Elaine 519-897-4264
memoryboostersinfo@gmail.com for more information or to register.

Social & Recreational Programs

Dementia Friendly Programs in the Community

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.

Thursdays; 10:30 am - 12 pm
Meetings occur twice a month

This group meets in **Guelph**. Please call
226-314-0949 ext. 2015 for more information or to register.

The Circle of Music - Intergenerational Choir



The Circle of Music is a choir is an opportunity to sing and connect with other people living with dementia, their care partners and students from a regional high school. 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 3 pm. 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.

Upcoming Fundraising Events

Winter Warmer



Alzheimer Society
WATERLOO WELLINGTON

10th anniversary
Winter Warmer

presented by **IG** KW-Cambridge WEALTH MANAGEMENT

THURSDAY MARCH 26, 2020 • 7-10PM
TANNERY EVENT CENTRE
151 CHARLES STREET WEST KITCHENER

You and your guests will enjoy an engaging and informative nosing of some of The Macallan, The Glenrothes and Highland Park's fine whiskys, presented by Cameron Millar.

TICKETS \$125
Appetizers • Live and Silent Auction
Limited Tickets Available. Tax Receipts Provided.

For tickets visit:
www.alzheimerww.ca/winterwarmer or call 519.742.8518 x2019

MACALLAN
THE GLENROTHES ESTD 1879
SPEYSIDE SINGLE MALT SCOTCH WHISKY
HIGHLAND PARK
SPEYSIDE SINGLE MALT SCOTCH WHISKY

Instagram: @cambassador

drink smart ©2019 Beam Suntory Inc., Chicago, IL USA

Anything for Alzheimer's

One man, two skates.
19 hours and 26 minutes.



alzgiving.ca/anything

What would you do for Alzheimer's?

To create your event contact Barb Eastman-Lewin at 519 742 8518 x 2019 or barbeastmanlewin@alzheimerww.ca

Upcoming Fundraising Events

Walk for Alzheimer's—Save the Date



IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER'S**

Save The Date!

Sunday, May 24, 2020

More details to come in our next Program Guide!

When you walk, you make memories matter.

You send a message of hope to the 13,000 people in our community currently living with dementia, and thousands more who care for them.

When you fundraise, you promise them that help will always be available. Why not create a team to honour someone or to reflect your group's commitment to the cause?

Join us on **May 24, 2020** for fun, fitness and raising much-needed funds and awareness. For more information, contact Barb at 519-836-7672 ext. 2019 or barbeastmanlewin@alzheimerww.ca

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

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.

No fee to participate - donations appreciated.

Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422.

Wednesday, Jan 15 6 pm - 8 pm	Alzheimer Society Waterloo Wellington 1145 Concession Rd., Room S206 Cambridge
Monday, Feb 10 1 pm - 3 pm	Wilmot Recreation Complex, Active Living Centre 1291 Nafziger Rd. Baden
Thursday, Mar 12 10 am - 12 pm	Alzheimer Society Waterloo Wellington 831 Frederick St. Kitchener
Thursday, April 16 6 pm - 8 pm	Alzheimer Society Waterloo Wellington 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.

Tuesday, Jan 28 6 pm - 7:30 pm	Alzheimer Society Waterloo Wellington 831 Frederick St. Kitchener , call 519-742-1422 to register.
Thursday, Mar 12 10 am - 11:30 am	David Durward Centre 62 Dickson St. Cambridge , call 519-742-1422 to register.
Monday, April 6 10 am - 11:30 am	Guelph Family Health Team, Old Quebec Street Shoppes 55 Wyndham St. N., Suite 212 Guelph . Registration opens on March 6 online at www.guelphfht.com or by calling 519-837-0099.

Taking Control of Our Lives

An 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 education session.**

Pre-registration is required.

For more information or to register, call 519-742-8518 x2090.

Thursday, Mar 26 to May 14 10 am - 12 pm	Alzheimer Society Waterloo Wellington 831 Frederick St. Kitchener
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Other Dementias

Vascular Dementia

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

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.

Tuesday, Jan 7 1 pm - 2:30 pm	Alzheimer Society Waterloo Wellington 831 Frederick St. Kitchener
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Thursday, April 2 6 pm - 7:30 pm	Alzheimer Society Waterloo Wellington 69 Huron St. Guelph
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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.

Wednesday, Feb 12 1 pm - 2:30 pm	Alzheimer Society Waterloo Wellington 69 Huron St. Guelph
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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.

Tuesday, Mar 24 6 pm - 7:30 pm	Alzheimer Society Waterloo Wellington 1145 Concession Rd. Cambridge
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Finding Your Way®

Finding Your Way® – why people living with dementia are at risk for becoming lost, and what can be done to reduce that risk.

If you are living with dementia, or are caring for a person with dementia, Finding Your Way® has information and resources to help you be prepared for incidents of going missing. There will be a staff member from Victim Services Wellington to speak about Project Lifesaver, and an opportunity to examine the devices and equipment Project Lifesaver uses.

For more information or to register, please call 519-742-1422.

Thursday, January 16 10 am - 11:30 am	Victoria Park Senior Centre 150 Albert St. W. Fergus
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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 is offered over the course of the dementia journey (learning in time and over time as content is relevant to learners' situations). 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.

