

Dementia Program Guide Winter 2021 November - December

Supporting the
Dementia Journey

Alzheimer Society
Waterloo Wellington

Programs for people living with dementia and their care partners

La Société Alzheimer peut vous aider en vous fournissant des informations, ressources, éducation, soutien et conseil



Alzheimer Society

WATERLOO WELLINGTON

www.alzheimerww.ca



Dear Friends,

Alzheimer Society Waterloo Wellington (ASWW) is proud to partner with people living with dementia, their care partners and our community. It takes a collective effort to support people with dementia to “Live Their Best Day”. ASWW is honoured to provide quality education, social work services and therapeutic recreational programs. We are grateful to our donors, sponsors, community partners, volunteers and staff for their commitment and generosity so we can assist people living with dementia.

During this time of reopening across Ontario, we have begun to offer in-person programming again. We are offering in person exercise classes, education and groups for care partners. We are continuing to work together with Societies across Ontario to bring you virtual programming for exercise, recreation, counselling and social support. Please continue to register for programs listed in this guide so we can include you in our virtual and in person programming.

Our offices have reopened Sept. 7, 2021. We will be offering in person counselling support and are available for walk in inquiries. We look forward to slowly starting to offer more in-person programming as restrictions ease and partner sites open up for programming space. We will make sure we communicate our plan to resume in-person as well as our COVID-19 protocols to ensure a safe return to in-person.

ASWW is proud to offer education sessions, social work and a support group in French. Thank you to our Francophone partners for making this possible. Please reach out if you would like to access these services.

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

Michelle Martin, Executive Director

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What’s In This Issue

Tuesday Connections for People Living with Dementia - pg. 7

Tuesday Connections is a new bi-weekly program designed especially for people living with dementia. Participants will join for a fun activity and discussion on different topics each meeting. The focus is to provide meaningful engagement and a space where individuals can socialize. Care partners are only invited for the first and last five minutes of each session. This program runs on Tuesdays mornings at 10 am.

Holiday Hints - pg. 13

This talk addresses ways to adapt the holiday season for people living with dementia. During the 1-hour session, we will discuss how to handle traditions such as large family gatherings, gift giving and tips on social time. This session is on Tuesday December 7th, from 10 am to 11 am.

Saturday Morning Minds in Motion® - pg. 6

We now offer exercise and social programs six days a week. Our newest offering is on Saturday mornings from 10 am to 11:30 am. This session starts on November 20th. You are welcome to attend multiple programs.

Resilience in the Midst of Stress and Grief pg. 18

Over four weeks, this care partner support group “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., p. x, Loving Someone Who Has Dementia). It is recommended clients read Loving Someone who has Dementia by Pauline Boss prior to the group.

Introduction to Minds in Motion® - pg. 6

If you are considering joining one of our many Minds in Motion® programs, you are more than welcome to attend our introduction session. During this 1-hour program, we will discuss what to expect in a typical Minds in Motion® program, as well as go over any tech and Zoom questions you might have.

Referral Information

If you require social work services, you are able to self refer by calling 519-742-1422 ext. 2090 (Kitchener and Cambridge Area) or 519-836-7672 ext. 2090 (Guelph Area). Health Care Providers can complete and fax in our [referral form](#).

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 important to arrange for a full medical assessment if you notice changes or symptoms.

Types of Dementia:

Young Onset Dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

Alzheimer's Disease (AD)

AD affects brain cells and how they function, is irreversible and is progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear, or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

Vascular Dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke or transient ischemic attacks (TIA's).

Frontotemporal Dementia (FTD)

FTD is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement.

Lewy Body Dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

What is Mild Cognitive Impairment (MCI)?

People with MCI experience problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease, Mild Cognitive Impairment (MCI) and other dementias, their family and friends, professionals, and the community.

Information & Education

We are committed to offering education to people living with dementia, or MCI and their care partners. Education is also available to professionals and the general public.

