

Summer 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 partner with people living with dementia, their care partners and our community. It really does take a collective effort to support people with dementia to “Live Their Best Day”. ASWW is honoured to be able to provide client centred, high quality and responsive programming including education, Social Work support services and social/therapeutic recreational programming. We are so grateful to our donors, sponsors, many community partners, staff and volunteers as through their commitment and generosity we can support those living with dementia in our community.

We are very grateful to everyone who supported our IG Wealth Management Walk for Alzheimer’s raising over \$110,000. Thank you to everyone who came out to walk and/or made a donation!

Through the Ontario Dementia Strategy, the Waterloo Wellington Local Health Integration Network (WWLHIN) has funded the First Link Care Navigator Program. This program provides intensive case management and service navigation for clients who require support throughout their dementia journey. With this opportunity, ASWW is also now providing Social Work support services in French. We are thrilled to work with the Francophone community to support their needs.

ASWW continues to offer the Enhancing Care for Care Partners Program including CARERS and TEACH across the Region. This intensive supportive caregiver program helps people develop problem solving and communication skills in a truly client centred format. Results have been fantastic, and we are thrilled to be able to offer it across our Region. If you are a caregiver who has struggled with communication, the changing relationship or the journey in general, this program is for you.

ASWW operates in a continuous quality improvement culture, working side by side with clients and community partners. Thank you for participating in ongoing program evaluations and thank you for completing your surveys. Our priority is providing the most client centred care possible and we look forward to continuing this journey with you.

We look forward to seeing you soon,

Michelle Martin, Executive Director
and the Alzheimer Society Waterloo Wellington Team

Please note when visiting any of our offices or attending our programs that we are nut and scent free. Thank you for your cooperation and understanding.

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Looking for Online Dementia Resources?

Check out the [Brochures and Publications page](#) on the Alzheimer Society Canada's website for a large variety of free downloadable resources!



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 note 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.

Program & Services Phone Line

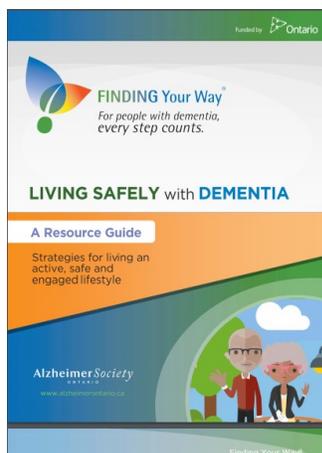
A member of our Program & Services team is available during business hours (8:30am-4:00pm) to provide support, answer questions and help you register for programs.

Call a team member directly at: 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



Learn more about how to live safely while being active in your community. 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 the 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!

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

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 a Social Worker at 519-742-8518 ext. 2090 to learn more.



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 each session. 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: \$60.00*

Baden		
Wilmot Recreation Complex 1291 Nafziger Road, Baden	Wednesdays; 1pm - 3pm	June 12 - July 31
Cambridge		
W.G. Johnson Centre Ted Wake Lounge 31 Kribs Street, Cambridge	Mondays; 1pm - 3pm	June 17 - August 19 (no class July 1, August 5)
Fergus		
Victoria Park Seniors Centre, New Basement Room 150 Albert Street W., Fergus	Thursdays; 1pm - 3pm	July 4 - August 22
Guelph		
Victoria Road Recreation Centre, 151 Victoria Rd N., Guelph	Tuesdays; 9:30am - 11:30am	July 2 - August 20
Evergreen Seniors Centre 683 Woolwich Street, Guelph	Wednesdays; 1pm - 3pm	July 3 - August 21
St. Jacobs		
St. James Luthern Evangelical Church 1407 King St. N. St. Jacobs	Tuesdays; 10am - 12pm	July 2 - August 20

Special thanks to our
Minds in Motion®
community partners:



Centre
Wellington

CITY OF
Guelph
Making a Difference



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

Social & Recreational Programs

Music Project

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

Visit www.alzheimerww.ca/MusicProject for more information.



