



ALZHEIMER SOCIETY WATERLOO WELLINGTON

# DEMENTIA PROGRAM GUIDE

Programs and Services from May to August 2025

Programmes et services de mai à août 2025

*Société Alzheimer Society*

WATERLOO WELLINGTON

# Come Walk with Us!



## JOIN THE IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

- Saturday, May 24, 2025
- Walk locations in Kitchener, Guelph, Mount Forest and Cambridge
- Sign up at [Alzheimerww.ca](https://Alzheimerww.ca)

New this year:  
**Cambridge  
Walk  
Location!**

## Who are you walking for?



Highview  
Residences



Home  
Instead.



# Table of Contents

|                                  |    |
|----------------------------------|----|
| EDUCATION OFFERINGS .....        | 4  |
| PROGRAM DESCRIPTIONS .....       | 6  |
| CARE PARTNER SUPPORT.....        | 8  |
| SOCIAL RECREATION PROGRAMS ..... | 10 |
| TERMS OF SERVICE .....           | 14 |

## A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER

Dear Clients and Community Members,

As we welcome the spring season and look ahead to May, I'd like to share some updates at Alzheimer Society Waterloo Wellington (ASWW) as we continue to enhance our services to support people living with dementia and their care partners in our region.

I'm excited to report that our Respite Program [page 9] has transitioned from a successful pilot to a fully funded service through Ontario Health, offering a regularly scheduled 4-hour in-home respite shift each week at no cost to care partners. This service, provided by trained professionals, allows care partners to take a break and focus on self-care, attend support groups, or handle other important tasks outside of the home.

I'd also like to highlight AlzEducate [page 12], a wonderful online resource that offers free live webinars and on-demand courses from the Alzheimer Society for people living with dementia, care partners, healthcare providers, and anyone seeking more information. This resource is an excellent tool for building understanding and support, and we encourage you to take advantage of it!

At the Alzheimer Society Waterloo Wellington, we are committed to providing compassionate support for those living with dementia. Thank you for your ongoing support as we make a difference in our community together.

Warm Regards,



*Michelle Martin*

Michelle Martin, Chief Executive Officer

# EDUCATION

Join us virtually on Zoom or in-person for seminars or multi-week series at our offices across the region. Register by clicking on the program name, calling the office, or asking your Social Worker/Navigator. Our virtual seminars do not require a camera - you can join via computer, phone, or tablet. Space is limited for in-person seminars.

**A full description of all our seminars can be found on pages 6 and 7.**

## MAY

### **U-First® for Care Partners (series)**

Virtual - Wednesdays, 6-8 PM

May 7, 14, 21

Register with Social Worker/Navigator

### **Overview of Dementia**

Kitchener - May 9, 1-2:30 PM

### **Should We Attend?**

Guelph - May 13, 10-11 AM

### **Mild Cognitive Impairment**

Guelph - May 20, 1-2 PM

### **Young Onset Dementia**

Fergus (Victoria Park Senior's Centre) - May 22, 10:30-11:30 AM

### **Exploring the Possible Warning**

### **Signs of Dementia**

Kitchener - May 22, 2-3 PM

### **Understanding Changing**

### **Behaviours**

Kitchener - May 29, 2-3 PM

## JUNE

### **Hearing From Others**

(for people living with dementia)

Cambridge - June 2, 10-11:30 AM

### **Connecting Through Activities**

Kitchener - June 3, 10-11 AM

### **Teepa Tips**

Kitchener - June 6, 1:30-2:30 PM

### **After the Diagnosis**

(for people living with dementia)

Kitchener - June 9, 10-11:30 AM

### **Overview of Dementia**

Virtual - June 10, 6-7:30 PM

### **Strategies for Better Communication**

(for people living with dementia)