First Link® Care Navigation

Our First Link® Care Navigators can help assess your needs, create a support plan that's right for you, connect and coordinate your services, follow up to be sure things are working and support you along the way.

Individual & Family Support

Connect with a Social Worker through phone, video, or limited in-person appointments to receive help working through individual situations and accessing support services.

Groups

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

Programs & Services Phone Line

Our First Link® Coordinator is available during business hours to answer questions, register you for care partner programs or help you connect with a social worker. Call: **519-742-8518 ext. 2090** (Kitchener and Cambridge Area) or **226-314-0949 ext. 2090** (Guelph Area). Please note we do not provide crisis services. If you are in a crisis situation call 911 or Here 24/7 anytime at 1-844-437-3247 or TTY: 1-877-688-5501.

Services en Français

Pour accéder à nos services en français, veuillez contacter Gisèle Hauser en composant le **519-742-8518**, poste **2023** ou en envoyant un courriel à ghauser@alzheimerww.ca.

Living Safely in the Community



FINDING Your Way

For people with dementia, every step counts.™

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

The Finding Your Way® program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

Learn tips and strategies that can help people living with dementia live safely in their day-to-day lives.

Discover Finding Your Way's *Living Safely with Dementia Resource Guide*, now available at our offices and at FindingYourWayOntario.ca. Call **519-742-1422** (Kitchener and Cambridge Area) or **519-836-7672** (Guelph Area) to request a copy today!

The MedicAlert® Safely Home® program is an effective way to identify the person who is lost and bring the family back together.

Visit www.medicalert.ca/safelyhome or call **519-742-8518 ext. 2090** to learn more.



MedicAlert®
FOUNDATION CANADA

Vulnerable Persons Registry

Waterloo Region & Guelph Police



In the event of an emergency, The Registry provides police access to helpful information such as:

- emergency contacts
- detailed description
- ways to communicate



Registration is 100% voluntary and free!

Learn more or register today:

vulnerablepersonsregistry.ca

Weekly Social & Recreational Programs

Minds in Motion® - Offered Virtually and In-Person

Minds in Motion® is a unique opportunity for persons living with dementia and their care partner to attend a program together, with benefits for all. Each class begins with some gentle group exercise followed by an engaging and stimulating social recreation program. Laughter and new friendships are often a result as participants exercise both their bodies and minds.



Introduction to Minds in Motion® - Offered Virtually

Join the Minds in Motion Coordinators and our Virtual Programs and Communications Coordinator for an Introduction to Minds in Motion. This is an open forum for you learn more about the program and ask any questions you may have regarding Minds in Motion before beginning your session.

Wednesday, November 10th from 10 am - 11 am

Current In-Person Sessions Offered

Please call our office at **519-742-1422** to register.

Monday & Wednesday Afternoons at Evergreen Seniors Centre	1 pm - 3 pm Evergreen Seniors Centre 683 Woolwich St. Guelph	November 15 th - December 22 nd
Tuesday & Thursday Afternoons at Bridgeport Community Centre	1 pm - 3 pm Bridgeport Community Centre 20 Tyson Dr. Kitchener	November 16 th - December 23 rd

In person classes require participants to provide proof of identification and proof of being fully vaccinated against COVID-19 prior to each class. These offerings run twice weekly and participants who register are asked to attend both sessions.

Current Virtual Sessions Offered

Please call our office at **519-742-1422** to register.

Monday & Wednesday Mornings*	10 am - 11:30 am	November 15 th - December 22 nd
Monday & Wednesday Afternoons for People Living with MCI*	1 pm - 2:30 pm	November 15 th - December 22 nd
Tuesday & Friday Mornings*	10 am - 11:30 am	November 16 th - December 21 st
Tuesday & Thursday Afternoons*	1 pm - 2:30 pm	November 16 th - December 23 rd
Wednesday & Friday Afternoons*	1 pm - 2:30 pm	November 17 th - December 22 nd
Friday Mornings for People Living with YOD	10 am - 11:30 am	November 19 th - December 17 th
Saturday Mornings	10 am - 11:30 am	November 20 th - December 18 th

*These offerings run twice weekly and participants who register are asked to attend both sessions. Participants may still register if they are only able to attend one of the two days.

