



ALZHEIMER SOCIETY WATERLOO WELLINGTON

DEMENTIA PROGRAM GUIDE

*Programs and Services from
January to April 2025*

*Programmes et services de janvier
à avril 2025*

Alzheimer Society

WATERLOO WELLINGTON

www.alzheimerww.ca

Walk with us!



JOIN THE IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

- Saturday, May 24, 2025 at 1 pm
- Walk locations in Kitchener, Guelph, Cambridge and Mount Forest
- Sign up at Alzheimerww.ca

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

Who are you walking for?

Alzheimer
Society

WATERLOO WELLINGTON

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

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MESSAGE FROM OUR EXECUTIVE DIRECTOR

As we welcome 2025, I'm filled with gratitude and anticipation for the year ahead! This year we look forward to new opportunities to serve and support our community. In the coming months, we'll continue to expand our initiatives focused on dementia care, education, and inclusion.

I'm also excited to share an update about the DREAM Project, which provides vital support to families during hospital visits. Alzheimer Society staff members are integrated into the emergency department and offer real-time assistance during an emergency visit, making trips to the hospital manageable and more dementia-friendly. This initiative has seen great success at Grand River and Guelph General Hospitals, and we're thrilled to announce its expansion in January 2025 to St. Mary's Hospital in Kitchener and Cambridge Memorial Hospital.

The Alzheimer Society is now offering therapeutic respite support to clients who are looking for a break, taking time for much needed self-care and getting out of the house on a regular basis. Please see page 10 for details. Sign up now, you will be so happy you did.

Thank you for being part of this journey with us. Let's make 2025 a year of growth and compassion, ensuring that connections matter in dementia care!

- Michelle Martin, Executive Director

EDUCATION

Join us virtually on Zoom or in-person for seminars or multi-week series at our offices across the region. ***Register by 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. Register today. **A full description of all our seminars is found on pages 6 and 7.**

JANUARY

Mild Cognitive Impairment

Cambridge - January 8 at 2 PM

Understanding the Progression and Stages of Dementia (Hosted by OCO)