Cambridge - June 16, 10-11:30 AM

### **Frontotemporal Dementia**

Fergus - June 26, 10:30-11:30 AM

### **Brain Health**

Guelph - June 27, 1-2 PM



## JULY

### **Helping Children Understand Dementia**

Guelph - July 8, 10-11 AM

### **Mild Cognitive Impairment**

Kitchener - July 9, 10-11 AM

### **Inside the Brain: An Interactive Tour**

Virtual - July 15, 12-1 PM

### **Overview of Dementia**

Cambridge - July 17, 1-2:30 PM

### **Parkinson's and Dementia**

Fergus - July 24, 10:30-11:30

### **Grief and Loss in Dementia**

Kitchener - July 30, 10-11 AM

## AUGUST

### **Cheat Sheet for Communication**

Kitchener - Aug 5, 10-11 am

### **M.I.N.D. Eating Plan**

Virtual - Aug 7, 10-11 AM

### **Exploring the Possible Warning Signs of Dementia**

Kitchener - August 11, 1:30-2:30 PM

### **Brain Health**

Fergus - Aug 14, 10:30-11:30 AM

### **Overview of Dementia**

Kitchener - Aug 27, 10-11:30 AM

## DROP-IN IN-PERSON EDUCATION

**Drop-in at the Evergreen Seniors Community Centre in Guelph** (683 Woolwich St.) for a free 1-hour in-person dementia education, no registration needed.

### **Travelling When Someone Has Dementia**

May 28, 11-12 noon

### **Ambiguous Loss**

June 25, 11-12 noon

### **Different Types of Dementia**

July 23, 11-12 noon



# PROGRAM DESCRIPTIONS

## EDUCATION

**After the Diagnosis (for people living with dementia):** This talk looks at 10 steps people experiencing cognitive changes might want to focus on after they receive a diagnosis, to help them ensure the highest quality of life on their dementia journey. Designed for people living with dementia.

**Ambiguous Loss:** The issue of loss and grief is one of the most significant issues when supporting people living with dementia. This session will explain ambiguous loss to help you along your journey.

**Brain Health:** Learn the critical suggestions for maintaining a healthy brain. You'll be provided with information and strategies that can be implemented into your daily routine.

**Cheat Sheet for Communication:** This talk will suggest conversation starters to assist with supporting conversation for people with dementia.

**Connecting Through Activities:** This talk provides ideas for activities, and looks at the value of everyday actions, and how they can be activities for people living with dementia.

**Different Types of Dementia:** If you would like to know the difference between types of dementia, if you wonder what AD, VA, LBD, FTD, YO & CJD mean, if you are interested in everything from who discovered these diseases to the current treatments, then this is the talk for you.

**Exploring the Possible Warning Signs of Dementia:** This presentation will discuss modifiable risk factors for dementia and how we can help protect and improve brain health at any age! This workshop will provide information on reducing the risks of dementia and tips, tricks, and resources.

**First Steps for People Living With Dementia:** This 4-week introductory series for people living with dementia focuses on adapting to changes in the brain and learning about dementia.

**Frontotemporal Dementia:** Find out about Frontotemporal dementia and discover the best methods to communicate and interact with a person living with this type of dementia.

**Grief and Loss in Dementia:** This talk recognizes the uniqueness and complexity of loss and grief in dementia, explores ideas for learning to live with loss and grief and develops an understanding of supportive services in the community.

**Hearing From Others (for people living with dementia):** This talk shows film vignettes about strategies to live with the symptoms of dementia. It focuses on the lived experience of 3 women with dementia, as they share how they adapt to symptoms they experience. Designed for people living with dementia.

**Helping Children Understand Dementia:** There are many ways children and young people can respond when they find out that a person has dementia. This talk looks at common reactions' children have and ways to explain the changes in a family member or friend. The session includes links to various resources designed to help you in supporting young people when someone close to them has dementia.

**Inside the Brain - An Interactive Tour:** This session will cover what dementia is and how brain changes are affecting the person living with dementia by looking at each brain region individually.

**M.I.N.D. Eating Plan:** The M.I.N.D. diet aims to reduce dementia and the decline in brain health that often occurs as people get older. It combines aspects of two very popular diets, the Mediterranean diet, and the Dietary Approaches to Stop Hypertension (DASH) diet. (Sample menu included.)

**Mild Cognitive Impairment (MCI):** In this session, learn about signs and symptoms of Mild Cognitive Impairment as well as tips and strategies for living well.