Special thanks to our **Minds in Motion®** community partners:



Weekly Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the sessions begins. Call **519-742-1422** (Kitchener and Cambridge Area) or **519-836-7672** (Guelph Area) to register. Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

Mondays

Morning Tea (or Coffee) Hour

Bring your favourite beverage and join us virtually for casual conversation and social time. Hosted by a staff member, this easy-going program is open to any of our clients wanting to meet socially online to chat about current events, the weather or to share a laugh.

Mondays, 10 am - 11 am, November 15^h - December 20th

Tuesdays

Tuesday Connections for People Living With Dementia

Tuesday Connections is a new bi-weekly program designed especially for people living with dementia. Participants will join for a fun activity and discussion on different topics each meeting. The focus is to provide meaningful engagement and a space where individuals can socialize. Care partners are only invited for the first and last five minutes of each session.

We are able to offer Tuesday Connections in partnership with the City of Kitchener and the Community Resource Centre of North & Centre Wellington in Elora.



Tuesdays, 10 am - 11 am, November 9th, 23rd, December 7th, and 21st

Wednesdays

Music Through the Decades

Explore music of the past through videos, conversation and guided listening. This program is great for music lovers of all genres. Come listen with us on Wednesday afternoons as we play trivia, and learn about our favourite artists.

Wednesdays, 1 pm - 2 pm, November 17th - December 22nd

Thursdays

Games Hour

Looking for some fun for your brain? Sign-up for our online Games Hour and play Bingo, Jeopardy or Trivia with others. Guaranteed to make you think while brightening your day.

Thursdays, 10 am - 11 am, November 18th - December 23rd

Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the sessions begins. Call **519-742-1422** (Kitchener and Cambridge Area) or **519-836-7672** (Guelph Area) to register. Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

Creativity Workshop

Are you looking for something fun to do on a Friday morning? Join us for our monthly Creativity Workshop where we create something special to keep. Supplies will be mailed directly to your home. **Space is limited.**

Friday, November 19th from 10 am - 11:30 am
Deadline to Register is Wednesday, November 10th

Friday, December 17th from 10 am - 11:30 am
Deadline to Register is Wednesday, December 8th

SPARK Phone Recreation Program

An 8-week recreational phone-based program designed to spark thoughtful conversation. The SPARK Program engages people living with dementia through a one-to-one telephone visit with a volunteer from ASWW. Some things that the volunteers may talk about are fun facts, trivia, or just spend time reminiscing.



Next session begins in January 2021

*Please contact us at **519-742-8518 ext. 2090.***

Activity Packages

Are you looking for something technology free to do while inside this winter? We have Activity Packages with a variety of puzzles, word games and activities to do alone, or with a partner. Packages or books will be mailed upon request.

If Interested please call our offices at **519-742-1422** (Kitchener and Cambridge Area) and **519-863-772** (Guelph Area)



Would you like to **join a small group of like-minded people** for a monthly discussion about an eBook read together?

Club members are provided a **Kobo Libra H2O** eReader, a subscription to **Kobo Plus**, and simple device instructions.

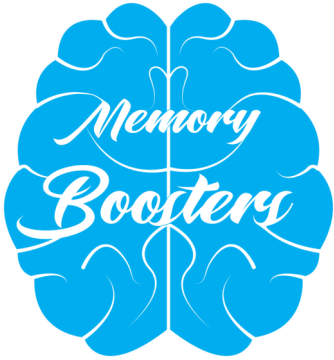
To get involved, contact **Pete Morey** from the Alzheimer Society Waterloo Wellington at **519-742-8518 ext. 2027** or by email, pmorey@alzheimerww.ca.

Workshops and Community Programs

Dementia Friendly Programs in Our Community

Please contact each program directly.