We're always accepting donations of iPods, iTunes gift cards and used CDs! Donations can be made online, in person or by mail.
Suggested donation: \$150.00

Peer Connections Group

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

The program consists of two peer groups, running at the same time but meeting separately as individuals living with dementia and the other group for care partners. The focus is to provide meaningful engagement, and a space where individuals can socialize and build networks of community support. **Suggested donation: \$60.00**



Summer Registration opens for current participants May 28th	1st & 3rd Tuesday of the month; 10:30am - 12pm, June 18 – August 20	Rockway Centre 1405 King Street E., Kitchener
	2nd & 4th Tuesday of the month; 10:30am - 12pm, June 25- August 27	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

The Memory Boosters peer-led social group 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.

Summer

Tuesdays; 1:30pm - 4pm
Meetings occur twice a month

Group meets in **Kitchener**.
Please contact 519-742-1422 or
memoryboostersinfo@gmail.com
for more information or to register.

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 11 am at the Kitchener Public Library, 85 Queen St. N., Kitchener.

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

Education for People with Dementia

Overview of Dementia

This 2-hour education session will cover learning about dementia, adapting to 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.

Summer	Thursday, July 18 1pm - 3pm	Guelph Family Health Team - Old Quebec Street Shoppes, 55 Wyndham St. N., Suite 212, Guelph <i>Please register for this workshop online at www.guelphfht.com or by calling 519-837-0099</i>
	Thursday, August 29 10am - 12pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

Mild Cognitive Impairment

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.

No fee to participate - donations appreciated.

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

Summer	Thursday, July 11 10am - 11:30am	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
	Wednesday August 21 1pm - 2:30pm	Guelph Family Health Team - Old Quebec Street Shoppes, 55 Wyndham St. N., Suite 212, Guelph <i>Please register for this workshop online at www.guelphfht.com or by calling 519-837-0099</i>

Education for Care Partners

Other Dementias

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.

No fee to participate - donations appreciated.

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

Summer	Wednesday, August 7 10am - 11:30am	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
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How Does Your Donation Help?

\$60 Provides a 1:1 Social Work Meeting for the First Link® Program!

Registered Social Workers provide one on one support to people living with dementia, care partners and their families. These sessions help people to be successful in their dementia journey as they develop coping strategies together. This personalized approach supports people to live their best day, and reduces care partner stress.

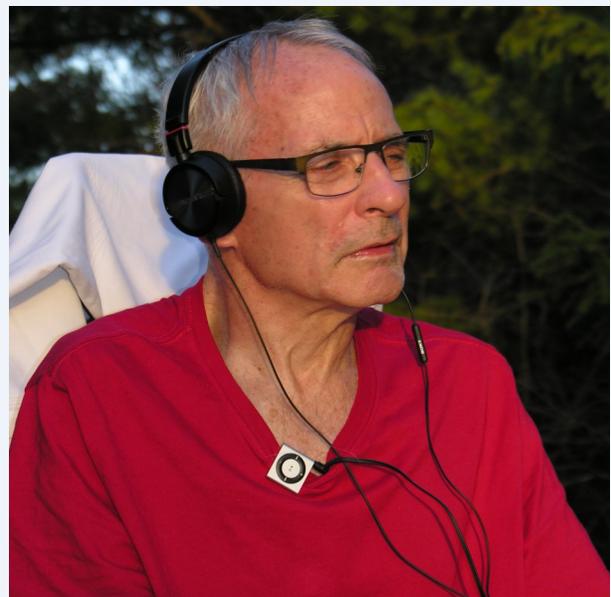


\$120 Provides 1 Overview of Dementia Session!

This is an invaluable session for both people living with dementia and care partners. This session teaches individuals about dementia, and arms them with strategies for adapting to changes in the brain, and living well with dementia.

\$150 Provides 1 Music Project Package!

The Music Project offers at no charge a music player package programmed with an individual's favourite music. Music and memory have a strong connection, and can encourage emotional memories. Music is a wonderful tool to increase mood, reduce frustration and improve quality of life for an individual living with dementia. Support is provided to care partners and individuals using the music package.