**Overview of Dementia:** This session will cover learning about dementia, adapting to changes in the brain and living well with dementia. If you are beginning your dementia journey, this is the place to start.

## EDUCATION (CONTINUED)

**Parkinson's and Dementia:** This talk will focus on Parkinson's disease dementia and its relationship to Lewy Body Dementia. We will compare Parkinson's and LBD and consider ideas to live well with a variety of symptoms.

**Should We Attend?:** People often need to consider if it is a good idea to take their relative, or friend with dementia, to a wedding, funeral, concert, restaurant, or on a trip. This talk will look at questions to consider when making decisions about large group activities.

**Strategies for Better Communication (for people living with dementia):** This program considers some of the issues and challenges people living with dementia might experience and things that might help to live well with dementia. Participants will be sharing their experiences, setting goals, trying out different strategies, and reflecting with the group on how these goals worked.

**Teepa Tips:** This session looks at the top tips shared by Teepa Snow (dementia-care specialist) using a person-centered care approach. The talk will cover understanding, language, communication, and includes a short film.

**Travelling When Someone Has Dementia:** Join us for practical tips on how to travel with someone who has dementia. This program will discuss topics such as long trips, and how to adjust your traveling plans accordingly.

**U-First!® for Care Partners:** An education program for those directly supporting someone experiencing behaviour changes due to dementia. For this 3-week course, we will give you a workbook and a tool which complements the lessons.

**Understanding Changing Behaviours**  
This talk is designed help better understand why people living with dementia express changes in their behaviour. It is a high-level overview to understand these changes and consider some interaction ideas.

**Young Onset Dementia:** Join us for a discussion of young-onset dementia, coping tips for families, and resources to access.

## SOCIAL WORK

**T.E.A.C.H:** Training, Education, and Assistance for Care giving at Home is a 4-week program. We will focus on common care giving themes: self-care, relationship changes, health care, system navigation, and future planning.

**C.A.R.E.R.S.:** Coaching, Advocacy, Respite, Education, Relationship, Simulation is an 8-week program designed for care partners focusing on the practical skills and emotional support needed to care for people living with dementia.

**Care Partner Support Groups:** Led by a Registered Social Worker, there are a variety of monthly groups for all types of care partners and situations. For more information or to register, please reach out to your social worker/navigator or call our offices.

**Rural Support Groups:** These groups provide a space for information-sharing and connecting with other care partners who share experiences supporting a person living with dementia. There is a brief presentation on topics of the group's choice, followed by group discussion.

## SOCIAL RECREATION

**Creativity Workshop:** Join us for our monthly Creativity Workshop, where we create something special to keep.

**DELIGHT:** The DELIGHT program aims to provide habilitation within a program that also fosters social relationships and connection, optimism, and hope for living well with dementia.

**Memory Café:** This drop-in program focuses on fostering meaningful connections among participants with casual conversation, activities, and special guests.

**Minds in Motion®:** Consisting of a gentle group exercise class, followed by a fun and engaging recreational activity, participants will exercise both their bodies and minds.

**SPARK a Memory:** This program is intended for care partners to attend and work directly with a volunteer. This program will take place over 3 separate 1.5-hour sessions. Together they will design and develop a personalized photo memory book to keep and help with conversations.

# CARE PARTNER SUPPORT

## ENHANCING CARE FOR ONTARIO CARE PARTNERS:

Developed in partnership with the Reitman Centre, Sinai Health, we offer group programs that help manage the day-to-day care of the person living with dementia, reduce emotional stress and burden, and improve the care partner's ability to cope with the demands of caregiving. To find out more please speak to your social worker/navigator. This provincial program is funded by the Ontario Health Toronto.