Memory Boosters



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

2nd & 4th Tuesday
of the month,
1:30 pm - 3 pm

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

Circle of Music

The Circle of Music choir for those living with dementia, their care partners and volunteer students is moving online while we are all in stay at home mode! Although technology does not allow us to sing together, we can still connect through music. No singing or technology experience necessary.



Thursdays, 3 pm Online. For more information email sasha@greatlakesmusictogether.com.

In the Moment - Canadian Clay and Glass Gallery

Explore the works of ceramic artist Walter Ostrom during this dementia friendly program.

For more information or to register call Shannon Quigley by phone at 519-746-1882 ext. 233.

Full details and registration online:

www.theclayandglass.ca/inthemoment



Online: Wednesday, November 3rd from 1 pm - 2 pm

In Person: Wednesday, December 1st from 10:30 am - 12 pm

Music Project

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

If you or somebody you know would benefit from this program, please call 519-742-1422 (Kitchener and Cambridge Area) and 519-836-7672 (Guelph Area) to register.

Alzheimer *Society*

WATERLOO WELLINGTON

Recruiting Volunteers



We are currently looking for persons who are eager to make an impact! If you are someone who wants to give back to your community and work alongside an awesome team working towards helping our clients live their best day - this is an opportunity for you!



There are many different ways to volunteer with the Society - whether you want to put your office skills to work, assist with our virtual programming, make rockin' playlists or follow up phone calls - there is something for everyone!



Find out more at:

kathy@alzheimerww.ca

519-742-8518 ext. 2045

<https://alzheimer.ca/ww/en/home>

1:1 Peer Support Program

**You're there for them,
we're here for you.**



As caregivers, we understand how overwhelming caregiving can sometimes be. We all face challenges on this journey and that is why the Ontario Caregiver Organization and the Alzheimer Society have partnered to ensure you have the support that you need when it best suits your schedule.

Connect with an experienced caregiver who will be there for you as you navigate your caregiving journey.

You're not alone.

The Ontario Caregiver Organization and the Alzheimer Society are here for you.

To learn more about our 1:1 Peer Support Program and easily connect with a peer mentor without leaving your home, visit:
ontariocaregiver.ca/peersupport

Our OCO trained Peer Mentors will

- "just be there;/Listen
- provide encouragement, support and acceptance
- acknowledge your strengths
- share their experience and give real-life examples
- discuss your wellbeing



Questions? Contact our program lead at peersupport@ontariocaregiver.ca or 416-362-2273 X1016

Education

Register up to 24 hours before the session by calling our offices in the **Kitchener and Cambridge Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

General Education

Overview of Dementia | Tuesday, November 2nd, 6 pm - 7 pm

This 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.

Mild Cognitive Impairment | Thursday, November 18th, 1 pm - 2 pm

Are you someone living with Mild Cognitive Impairment or supporting someone living with Mild Cognitive Impairment? Join this session to learn about signs and symptoms of Mild Cognitive Impairment as well as tips and strategies for living well.

First Steps for Care Partners

An introductory series for care partners that focuses on understanding and supporting a person living with dementia. This series covers learning about dementia, adapting to changes in the brain, enhancing communication, assessing and managing risk and planning ahead. Participants are encouraged to attend multiple sessions but are welcome to join individual sessions.

Communication and Behaviour | Tuesday, November 9th, 6 pm - 7 pm

During this 1- hour session you will learn tips and strategies to enhance communication with someone who is living with dementia.

Tools for Connecting | Tuesday, November 16th, 6 pm - 7 pm

During this session we will be discussing tools to assist you in connecting/visiting with the Person living with Dementia in your life.

Advanced Care Planning | Tuesday, November 23rd, 6 pm - 7 pm

What is Advanced Care Planning in Ontario? We will be discussing substitute decision makers as it pertains to health care, types of decisions and resources to assist you in "Starting the Conversation".

Register up to 24 hours before the session by calling our offices in the **Kitchener and Cambridge Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

Special Education Topics

10 Common Signs of Dementia | Thursday, November 25th, 1 pm - 2 pm

This talk looks at 10 Warning Signs and possible red flags for dementia. What to look for in daily life, if you are concerned about someone's function or memory.

