

Dementia Program Guide
Fall 2021
September - October

**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

Alzheimer Society

WATERLOO WELLINGTON

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 these uncertain times of COVID-19, ASWW will continue to provide services to clients via telephone, email and video conferencing as we work towards a reopening plan. We are working 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 offerings, or let you know when a program resumes in person.

Our offices are reopening 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 when programming resumes 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 centred care and we look forward to continuing this journey with you.

Michelle Martin, Executive Director
Alzheimer Society Waterloo Wellington Team



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Please note: If you require social work services you are able to self refer by calling 519-742-8518 ext. 2090. 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 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 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.



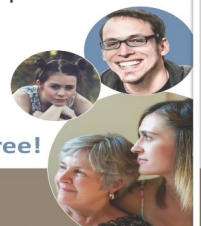
Vulnerable Persons Registry

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

Social & Recreational Programs

Minds in Motion® - Offered Virtually During COVID-19

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®

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 an 8 week session.

Wednesday, September 8th from 10 am - 11 am

Did You Know?

Research shows many health benefits for older adults who get a total of 2.5 hours of moderate aerobic exercise every week. This is why we encourage you to attend Minds in Motion® twice a week and be well on your way to meeting this goal and feeling your best!

Current Sessions Offered

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

Monday & Wednesday Mornings*	10 am - 11:30 am	September 13 th - November 3 rd (No class October 11 th)
Monday & Wednesday Afternoons for People Living with MCI*	1 pm - 2:30 pm	September 13 th - November 3 rd (No class October 11 th)
Tuesday Mornings	10 am - 11:30 am	September 14 th - November 2 nd
Tuesday Afternoons	1 pm - 2:30 pm	September 14 th - November 2 nd
Thursday Afternoons	1 pm - 2:30 pm	September 16 th - November 4 th
Friday Mornings	10 am - 11:30 am	September 17 th - November 5 th
Saturday Mornings	10 am - 11:30 am	October 2 nd - November 6 th
Wednesday & Friday Mornings for People Living with YOD*	10 am - 11:30 am	September 15 th - November 5 th (No class October 8 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 .

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 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.

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, September 13th - November 1st

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, September 14th, 28th, October 12th, and 26th

Music with Natalie

Join Credentialed Music Therapist Natalie as she leads participants in active music making, moving and singing! Upon registration, you will be asked to list some favourite songs or musical artists. Bring along something to BANG (a drum, your lap, a bucket) and something to SHAKE (bells, a maraca, a Tupperware of rice). Headphones may help you hear better, but not a requirement.



Wednesdays, 1 pm - 2 pm, September 22nd, October 6th, October 20th, and November 3rd

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, September 16th - November 4th

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 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.

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

Friday, October 15th from 10 am - 11:30 am
Deadline to Register is Wednesday, October 6th

Sharing Our Voices

Get involved with this intergenerational program that invites youth and older adults living with dementia to connect through art and storytelling. Build social connections and explore collaborative, creative processes together. Care partners of registered participants living with dementia can access virtual wellness programming offered by the YMCA of Three Rivers for the duration of this program.

Sharing Our Voices is offered in partnership with the YMCA of Three Rivers and Waterloo Public Library. This project is supported by the Supporting Inclusion through Intergenerational Partnerships (SIIP) project at the Schlegel-
UW Research Institute for Aging (RIA).

SIIP is funded by the Government of Canada's New Horizons for Seniors Program.



Funded by the Government of Canada's New Horizons for Seniors Program



Saturdays, 11 am - 12 pm, September 11th - November 27th

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.

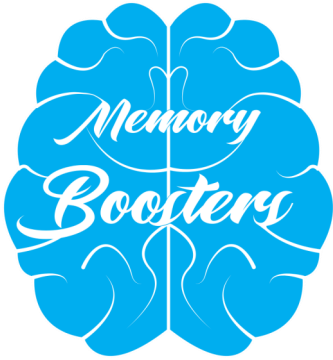
If you or somebody you know would benefit from this program, please call **519-742-1422** (Kitchener Area) and **519-836-7672** (Guelph Area) to register.