Cyril & Dorothy, Joel & Jill  
Reitman Centre for Alzheimer's  
Support and Training

## T.E.A.C.H.

### TRAINING, EDUCATION, AND ASSISTANCE FOR CAREGIVING AT HOME

- An interactive group program for care partners of a person living with dementia.
- Focuses on common caregiving themes, including self-care, healthcare system navigation, relationship changes, and future planning
- Coaches care partners in practical communication and coping skills, learning from other care partners

## C.A.R.E.R.S.

### COACHING, ADVOCACY, RESPITE, EDUCATION, RELATIONSHIP, SIMULATION

- A skills-based group program for care partners
- Focuses on practical skills and emotional supports needed to care for people living with dementia.
- Teaches problem solving techniques and provides strategies for keeping a meaningful relationship

**Resilience in the Midst of Grief and Stress:** This 4-week group program "provides a new way to help you find meaning and hope in your relationship with someone you love who has dementia. The goal is to help you increase your resiliency - your ability to withstand and grow even stronger despite the stress and grief" (Boss P, *Loving Someone Who Has Dementia*). Clients who are interested in attending this group might find it helpful to read *Loving Someone Who Has Dementia* by Pauline Boss. To enquire about upcoming sessions or for more information, please reach out to your social worker/navigator or connect with a social worker/navigator by calling our offices and dialing ext. 2090.



# MONTHLY CARE PARTNER SUPPORT GROUPS

Led by a Registered Social Worker, there are a variety of monthly groups for many types of care partners and situations. For more information or to register, please reach out to your social worker/navigator or call our offices. Clients may register for one group at a time to allow for as many participants as possible per group.

## IN-PERSON

- 2nd Tuesday of the month - AM  
Location: Cambridge
- 3rd Tuesday of the month - AM  
Locations: Kitchener, Cambridge, Guelph

## VIRTUAL

- 1st Thursday of the month  
10 AM to 11:30 AM, open to care partners caring for someone living in Long-Term Care
- 2nd Thursday of the month  
6 PM to 7:30 PM, open to all care partners
- 2nd Friday of the month  
9:30 AM to 10:30 AM, open to all care partners

## RURAL

- 4th Wednesday of the month.  
Locations: Erin, Mount Forest, Ayr, St. Jacobs, Fergus

# RESPIRE CARE PROGRAM

**ASWW now has funding from Ontario Health to provide low intensity respite services for ASWW clients.**

The program offers one regularly scheduled 4-hour shift/per week in home respite to support social recreational activities. This service is provided through a third-party respite provider, and staff are qualified and trained in supporting people living with dementia. As a care partner you would be able to leave your home, while the respite worker supports the person living with the dementia. This is a great opportunity to practice self-care, attend a monthly support group or education session or take care of other tasks that take you out of the home. There is no charge for this program.

**This program is for those care partners who reside with the person living with dementia in the community. If you are interested, there is a screening process. Please speak to your social worker/navigator to see if you qualify.**

# SOCIAL RECREATION

## IN-PERSON AND VIRTUAL OFFERINGS

We offer a variety of in-person and virtual social recreation to help you live your best day. For complete descriptions of each program, turn to pages 6 and 7.

**Registration is required for all in-person and virtual Social Recreation offerings. Please register by calling any of our offices. Please note that you may be required to make arrangements to pick up supplies for the creativity workshop. All sessions are subject to change.**



### MONTHLY MEMORY CAFE

Sessions run in Kitchener, Cambridge and Guelph.  
Please call to register.



### VIRTUAL SOCIAL HOUR

Virtual - Mondays at 1:30 PM.



### CREATIVITY WORKSHOPS

Subscribe to our newsletter for specific dates and times.  
\*Registration is required.



### SPARK A MEMORY PHOTO BOOKS

Meet virtually with a team member or volunteer who will help you create a photobook of your own memories, you will receive a hard copy in the mail once complete.



### ACTIVITY PACKAGES

Self-directed, independent leisure activity packages available. Call the office to request one.

**MEMORY BOOSTERS:** The Memory Boosters Social Group is a peer led social club that was started to provide a warm and supportive place for people living with dementia, together with their care partners to socialize, relax, and have fun. There are no fees to join or belong to the group. Register by contacting the City of Kitchener at 519-741-2228 or [www.kitchener.ca](http://www.kitchener.ca).