Holiday Hints | Tuesday, December 7th, 10 am - 11 am

This talk considers adaptations to make social times easier for those living with dementia, and will give tips for handling big holidays and gift giving.

Sundowning | Thursday, December 16th, 2 pm - 3 pm

Possible changes in afternoon or evening behaviour may relate to Sundowning. Learn what this term means and how to address changes related to it.

Living Well: Tips for Brain Health | Wednesday, December 22nd, 10 am - 11 am

Learn the key suggestions for maintaining a healthy brain. You'll be provided with tips and strategies that can be implemented into your daily routine. This session is appropriate for anyone experiencing changes cognitively as well as those who are interested in improving their brain health.

In-Person Education

Register up to 24 hours before the session by calling our offices in the **Kitchener and Cambridge Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. These Education sessions will be offered in-person at the **Kitchener Office** location. Participants will be notified at registration about COVID-19 protocols.

The 3 D's of Dementia | Wednesday, November 10th, 1 pm - 2 pm

Dementia, Delirium and Depression, are often called the Geriatric Giants. This talk will compare and contrast the three to help you differentiate between them, and learn the best steps to take in each situation.

Overview of Dementia | Thursday December 2nd, 1 pm - 2 pm

This 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.

Dementia FAQ

DATE AND TIME:

Thursday, January 20th, from 6 P.M. to 7:30 P.M.

VENUE:

Zoom

EVENTBRITE LINK:

<https://www.eventbrite.ca/e/dementia-faq-with-dr-nicole-didyk-tickets-172776608487>



KEY SPEAKER:

Dr. Nicole Didyk

ABOUT THE WEBINAR:

January is Alzheimer Awareness Month and to honour all people, living with any type of dementia, please join us for a talk from Geriatrician Dr. Nicole Didyk.

Dr. Didyk will speak on the topic of dementia - what you need to know, and give answers to frequently asked questions.

ABOUT PRESENTER DR. NICOLE DIDYK:

Dr. Nicole Didyk completed her medical degree, Geriatric Medicine Fellowship, and Masters in Education at McMaster University, and has been a Geriatrician in Kitchener-Waterloo since 2004. Her clinical practice includes caring for those who are aging through home visits, outreach to long-term care and retirement homes and a Geriatric Medically Complex Clinic. You can catch up with her on her website: www.TheWrinkle.ca, where she dispenses medical education about aging with wit and wisdom.

To learn more or to contact the Alzheimer Society Waterloo Wellington:
call 519-742-1422 or 519-836-7672 or e-mail: asww@alzheimerww.ca

www.alzheimer.ca/ww

Register for these Zoom education through **Victoria Park Seniors Center** by email at kmorgan@centrewellington.ca or by phone at **519-846-9691** ext. 277. Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera.

Register for these Zoom education through Victoria Park Seniors Center by email at kmorgan@centrewellington.ca or by phone at **519-846-9691** ext. 277

Gatherings and Gifts | Friday, November 12th, 10 am

This session will look at how to support a person living with dementia through the holiday season. Suggestions for visiting and gift giving at any stage of the dementia journey.

Disaster and Emergency Preparation | Friday, December 10th, 10 am

Some ideas to help you prepare so that if someone with dementia is involved in an emergency, you can quickly respond. What to have ready, suggestions on how to react, and thoughts to help reduce agitation.



Hospice Wellington supports clients through the experience of life-limiting illness (palliative), caregiving and bereavement (grief supports).

Contact info@hospicewellington.org or call 519-836-3921 for more information on how we can help you.

SKILLS BASED, ONLINE GROUP PROGRAM FOR CARE PARTNERS OF PEOPLE LIVING WITH DEMENTIA



ENHANCING CARE PROGRAMMING

TEACH PROGRAM

CARERS PROGRAM

WWW.DEMENTIACARERS.CA

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program that focuses on common caregiving themes including: self-care; healthcare system navigation; relationship changes 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 supports needed to care for people living with dementia.