Virtual via ZOOM - January 9 at 12 PM

Repetitious Questions

Guelph - January 14 at 10 AM

Overview of Dementia

Virtual via ZOOM - January 15 at 12-1:30 PM

Medic Alert

Virtual via ZOOM - January 22 at 6 PM

Aging and the Senses

Virtual via ZOOM - January 23 at 10:30 AM

FEBRUARY

Sundowning

Kitchener - February 4 at 10 AM

Understanding the Stages of Dementia

Virtual via ZOOM - February 5 at 12 PM

First Steps for Care Partners

Kitchener - February 6, 13, 20, and 27 at 10 AM - 12 PM

Overview of Dementia

Kitchener - February 10 at 2-3:30 PM

Brain and Behaviour

Virtual via ZOOM - February 14 at 12 PM

Brain Health

Virtual via ZOOM - February 19 at 6 PM

Mild Cognitive Impairment

Virtual via ZOOM - February 20 at 10:30 AM

Responding to Changing Behaviours

Virtual via ZOOM - February 21 at 12 PM

MARCH

Hearing From Others

For People Living with Dementia
Guelph - March 3 at 1-2:30 PM

Enhanced Communication

Virtual via ZOOM - March 7 at 12 PM

After the Diagnosis

For People Living with Dementia
Guelph - March 10 at 1-2:30 PM

Home Safety

Guelph - March 11 at 10 AM

Busting the Myths

Virtual via ZOOM - March 13 at 2 PM

Strategies for Better Communication

For People Living with Dementia
Guelph - March 17 at 1-2:30 PM

Mild Cognitive Impairment

Kitchener - March 18 at 2 PM

Overview of Dementia

Virtual via ZOOM - March 20 at 6-7:30 PM

Visiting Tips

Virtual via ZOOM - March 21 at 12 PM

Vascular Dementia

Virtual via ZOOM - March 27 at 10:30 AM

APRIL

Care for Self

Kitchener - April 1 at 10 AM

First Link - Care Essentials

For Care Partners
Kitchener - April 3, 10, 17, and 24 at
1-3 PM

Brain Health

Kitchener - April 14 at 10 AM

A's of Dementia

Virtual via ZOOM - April 15 at 6 PM

Accessing Long Term Care

Virtual via ZOOM - April 16 at 12 PM

Lewy Body Dementia

Virtual via ZOOM - April 24 at
10:30 AM

Overview of Dementia

Cambridge - April 28 at 10-11:30 AM

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

Sundowning

January 22 at 11 AM

Late Stage Dementia

February 26 at 11 AM

Mediterranean Diet

March 26 at 11 AM

Cheat Sheet

April 23 at 11 AM

PROGRAM DESCRIPTIONS

EDUCATION

A's of Dementia: In this session, we will explain the A's of dementia: anosognosia, amnesia, agnosia, aphasia, apraxia, apathy, altered perception, and attentional deficits; and explore how they affect a person's day-to-day behaviour.

Accessing Long Term Care: If you have questions about transitioning to Long-Term Care, we explain the difference between Retirement and Long-Term Care and discuss accessing different types of accommodation.

For People Living With Dementia: After the Diagnosis: This talk looks at 10 steps people might want to focus on after they receive a diagnosis to help them ensure the highest quality of life on their dementia journey.

Aging and the Senses: This talk will describe sensory changes that occur with aging, reflect on what a person may experience physically as they age and identify issues related to activities in daily life for aging people. We will also relate aging changes to dementia.

Brain and Behaviour: This seminar will help participants understand the connection between the brain, the effects of dementia, and changes in behaviours.

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.

Busting the Myths of Alzheimer's: Examine some current misconceptions about Alzheimer's disease and dementia. We will look at common ideas to see if they are accurate or not and make suggestions for healthy lifestyle choices based on the latest research.

Care for Self: Care partners will be introduced to what caregiver stress can look like, the warning signs for caregiver burden, and learn some strategies to diminish stress that can assist in their journey.

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

Enhanced Communication: During this session, participants will identify the best practices to ensure clear and compassionate communication.

First Link® - Care Essentials: This 4-week course will offer family members and friends problem solving strategies, approaches for communication and available avenues for support, all of which can strengthen their ability to provide care.

First Steps for Care Partners: This 4-week introductory series for care partners focuses on understanding and supporting a person with dementia.

Hearing From Others: The Voices of Experience: This talk is 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 live with.

Home Safety for People Living with Dementia: Learn practical tips to help make your home safer for people living with dementia.

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.

Late Stage: An examination of the late stages of dementia. We explore the best interaction, activity, and approach techniques.

Medic Alert Safe and Found: The staff at Medic Alert will join us to talk about the Medic Alert Safe and Found Program. This is one of the ways to help keep people living with dementia safe in the community when they are out and about.

Mediterranean Diet: Explore this way of eating based on the traditional cuisine of the Mediterranean. This diet is high in vegetables, fruits, whole grains, nuts, seeds, and olive oil. This discussion will focus on the relationship between brain health and nutrition. (Bonus: recipes provided.)

EDUCATION (CONTINUED)

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.

Repetitious Questions: How can we support people living with dementia who ask the same question multiple times? Come to learn why this often happens and ideas to reduce the incidence of repetitive stories or questions. Handout included and there will be time for discussion.

Responding to Changing Behaviours: This talk considers why people's behaviours change, and what care partners can do to minimize the stress for themselves and the person living with dementia, when changes leave them wondering how to react to different behaviours.

Sundowning: An increase in the late afternoon or early evening of agitated or upset behaviour in a person living with dementia may relate to Sundowning. Learn what this term means and how to address changes related to it.

Understanding the Stages of Dementia: Participants will explore common symptoms associated with the various stages to understand the progress of the dementia journey.

Vascular Dementia: Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, and how you can reduce your risk.

Visiting: The Art of Connection: Learn tips and strategies for enhancing your visits with someone who is living with dementia. Useful ideas if someone is in the community, in a Retirement Home or in Long Term Care.