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 - 4 pm

Group meets virtually.
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

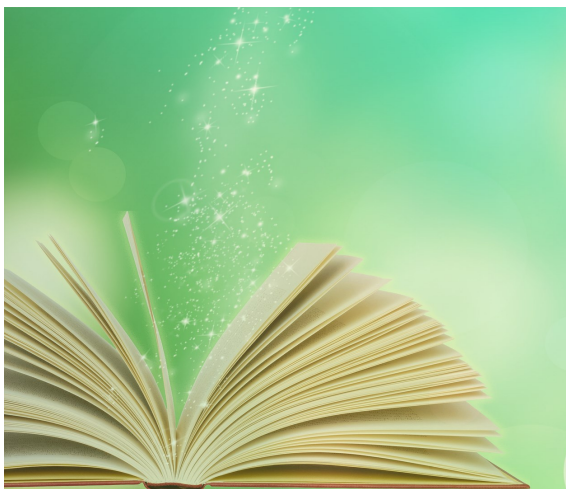
The Circle of Music choir for those living with dementia, their care partners and volunteer students is moving online while we are all in stay at home mode! Although technology does not allow us to sing together, we can still connect through music. No singing or technology experience necessary.



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

NEW SPARK a Memory Workshop

SPARK a Memory is a workshop designed for care partners. Contact Janine Wilson at 519-742-8518 ext. 4002 (Kitchener Area) or 226-314-0949 ext. 4002 (Guelph Area) for more information or to register.



Create a special photo book and learn the best way to use it for reminiscing. This program is intended for **care partners** to attend where they will work directly with a volunteer via Zoom. Together they will design and develop a personalized photo memory book to keep and help with conversations. This workshop will take place over 3 separate, 1.5 hour sessions.

Next session begins **September 2021**
on Tuesdays or Thursdays.

Contact **Janine Wilson** at **519-742-8518** ext. **4002** (Kitchener Area) or **226-314-0949** ext. **4002** (Guelph Area).

How YOU can help those journeying with dementia as an Alzheimer Society Volunteer:

- Do you have great computer skills? You could help clients build their skills so they can participate in virtual programming.
- Do you enjoy connecting with people? How about a role connecting with clients or donors by phone?
- Are you a natural organizer or great with the details? We have an admin role for you!
- Do you love being active? Maybe a role in our Minds in Motion program would be a great fit for you!

Have another idea? We would love to talk to you!

Join the ASWW Volunteer Team and make a difference! We welcome you and any talents you are able to share with us. Contact us and we can create a schedule that works for you!

For more information contact Kathy Irwin, Development Administration and Volunteer Coordinator by email at kathy@alzheimerww.ca or by phone at 519-742-8518 ext. 2045



Sign Up to Help Another Caregiver Today

Become a Peer Mentor in the 1:1 Peer Support Program.



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 that caregivers have the support they need when it best suits their schedule.

Become a Peer Mentor today and share your experience as a caregiver, receive training, and help someone in their caregiving journey.

You're not alone.

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

To learn more about becoming a Peer Mentor in the 1:1 Peer Support Program and volunteering without leaving your home, head to :

ontariocaregiver.ca/peersupport/become-a-peer-mentor/

Questions? We are always here to answer your questions, email us 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 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 | Thursday, Sept. 2nd, 10 am or Tuesday Oct. 5th, 2 pm

This 1-hour education session will cover learning about dementia, adapting to changes in the brain, and living well with dementia. Persons living with dementia may attend with or without a care partner, just as care partners may attend with or without a person living with dementia.

Mild Cognitive Impairment | Friday, September 24th, 10 am - 11 am

Individuals with Mild Cognitive Impairment (MCI) have problems with memory, language, thinking or judgement that are greater than cognitive changes associated with normal aging. In this session learn about signs and symptoms, and how MCI is different than dementia.

Special Education Topics

Everything You Want to Know About Dementia | Thursday, Sept. 9th, 2 pm - 3 pm

This is your chance to ask any questions you like about dementia. Our staff will address the most commonly asked questions people have, and invite you to come with any questions you may have.

Living Well: Tips and Strategies for Brain Health | Tuesday, Oct. 26th, 2 pm - 3 pm

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.