Contact **Jeanetta Grawbarger**, Social Worker, at **519-742-8518** ext. **2026**, to book an intake appointment to find the Enhancing Care (EC) group that will best support you as a care partner. Day and evening groups available.

Groups for Care Partners

CREATE Program

CREATE (Connection, Reflection, and Education through Arts-Based, Therapeutic Engagement) is an arts-based approach to investigate, share and adapt to the challenges and changes of dementia caregiving.

- Deepens reflection and connections with self and others through storytelling, poetry, photography, music, visual art, and theatre. Teaches problem-solving techniques and a structured approach to address problems.
- Teaches caregivers effective communication skills and strategies to engage with persons living with dementia and their changing abilities and strengths.

*To inquire about upcoming sessions or for more information,
Please call **Jeanetta Grawbarger**, Social Worker, at **519-742-8518 ext. 2026***

Mindfulness Group

- 8 Week mindfulness meditation program for family care partners.
- Learn and practice different meditation skills each session.
- Learn how to effectively relate to and cope with internal and external stressors.
- Participants must purchase "The Mindful Way Workbook".
- Private and confidential Live video-conferencing.



*Contact **Colleen Martin**, Social Worker,
at **519-742-8518 ext. 2015** for more information.*



Groupe de soutien et éducation pour aidants naturels

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

*Pour plus d'informations s'il vous plaît
contactez **Gisèle Hauser** en composant **519-742-8518** poste **2023**.*

Groups for Care Partners

Resilience in the Midst of Stress and Grief

This 4-week group “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., p. x, *Loving Someone Who Has Dementia*). It is recommended clients read *Loving Someone who has Dementia* by Pauline Boss prior to the group.

This group requires minimum registration to proceed. Participants must be able to access video function on your computer and ZOOM (with stable Internet connection) as this education group is interactive in nature.

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

Tuesdays, November 9th - November 30th

Telephone Support for Care Partners

This group is for those caring for someone living with dementia who are unable to attend a support group online; providing the opportunity to connect and engage with other care partners by phone.

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

Last Tuesday of the month
10 am – 11:30 am

This group will be offered through our Teleconference phone line.
Registrants will be provided a toll-free number to participate prior to the session.

Alzheimer Society

**50% OF CANADIANS
DO NOT HAVE
A WILL.**



REQUEST A PLANNER AND GUIDE

Consider remembering the Alzheimer Society Waterloo Wellington in your will.
To learn more about Planned Giving or receive a free estate planning guide, contact us today!

Groups for Care Partners

Monthly Virtual Care Partner Support Groups

We are offering monthly support groups for care partners in Waterloo-Wellington. Each group will identify relevant topics for discussion and sharing. Groups may be offered virtually or in person. More details are available when registering.

Please note participants can only register for 1 of the following monthly groups.

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

Groups with insufficient registration will be cancelled.

For those groups not offered in-person, registered individuals can participate in each session through either telephone or video conference using ZOOM technology. If you have any technical difficulties and would like some assistance, please contact Pete Morey, our Virtual Program and Communications Coordinator, at **519-742-8518 ext. 2027** for technical support.

Young Onset Dementia (YOD) This group is an opportunity to connect with others who are caring for someone with young onset dementia.
1st Wednesday of the month
5 pm - 6:30 pm

Long-Term Care Home For care partners who are assisting someone living in a long-term care home or retirement home.
1st Friday of the month
10 am - 11:30 am

Mild Cognitive Impairment This group is an opportunity to connect with others who are caring for someone living with Mild Cognitive Impairment (MCI).
2nd Tuesday of the month
9:30 am - 10:30 am

Family and Friends This group is an opportunity to connect with other family members and friends who are also caring for someone living with dementia. If you are an adult child, grandchild, sibling, niece, nephew, other family member or friend supporting someone who is living with dementia, this group might be
2nd Thursday of the month
5:30 pm – 7 pm

Spouses/Partners For care partners who are supporting their spouses/ partners.
3rd Thursday of the month
1:30 pm – 3 pm

Alzheimer *Society*
WATERLOO WELLINGTON

**LEND A HAND
THROUGH
MONTHLY
DONATION**



MAKE IT MONTHLY!!