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



Businesses are trained how to be dementia-friendly for their customers. Staff are taught how to recognize signs of dementia, give focused customer service and how to support a person living with dementia in a business setting. The training allows for a positive supportive environment for both staff and customers, leaving everyone feeling empowered and supported. This training aims to reduce the stigma surrounding dementia and encourages people living with dementia to actively participate in day to day tasks such as banking, shopping or accessing services in their communities.

\$425 Provides 8 Weeks of Minds In Motion® Sessions!

Minds in Motion® is a community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Feedback from participants from the program is unanimous – they love it!



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 and/or attending fundraising events that are offered throughout the year. Contact us at 519-742-8518 ext. 2019 to learn more about hosting a fundraising event.

Thank you for supporting us!

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. For online resources visit www.dementiacarers.ca

TEACH Program

TEACH (Training, Education, and Assistance for Caregiving at Home) 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.

Biweekly Thursdays; 1pm - 2:30pm Alzheimer Society -
July 11, 25, August 8, 22 Cambridge Office 1
145 Concession Road,
Cambridge

Tuesdays; 10:30am - 12pm Alzheimer Society -
July 9, 23, August 6, 20 Guelph Office
69 Huron Street, **Guelph**

“Program was very well prepared and the instructor made sure everyone had time to share. The group worked well together and each of us felt we could share issues that were troublesome. I believe we all would leave feeling we were listened to and cared about.”

- Care Partner



Sinai Health System

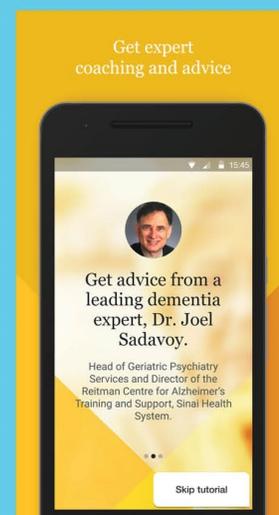
THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

Caring for
a family member
with dementia?

GET THE

SINAI HEALTH SYSTEM

**DEMENTIA
ADVISOR
APP**



Dementia Advisor — a mobile app designed by Sinai Health System Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training — helps family caregivers learn how to deal with difficult dementia behaviours through interactive, chat-based role playing. The app can be downloaded for free from the Apple or Google Play app stores. For more information, go to: www.dementiaadvisor.com

Dementia Advisor was developed in association with Acquia, a digital technology company, and funded in part by the Government of Canada's Social Development Partnership Program – Children and Families component.

DOWNLOAD FOR FREE



Shared by Sinai Health Foundation, 2018.

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.**

Spring/Summer	Tuesdays; 1 pm - 3 pm July 23, 30, August 6, 13	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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Young Onset Caregiver 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.

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

2nd Wednesday of the month; March - July	Community Outreach Services - St. Joseph's Health Centre 100 Westmount Road*, Guelph (*entrance off of Edinburgh Road)
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OTN Caregiver Support Group

This support group, in partnership with Ontario Telemedicine Network (OTN), is offered through video conferencing as an opportunity to connect with other caregivers. There is a brief presentation 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; 10am - 11:30am March - July	Locations in Ayr, Cambridge, Elora, Erin, Guelph, Mount Forest and Palmerston
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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



BE A SUPER HERO!

Protect your Family & Assets

Save Taxes

SAVE THE WORLD FROM DEMENTIA!

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!

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give and get involved, please call 519-742-1422 or visit: www.alzheimerww.ca/getinvolved

Our three offices are here to serve you

Cambridge

1145 Concession Road
N3H 4L5

519-650-1628

www.alzheimerww.ca

Guelph

69 Huron Street
N1E 5L6

519-836-7672

Kitchener

831 Frederick Street
N2B 2B4

519-742-1422

asww@alzheimerww.ca



Charitable Registration Number: 10670 5338 RR0001