## MINDS IN MOTION®

Minds in Motion® is an 8-week program that runs for 2 hours (in-person) and 1.5 hours (virtually). It is designed for persons with mild cognitive impairment and early to mid-stage of dementia and their care partners, and consists of up to 1 hour of low-impact physical activity, and up to 1 hour of fun and mentally stimulating activities.

To register for Minds in Motion®, please speak to your social worker/navigator or call our office and dial 2090. A registration form and movement assessment are required to participate to ensure your safety. A medical clearance form may be required for some participants. Please allow up to a minimum of one business week to hear from a coordinator. Due to our program being offered at community locations, sometimes promoted dates are changed.

This program is free to attend, and is 100% funded through the generosity of donors. If you would like to become a monthly donor to help support programs such as these, please visit our website at [www.alzheimerww.ca](http://www.alzheimerww.ca) or call any of our offices.

| MONDAY                                       | TUESDAY                                   | WEDNESDAY  | THURSDAY  | FRIDAY |
|--|---|--|---|--------|
| Victoria Road<br>Rec Centre<br>9:30-11:30 am | Chaplin YMCA<br>Cambridge<br>1:30-3:30 pm | Hespeler Scout<br>Centre<br>9:30-11:30 am          | Waterloo Rec<br>Complex<br>9:30-11:30 am                    |        |
|  |   | Stork YMCA<br>Waterloo<br>1:00-3:00 pm             | Bridgeport<br>Community<br>Centre Kitchener<br>1:00-3:00 pm |        |
|  |   | Evergreen Seniors<br>Centre Guelph<br>1:30-3:30 pm | Victoria Park<br>Seniors Centre<br>Fergus<br>1:30-3:30 pm   |        |

## DELIGHT PROGRAM

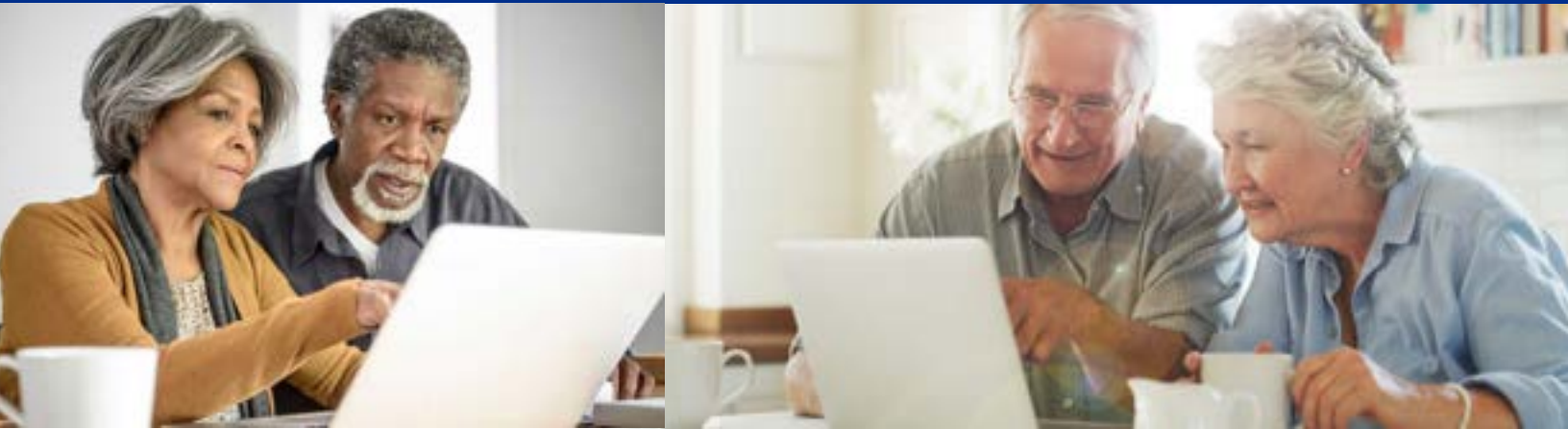


Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) is an 8-week lifestyle intervention program designed to support people living with dementia or mild cognitive impairment and their care partners. Each session includes: • Group exercise and educational discussions on wellness topics • Opportunity for socialization • Healthy snacks provided each week