SOCIAL WORK

TEACH: 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.

CARERS: 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 to connect with other care partners who share similar 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: Drop-in program that focuses on fostering meaningful connections among participants with casual conversation, activities, and special guests.

Minds in Motion®: 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 where they will 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.

SOCIAL WORK



**Sinai
Health**

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

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.

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

Times: Thursday January 9th, 16th, 23rd, and 30th from 10 AM - 12 PM

Format: Online

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 should read Loving Someone Who Has Dementia by Pauline Boss before the group.

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, please reach out to your social worker/navigator or call our offices. If you are not sure if you can attend a group because the person living with dementia that you are caring for can not be left alone, please connect with your social worker/navigator to explore available options. Clients can register for one group at a time to allow for as many participants as possible per group.

IN PERSON SUPPORT GROUPS

3rd Tuesday each
month - AM

Locations:
Kitchener
Cambridge
Guelph

Call your social
worker/navigator to register

RURAL IN PERSON SUPPORT GROUPS

4th Wednesday each
month - PM

Locations:
Erin,
Mount Forest,
Ayr,
St. Jacobs,
Fergus

Call your social
worker/navigator to register

VIRTUAL SUPPORT GROUPS

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

Call your social worker/navigator to
register and receive zoom link



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

Mondays and Thursdays | 10:30 am – 12:00 pm

Winter Sessions: February 3 - March 31 (no class February 17) - Virtual

Spring Sessions: April 21 - June 16 (no class May 19) - A.R. Kaufman Family YMCA

To register, please contact Nidhi Sanghavi: 519-824-5150 x 234 | wellness@ytr.ymca.ca *Assessments will be completed before and after the 8-week program.* **Cost:** Free for Members and Non-Members | **Location:** A.R. Kaufman Family YMCA (Kitchener)



Minds in Motion®

We offer a variety of in-person and virtual social recreation to help you live your best day. Join any of our social recreation programs by calling our offices. For complete descriptions of each program, turn to page 6.

Our Minds in Motion® program 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 dementia and their care partners, and consists of up to 1 hour of low-impact physical activity, and up to 1 hour of fun recreational/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 that you have been accepted in the session you are interested in. 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 or call any of our offices.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Victoria Road Recreation Centre</i> from 9:30am to 11:30am		<i>Hespeler Scout Centre</i> from 9:30am to 11:30am	<i>Waterloo Rec Complex</i> from 9:30am to 11:30am	<i>Virtual</i> from 10:00am to 11:30am
		<i>Stork YMCA Waterloo</i> from 1:00pm to 3:00pm	<i>Bridgeport Community Centre Kitchener</i> from 1:00pm to 3:00pm	
	<i>Chaplin YMCA Cambridge</i> from 1:30pm to 3:30pm	<i>Evergreen Seniors Centre Guelph</i> from 1:30pm to 3:30pm	<i>Victoria Park Seniors Centre Fergus</i> from 1:30pm to 3:30pm	

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

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

1st Wednesday at 10 AM (Kitchener)
2nd and 4th Wednesday at 10 AM
(Cambridge)
Every Friday at 10:30 AM (Guelph)



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 BOOK

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



DELIGHT PROGRAM

Mondays and Thursdays
at 10:30 AM
(Virtual)

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 our group. Register by calling Elaine Mortensen (519-585-0186) or Anne Hopewell (519-954-3565).

To register for the DELIGHT Program, please contact Nidhi Sanghavi: 519-824-5150 x 234 | wellness@ytr.ymca.ca

Assessments will be completed before and after the 8-week program.

Cost: Free for Members and Non-Members | **Location:** A.R. Kaufman Family YMCA (Kitchener)



What is your legacy?

