

The Alzheimer Society of York Region's mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias, and to promote research. AS York does this by providing services such as counselling, education, navigation, support groups, and D.A.Y. programming for the person living with Alzheimer's disease and other dementias and their caregiver. The dementia journey can be a long one. At the Alzheimer Society of York Region, our job is to ensure residents have the tools and support they need to make it as easy as possible.

Dementia Facts

- 564,000 Canadians are living with Alzheimer's disease and other dementias
- 25,000 new cases of dementia are diagnosed every year
- By 2031, that number is expected to rise to 937,000, an increase of 66%
- In York Region, 15,000 people are currently living with the disease
- With every one person diagnosed another 10-12 people are directly impacted
- As of 2016, the combined healthcare system and out-of-pocket caregiver costs are estimated at \$10.4 billion per year

D.A.Y. Programs



The Alzheimer Society of York Region (AS York) has been providing quality dementia-specific adult D.A.Y. programs since 1985.

Services are offered in Aurora, Thornhill and Stouffville.

The D.A.Y. centers provide structured, individualized social programs for people living with Alzheimer's disease and other dementias while providing respite to their caregiver.

Eligibility

- ✓ Diagnosis of Alzheimer's disease and other dementias
- ✓ York Region resident
- ✓ Daily fee required
- ✓ Referral from Home & Community Care. Contact them at **1.888.470.2222**

Support

Alzheimer's disease and other dementias do not just affect those living with it: caregivers are often left feeling overwhelmed, depressed and guilty.

Support groups, facilitated by the AS York's social workers, are attended by people living through every stage of the caregiver's journey, from early diagnosis to end of life.

Support groups include spouse care partners; young-onset care partners, and groups in various languages.

Support groups are **free** and are available at various locations throughout York Region.



Support & Education

Confidential **counselling** and **support** is available by AS York's team of registered social workers.

Disease-specific supportive counselling, information, education and referrals to other community programs and services assist families throughout the dementia journey.

Support is provided by phone, email or through in-person meetings within the community or at AS York's offices. Service is available in several languages.

Counselling is **free**.

Caregiver Education

AS York provides education for people living with Alzheimer's disease and other dementias and their care partners.

The First Link® Learning Series offers an overview of dementia, coping strategies and resources spread over five modules, each one building upon the other.

Participants are offered the opportunity to share and connect with others.

Memory Cafes

The First Link® Memory Cafes provide an opportunity for socialization, information sharing and networking.

Contact **905.726.3477**
or **1.888.414.5550** for details.