Learning the Ropes for Living with MCI™

Learning the Ropes for Living with MCI™ is a 6-week program aimed at older adults diagnosed with Mild Cognitive Impairment (MCI) and their care partner. The focus is on optimizing cognitive health through lifestyle choices, memory training, and support.



Physician referral is required.
Fee: \$30 per person (workbook included)
Please contact us at 519-742-8518 ext. 2090.

Wednesdays, 9:30 am - 11 am, September 29th - November 3rd

Register up to 24 hours before the session by calling our offices in the **Kitchener 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.

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 | Wednesday, September 8th, 10 am - 11 am

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

Tools for Connecting | Wednesday, September 15th, 10 am - 11 am

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 | Wednesday, September 22nd, 10 am - 11 am

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".

U-First[®] for Care Partners

U-First![®] for Care Partners is a new education program for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairment. For this three week course you are provided with a hard copy workbook and a tool which compliments the lessons, at no charge.

*To participate, please contact 519-742-8518 ext. 2090 (Kitchener Area)
or 226-314-0949 ext. 2090 (Guelph Area).*

Deadline to register is **Thursday, September 16th**

Tuesdays, 9:30 am - 11:30 am, October 5th, 12th, and 19th

Education

Register up to 24 hours before the session by calling our offices in the **Kitchener 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.

Care Essentials for Care Partners

This series is aimed at care partners of persons living with dementia who are at or approaching a stage when difficulty with Activities of Daily Living and behaviour changes may be a concern. Learn strategies to enhance communication and to understand and respond to behaviour. Participants are encouraged to attend multiple sessions but are welcome to join individual sessions.

Understanding the Stages of Dementia | Wednesday, October 6th, 1 pm - 2 pm

In the introduction to this 4-part learning series, participants will explore the commonalities between the different stages of Alzheimer's and other dementias.

Brain and Behaviour | Thursday, October 14th, 1 pm - 2 pm

The seminar will help participants understand the connection between the brain, effects of dementia, and changes in behaviours.

Responsive Behaviours | Thursday, October 21st, 1 pm - 2 pm

Through this educational hour, care partners will be introduced to ideas that minimize the possibility of experiencing responsive behaviours.

Enhanced Communication | Thursday, October 28th, 1 pm - 2 pm

In the final instalment of this learning series, participants will identify the best practices to ensure clear and compassionate communication.

YouTube Channel Education



We encourage you to check out our YouTube channel. We have uploaded short films on dementia, communication, behaviour and caregiving, as well as many other topics. Find the link at the bottom of our website or click on the YouTube logo to the left to go directly to our YouTube channel.

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-

Victoria Park Seniors Center Education

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**

Top 3 Questions and Tips About Dementia | Tuesday, September 14th, 10 am

This session will look at the most common questions about dementia, and the best Pro Tips for supporting someone living with dementia. You are asked to bring your questions, and there will be time to answer any questions you have.

Should We Attend? | Friday, October 15th, 10 am

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.



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.

Present a

Free Financial
Confidence Seminar
Thursday October 21st,
7:00pm-8:00pm

Details coming soon

Learn strategies and practical advice, about tax credits, powers of attorney, financial planning for seniors and avoiding financial abuse.

Register to reserve your spot today on our website
<https://alzheimer.ca/ww/en>
or by calling 519-742-1422.

Alzheimer *Society*

WATERLOO WELLINGTON

MAKE IT MONTHLY!

Monthly Partners Help Provide:

- **Support for care partners and families**
- **Programs to allow clients to “Live Their Best Day”**
- **Up to date education and information**
- **Counselling for individuals and families**
- **Funding for Research**

Most of our programs depend on support from people like you! Will you join us?

Become a Monthly Partner Today!

[https://alzheimer.ca/ww/en/take-action/
donate#Monthly_Giving](https://alzheimer.ca/ww/en/take-action/donate#Monthly_Giving)

Groups for Care Partners

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. 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 video camera.

Enhancing Care (EC) for Ontario Care Partners – a program developed in partnership with the Sinai Health System Reitman Centre including Reitman Centre CARERS Program, Reitman Centre TEACH Program, Reitman Centre CREATE Program and Reitman Centre Mindfulness Group.

The TEACH and CARERS programs are offered virtually through ASWW.