**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.**

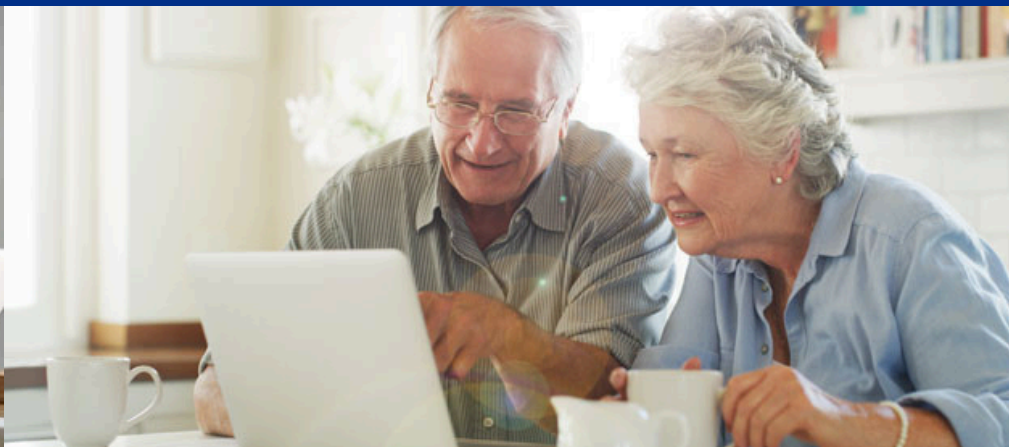
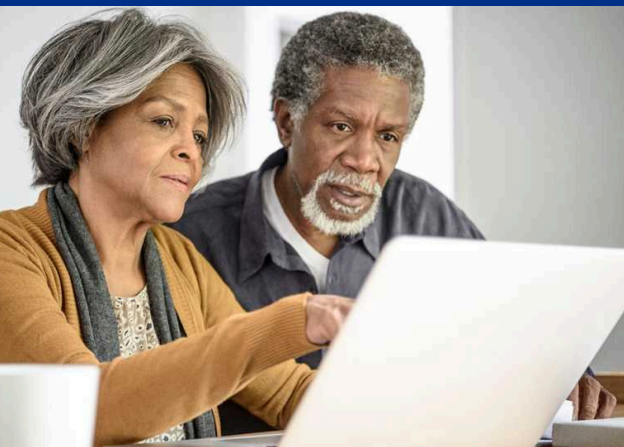
***Did you know that leaving a
charitable gift in your will
saves taxes on your estate?***

You have many 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, ask for the FREE Estate Planning Guide. 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



ALZeducate

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. www.alzeducate.ca



Questions? Email: alzed@alzon.ca or visit: www.alzeducate.ca

For your local Alzheimer Society, click [here](#) or contact:

Alzheimer Society Waterloo Wellington / asww@alzheimerww.ca / 519-742-1422

ELECTRONIC EMAIL COMMUNICATIONS

The Alzheimer Society of Waterloo Wellington (ASWW) offers clients the opportunity to communicate through the use of electronic email communications. 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 electronic 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 electronic email communications include, but are not limited to, the following:

- The privacy and security of electronic 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
- Electronic email communications can be forwarded, intercepted, circulated, stored or even changed without the knowledge or permission of the physician or the patient. 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
- Use of email to discuss sensitive information can increase the risk of such information being disclosed to third parties
- Email can be used as evidence in court
- Despite reasonable efforts to protect the privacy and security of electronic 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 the Terms of Service found in the Alzheimer Society of Waterloo Wellington Program Guide (found on the following page).*

Questions or concerns about our Electronic 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. 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).

TERMS OF SERVICE

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 diagnosis.

Our programs and services include support and education groups, counseling, care coordination, and social/recreational opportunities. These programs may be offered in-person, by phone, or virtually through email or 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 team member who may be a Registered Social Worker (RSW) or a supervised Social Work 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 10 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 is necessary to understand your service needs

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

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 at Home, 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:

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

One 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 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).

The Alzheimer Society Waterloo Wellington strives to provide a safe setting for all. Violent, aggressive, threatening or disruptive conduct is not permitted. Verbal or physical abuse of our staff or volunteers will not be tolerated. Thank you for your cooperation!

At the Alzheimer Society Waterloo Wellington, we welcome people of any age, ability, gender identity and expression, race, colour, and sexual orientation.

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

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