Tuesdays and Thursdays, 10:30 am - 12:00 pm

Spring Session: April 22 - June 12 at A.R. Kaufman Family YMCA

To register, please contact Nidhi Sanghavi: 519-824-5150 x 2131 or [wellness@ytr.ymca.ca](mailto:wellness@ytr.ymca.ca). Assessments will be completed before and after the 8-week program. Cost: Free



**Your online resource for best practice dementia education.**

**Live webinars and on-demand courses provided by the Alzheimer Society for:**

- People living with dementia and Care Partners
- Health care providers
- Anyone that wants to learn more about dementia

**Build your knowledge and skills to live well or support people living with dementia:**

**For Health Care Providers:**

- Introduction to Dementia (Certificate Program)
- U-First! ® (Certificate Program)
- Aging and the Senses
- Communication
- Person-Centered Care
- Dementia-Friendly Communities
- Finding Your Way
- Medication Overuse in Older Adults
- ...and more.

**For People Living with Dementia and Care Partners:**

- Overview of Dementia
- Communication
- Meaningful Activities
- Support for Care Partners
- Living Safely with Dementia
- Young Onset Dementia
- Lewy Body Dementia
- ....and more.



**Create your Alzeducate account to begin your learning journey.**  
**Go to [www.alzeducate.ca](http://www.alzeducate.ca).**

Questions? Email: [alzed@alzon.ca](mailto:alzed@alzon.ca) or visit: [www.alzeducate.ca](http://www.alzeducate.ca)





# What will your legacy be?

**You don't need to be wealthy to leave a legacy - anyone can use the tax advantage of leaving a charitable gift in their estate, regardless of its size.**

*Did you know that leaving a charitable gift in your will saves taxes on your estate?*

You have many good reasons to leave a legacy, but two good reasons are making sure your estate is distributed the way you want, and ensuring your favourite charities can continue their work.

Your gift will help people living with dementia. You can create a lasting legacy! Your bequest to the Alzheimer Society Waterloo Wellington truly helps others live their best day.

**Take the first step, and request your FREE Estate Planning Guide today.** Complete your will, leave your legacy, and help to build better days for your community.

Contact: Lawrence Lutgendorff / 519-742-8518 ext 2021 / [lawrence@alzheimerww.ca](mailto:lawrence@alzheimerww.ca)

*Société* **Alzheimer Society**  
WATERLOO WELLINGTON

# TERMS OF SERVICE

*updated March 2025*

**The Alzheimer Society Waterloo Wellington's (ASWW)** role is to support persons living with dementia/cognitive impairments and their care partners in living well with a dementia/cognitive impairment. Our programs and services include support and education groups, counselling, care coordination, and social/recreational opportunities. These programs may be offered in-person, by phone or virtually through video conferencing. Please note that we are using online technology that helps us connect with you. Privacy measures put in place by these technologies will protect your privacy. Despite reasonable efforts to safeguard the confidentiality and security of electronic and virtual communications, it is only possible to partially secure the information.

Our programs help people remain supported and engaged throughout the dementia/cognitive impairment journey. Some French language services are available upon request.

**All personal information is protected by confidentiality.** A confidential file will be created by an ASWW staff member who may be a Registered Social Worker (RSW) or a Registered Nurse (RN) or Registered Practical Nurse (RPN) or student intern during your initial intake appointment. We will securely keep your file in our electronic database per the Personal Health Information Protection Act, 2004 (PHIPA). All paper records will be held for at least ten years for staff to refer to. Information we keep on file may include the following:

- The services you receive from us and the dates we provided them to you
- Demographic and statistical data
- Information about you and your situation that is necessary to understand your service needs

**Your 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, Ontario Health atHome, 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 permit us, 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 must report or are required to share your personal health information without your permission include some of the following examples:

1. Medical emergencies
2. Court-order
3. If we believe you or someone you know is at risk of or experiencing harm to self or others
4. If a child under the age of 16 could be at risk
5. Professional misconduct in the form of abuse or behaviour that has placed you or someone you know at risk

**You can discuss questions or concerns about our Terms of Service** with an ASWW staff member.

Alternatively, you may contact our office and request to speak with ASWW's privacy officer for more information or to make a complaint by contacting Michelle Martin by email: [mmartin@alzheimerww.ca](mailto:mmartin@alzheimerww.ca) or by calling our offices, ext. 2014. 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).