Fridays, Feb 7 to 28
10 am - 12 pm

Alzheimer Society Waterloo Wellington
831 Frederick St. **Kitchener**

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 and planning ahead.

Mondays, Jan 20 to Feb 10
10 am - 12 pm

Alzheimer Society Waterloo Wellington
831 Frederick St. - **Kitchener**

Thursdays, Mar 5 to 26
6 pm - 8 pm

Alzheimer Society Waterloo Wellington
69 Huron St, **Guelph**

Care Essentials

Care Essentials is a series that covers issues commonly faced by care partners supporting someone with dementia. Learn strategies to enhance communication and understanding and responding to behaviours.

Tuesdays, April 7 to 28
6 pm - 8 pm

Alzheimer Society Waterloo Wellington
1145 Concession Rd. **Cambridge**

Care in the Later Stages

This series looks at preparing for and making decisions related to end-of-life. Focus is on comfort, quality of life and self-care.

Tuesdays, Feb 11 to 25
1 pm – 3 pm

Alzheimer Society Waterloo Wellington
69 Huron St. **Guelph**

Tuesdays, April 14 to 28
10 am – 12 pm

Alzheimer Society Waterloo Wellington
831 Frederick St. **Kitchener**

Groups for Care Partners



Sinai Health System

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



Ontario

Ministry of
HEALTH AND
LONG-TERM CARE

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.

This program was made possible through funding from the 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. Online group opportunities are also available.

TEACH Program

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program that focuses on common caregiving themes including:

Self-care	Healthcare system navigation
Relationship changes	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 , Feb 19 – Mar 11 10 am - 11:30 am	Alzheimer Society Waterloo Wellington 831 Frederick St. Kitchener
Fridays , Feb 7 – 28 10:30 am - 12 pm	Alzheimer Society Waterloo Wellington 69 Huron St. Guelph
Wednesdays , April 8 – 29 10 am - 11:30 am	Claire Stewart Medical Centre, 525 Dublin St. Mount Forest
Mondays , Mar 30, April 6, 20 and 27 1 pm - 2:30 pm	Alzheimer Society Waterloo Wellington 1145 Concession Rd. Cambridge

CARERS Program

CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) 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.

Mondays , Jan 20 to Mar 23 1:30 pm - 3:30 pm (no sessions - Feb 17, Mar 16)	Sunnyside Campus – 247 Franklin St. Kitchener
Tuesdays , Jan 21 – Mar 10 6 pm - 8 pm	Alzheimer Society Waterloo Wellington 69 Huron St. Guelph

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.

1st **Wednesday** of the month Alzheimer Society Waterloo Wellington
831 Frederick St. **Kitchener**

2nd **Wednesday** of the month Community Outreach Services
St. Joseph's Health Centre
100 Westmount Rd.* **Guelph** (*entrance off of Edinburgh Rd.)

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 Chartwell Elmira (large activity room)
11 Herbert St. **Elmira**

1st **Thursday** of the month Alzheimer Society Waterloo Wellington
831 Frederick St. **Kitchener**

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, followed by group discussion.



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

1st **Tuesday** of the month;
10 am - 11:30 am Locations in **Elora, Erin,**
Mount Forest and Palmerston

Groups for Care Partners

Care Partner Self Care Group

This group is intended for Care Partners that would like to reflect and learn to balance their emotional 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, Jan 30 - Feb 20
1:30 pm - 3 pm

Alzheimer Society Waterloo Wellington
1145 Concession Rd. **Cambridge**

Self Compassionate Mindfulness Group

“Self compassion allows us to fill up our internal reserves, so that we have more to give to those who need us”

-Kristen Neff

(Self- Compassion, The Proven Power of Being Kind to Yourself, 2011)

This 4 week support group is intended for Care Partners to develop self compassion through mindfulness exercises. The sessions will provide you with strategies to calm and soothe your mind and support you to be more restful. When care partners engage in self compassion, this sense of calmness can be transferred to the person they are caring for.

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

Wednesdays, April 8 – 29
1 pm – 2:30 pm

Alzheimer Society Waterloo Wellington
69 Huron St. **Guelph**

Groupe de soutien et éducation pour aidants naturels

Belle occasion de nouer des liens avec d'autres aidants naturels, ainsi que d'améliorer votre compréhension de la démence. Ceci vous permet de développer des stratégies pratiques afin de soutenir une personne vivant avec la démence.

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

**\$100 Donation provides
1 Care Partner Support Group Session.**

Online Resources for Care Partners

These online resources are offered by:



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.

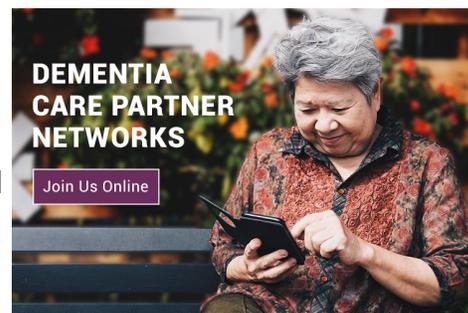


Contact Claire Brown, Registered Social Worker at **519-742-8518 ext. 4001** for more information.

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.



Looking for Online Dementia Resources?

Check out the **Brochures and Publications page** on the Alzheimer Society Canada's website www.alzheimer.ca for a large variety of free downloadable resources.

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).

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