Sinai Health System

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



Ontario

Ministry of HEALTH AND LONG-TERM CARE

TEACH Program

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program that focuses on common caregiving themes including:

Self-care

Relationship changes

Healthcare system navigation

Future planning

- Coach care partners in practical communication and coping skills.
- Provides opportunity to share and learn from other care partners.

TEACH September | Wednesdays, 6:30 pm - 8 pm, September 22nd to October 13th

TEACH October | Wednesdays, 10 am - 11:30 am, October 20th to November 10th

CARERS Program

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.

- Teaches problem-solving techniques and a structured approach to address problems.
- Coaches care partners in communication skills through the use of simulation.
- Provides strategies for keeping a meaningful relationship with the person living with dementia

CARERS for Long Term Care |

Mondays, 1 pm - 3 pm, October 4th to November 29th (No Group October 11th)

CARERS for Adult Children |

Tuesdays, 6 pm - 8 pm, October 26th to December 14th

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-teleconferencing.



*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.

Next session begins **November 2021**.

Online Support Groups



The Ontario Caregiver Organization is offering a way to easily connect with other caregivers by phone or online/virtual discussion without leaving your home. For more information and to register, please visit ontariocaregiver.ca/peer-support/online-caregiver-support-group.

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!

Alzheimer Society Waterloo Wellington is grateful for all donations.

Please consider any of the following to support our mission.

Cheques by mail to: 831 Frederick St. Kitchener, ON N2B 2B4

Credit Cards accepted **online** at www.alzheimerww.ca OR

By phone 519-742-8518 ext. 2013

Groups for Care Partners

Monthly Virtual Care Partner Support Groups

We are offering virtual monthly support groups for care partners in Waterloo-Wellington. Each group will identify relevant topics for discussion and sharing.

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.

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

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

With your support we surpassed our goal and raised \$95,790 to help support the 16,500 people living with dementia and their care partners in our community!



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Regional Sponsor



Local Sponsor



Sandal Sponsors



We are challenged people to fundraise and walk 16,500 steps in this year's #IGWalkForAlz to show the 16,500 people in Waterloo Wellington living with dementia and those that care for them that they do not walk on their journey alone.

Our community came together and walked an amazing 9,145,308 steps in support of Alzheimer Society Waterloo Wellington!

Thank you to our sponsors, walk participants and donors for taking the first step in making a difference in the lives of those impacted by dementia. Your donation will help the growing demand for life-changing Alzheimer Society programs and services that our community relies on for their wellbeing.

All funds raised stay in the Region to help the people who are living with Alzheimer's and Dementia: people who reside in our homes: who are our friends, neighbours, and family.

Telephone Support and Recreation



We are pleased to offer telephone based programming with funding provided by the Government of Ontario.

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.

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.

SPARK Phone Recreation Program

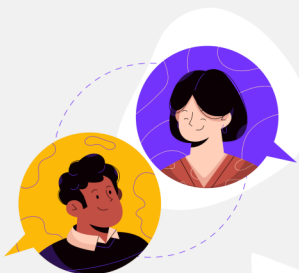
An 8-week recreational phone-based program designed to spark thoughtful conversation. The SPARK Program engages people living with dementia through a one-to-one telephone visit with a volunteer from ASWW. Some things that the volunteers may talk about are fun facts, trivia, or just spend time reminiscing.



Begins the week of **October 25th** to the week of **December 13th**

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

3 Tips for a Successful Zoom Call

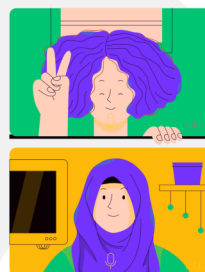


Mute and Unmute Yourself

To know if you are unmuted, check the microphone icon in the bottom right corner of the screen. If there is a line through it, you are muted.

Turn your Camera on and off

Beside the microphone icon you will find a video camera icon. You can use this button to turn your video on and off by click on it. If there is a line through it, your camera is off.



Switch to Gallery View

Switching to Gallery View will let you see all the participants of the chat, not just the current speaker. The button to switch your view will be in the top right corner for computers and the top left for tablets.

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. These feelings, people on their journey 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-	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