SUPPORT

CARE PARTNERS AND FAMILIES

PROGRAM & SERVICES WHICH HELP CLIENTS LIVE THEIR BEST DAY

UP TO DATE EDUCATION AND INFORMATION

COUNSELING SERVICES

FUNDING FOR RESEARCH

519-742-8518 EXT 2045

kathy@alzheimerww.ca

SWAP

Social with a Purpose is a do-it-yourself fundraiser that promotes the importance of socializing, staying in touch, and building strong, positive relationships with your friends, family, and community. Having a dinner party and want to create a purpose? – we have the solution!

If you would like more information on Social with a Purpose and how you can have an impact, check out our website or email Travis at travis@alzheimerww.ca.



SOCIAL WITH A PURPOSE

Have Fun & Make a **IMPACT**

Connections matter, you can support people living with dementia by turning your social gathering into a fundraiser!



As social distancing and physical isolation became a part of our daily routines, we began to understand the overwhelming feelings of loss and loneliness being separated from the community can bring us—feelings that people living with dementia experience in their normal, day-to-day lives

Community Resources

Waterloo Wellington (All Areas)		
Healthline	www.healthline.ca	
Service Canada	Canada.ca/service-Canada-home	1-877-355-2657
Here 24/7	here247.ca	1-844-437-3247
Home and Community Care Support Services - Waterloo Wellington	healthcareathome.ca/ww/en	1-800-811-5146
Ontario 211	211ontario.ca	
Specialized Geriatric Services		519-824-6000
Cambridge - North Dumfries		
Centre communautaire francophone de Cambridge	centrefrancaiscambridge.com	519-623-2822
City of Cambridge Older Adults Programs and Services	cambridge.ca/en/your-city/Senior-Services.aspx#	519-741-2345
Community Support Connections	communitysupportconnections.ca	519-772-8787
Township of North Dumfries	northdumfries.ca/en/living-here/seniors-services.aspx#	519-632-8800
Guelph - Wellington		
Project Lifesaver, Victim Services	vswguelph.on.ca/project-lifesaver-	519- 824-1212 ext. 7205
St. Joseph's Health Centre Guelph	sjhcg.ca	519-824-6000
Victorian Order of Nurses	von.ca/en/services	519-323-2330
Kitchener - Waterloo		
Community Support Connections	communitysupportconnections.ca	519-772-8787
City of Kitchener Older Adults Programs and Services	kitchener.ca/en/seniors.aspx	519-741-2345
City of Waterloo Home Support Programs	waterloo.ca/en/living/senior-support.aspx	519-579-6930
Region of Waterloo		
Region of Waterloo Dementia Services	regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx#	519-893-8482
Hospice Waterloo Region	https://www.hospicewaterloo.ca/	519-743-4114
Woolwich - Wilmot - Wellesley		
Community Care Concepts	communitycareconcepts.ca	1-855-664-1900

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 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. We believe that privacy measures put in place by these technologies will protect your privacy. Despite reasonable efforts to protect the privacy and security of electronic and virtual communications, it is not possible to completely secure the information. Our 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 is only 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, Home and Community Care Support Services, 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).

Updated June 2021

Contact Us

asww@alzheimerww.ca

www.alzheimerww.ca



Charitable Registration Number 10670 5338 RR0001

[Referral Form](#) for Health Care Providers

Our Offices

Kitchener: 831 Frederick St. N2B 2B4 | 519-742-1422 | Fax: 519-742-1862
Bus Route #20

Cambridge: 1145 Concession Rd. N3H 4L5 | 519-650-1628 | Fax: 519-742-1862
Bus Route #56 & #64

Guelph: 69 Huron Rd. N1E 5L6 | 519-836-7672 | Fax: 519-742-1862
Bus Route #4 & #14