**ASWW strives to provide a safe setting** for all. Violent, aggressive, threatening or disruptive conduct is not permitted. Verbal or physical abuse of our staff, students or volunteers will not be tolerated. Thank you for your cooperation. **At ASWW we welcome people** of any age, ability, gender identity and expression, race, colour and sexual orientation.

# TERMS OF SERVICE - Email Communication

updated March 2025

The Alzheimer Society Waterloo Wellington (ASWW) offers clients the opportunity to communicate through the use of email communications. Email is used for administrative purposes. This may include scheduling appointments, registering for a program, and/or receiving resources. Counselling or any therapeutic intervention cannot occur over email and can only take place through direct communication between the team member and the client using phone, zoom or in person. You are responsible to reach out to a team member when you need such support. Furthermore, staff will only respond to an email during work hours.

ASWW will use reasonable means to protect the security and confidentiality of electronic information sent and received. However, because of the risks outlined below, ASWW cannot guarantee the security and confidentiality of email communication and will not be liable for improper disclosure of confidential information that is not the direct result of intentional misconduct by ASWW.

The risks of email communications include, but are not limited to, the following:

- The privacy and security of email communication cannot be guaranteed.
- Employers and online services may have a legal right to inspect and keep emails that pass through their system.
- Email is easier to falsify than handwritten or signed hard copies. In addition, it is impossible to verify the true identity of the sender, or to ensure that only the recipient can read the email once it has been sent.
- Emails can introduce viruses into a computer system, and potentially damage or disrupt the computer.
- Email communications can be forwarded, intercepted, circulated, stored or even changed without the knowledge or permission of the sender or the receiver. Email senders can easily misaddress an email, resulting in it being sent to many unintended and unknown recipients.
- Email is indelible. Even after the sender and recipient have deleted their copies of the email, back-up copies may exist on a computer or in cyberspace.
- Email can be used as evidence in court.
- Despite reasonable efforts to protect the privacy and security of email communications, it is not possible to completely secure the information.
- Email communication is considered part of the clinical record. Copies of emails between client and ASWW staff may be attached into client file.
- Information provided by client via email is subject to Exceptions to Confidentiality as outlined in ASWW Terms of Service.

By providing ASWW with my email address, implicitly I agree to the use of my email for the purpose of electronic communications with ASWW. *Please note that this document is in addition to ASWW Terms of Service.*

**Questions or concerns about our Email Communication 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 by contacting Michelle Martin by email: [mmartin@alzheimerww.ca](mailto:mmartin@alzheimerww.ca) or by calling our offices, ext. 2014. 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).

*Original document was produced by Alzheimer Society of Huron County, adapted from Bridgepoint Family Health Team and CMPA.*

## Contact Information

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

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

Guelph Office - 202-25 Wellington St. W. N1H 7T9 - 519-836-7672

Follow Us



Charitable Registration Number:

10670 5338 RR0001

Walk ins during our office hours are welcome. Office hours are Monday – Friday, 8:30 am – 4 pm. If you want to ensure a social worker/navigator is available to speak with you, please contact our office to book an appointment.

### OUR PHILOSOPHY:

We aspire to be a leader in the development of best practices in dementia care and be seen as a resource for those living with dementia. Our success is due to the desire to be person-centred\* in our approach. Through partnerships, we deliver quality and safe programs and services. We contribute to creating dementia friendly communities that are diverse, inclusive, and equitable. \*Person-centred focuses on the person's abilities and positive aspects, not their limitations.

### OUR MISSION:

To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

### OUR VISION:

To be a sustainable and responsive leader in the field of dementia offering specialized services to all persons along the dementia journey.

### OUR VALUES:

Collaboration

Accountability

Respect

Excellence

Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

**Alzheimer Society**  
WATERLOO WELLINGTON