

EDUCATION CONTINUED

U-First®

U-First and U-First Advanced for healthcare professionals focuses on personal support, activation, housekeeping or dietary support, developmental services and more in a 6-hour workshops or 3-week, self-paced, e-learning courses.

U-First for care partners provides innovative education for family and friends who are supporting someone experiencing behaviour changes due to dementia or other cognitive impairment.

The Gentle Persuasive Approach (GPA)

The GPA program for healthcare professionals consists of one day of evidence-based, interactive and practical training. It includes respectful, self-protective and gentle redirection techniques for use in situations where people living with dementia are at risk.

Corporate information sessions are available for companies interested in offering their employees opportunities to learn more about dementia, living well with the disease and brain health.



www.alzheimer-york.com


ENGAGED AND SAFE COMMUNITIES

Finding Your Way®

helps people living with dementia, their families, care partners, and communities recognize the risk of missing incidents, how to prevent missing incidents, and ensure that people with dementia can live safely in the community.

Dementia Friendly Communities

is a partnership between Alzheimer societies across the country. AS York offers free tools and resources to those working in community services, restaurants and retail to develop strategies that will transform York Region into a more inclusive, supportive environment for people impacted by dementia. Contact AS York to learn how you can become certified as a dementia-friendly space.

AS York offers **workshops in the community**  to help end the stigma associated with dementia and raise awareness of the disease. To this end, AS York offers workshops and webinars at places of worship, schools, service clubs, seniors groups, libraries, health fairs and more.

The Alzheimer Society of York Region also provides many opportunities to learn more about brain health and dementia.

Customized Learning

The public education coordinators at AS York can tailor a topic to your needs.

Interested in hosting a presentation? Please contact the AS York's public education team at **905.726.3477** or **1.888.414.5550**

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WHO WE ARE

The Alzheimer Society of York Region (AS York) provides counselling, education, navigation, support groups, and social recreation programs for the person living with Alzheimer's disease and other dementias and their care partners.

AS York works to raise awareness of Alzheimer's disease and other dementias and helps end stigma by offering information, education and programming to healthcare professionals, community groups, local businesses and the general public on topics related to brain health, keeping people living with dementia safe and creating dementia-friendly communities.

Contact Us

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-  @ASYork1

The Alzheimer Society of York Region relies on the generosity of individual, corporate donors, community groups and volunteers to carry out this vital work. To learn how you can support the Alzheimer Society of York Region with fundraising or volunteering please call **905 726 3477** or email info@alzheimer-york.com

DONATE:



www.alzheimer-york.com

Alzheimer Society
YORK REGION

Programs & Services



WHAT IS DEMENTIA?






Dementia is an umbrella term for a range of disorders affecting brain function. All dementias are progressive, meaning symptoms get more severe over time.

Dementia is NOT a normal part of aging. It affects people, even as early as their 30s, 40s and 50s. If you are concerned that you or someone you know might have symptoms of dementia, please contact a healthcare provider or call us.

Dementia Facts

- Approximately **600,000 Canadians** are living with Alzheimer's disease and other dementias.
- **25,000 new cases** of dementia are diagnosed every year.
- **By 2031**, that number is expected to grow to 937,000, an increase of 66 per cent.
- In York Region, **17,000** or more people are living with the disease.
- For every person diagnosed another **10-12 people are directly impacted.**

PROGRAM LEGEND

-  For People Living with Dementia
-  For Care Partners
-  For Healthcare Professional
-  In the Community
-  In the Workplace

SOCIAL RECREATION PROGRAMS

D.A.Y. Program

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

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

AS York has three D.A.Y. program locations serving York Region: Aurora, Thornhill, and Stouffville.

Eligibility:

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

The Music Project

Research demonstrates the benefits of music for people living with dementia. Through The Music Project, AS York offer persons living with dementia a free MP3 player and customized playlist, free of charge. To be eligible, you must be a person living with dementia who resides in the community with a family care partner and complete an application.

Active Living Programs

The active living program offers people living with dementia and their care partners an exciting range of activities to enhance social inclusion and physical well-being while exploring the benefits of creative therapies. These community-based activities include Minds in Motion® a physical exercise and mental stimulation program, nature walks, book club, music workshops, craft courses and more.

SUPPORT AND NAVIGATION

Navigation with First Link®

First Link® navigators are trained to connect people living with dementia and their care partners with information, supports and services they need at the earliest point possible and throughout the disease progression. Our team will connect you with both AS York programs and resources in the community.

Social Work and Counselling

is available with AS York's team of registered social workers. Confidential, disease-specific counselling, information and education are available. This team also offers guidance to those seeking to access other community programs and healthcare services. Support is provided by phone, email, or in-person within the community or at AS York's offices. Services are available in Cantonese, Farsi, French, Italian, Mandarin & Russian.

Support Groups

offer care partners the opportunity to connect with others with similar life experiences. Participants gain a sense of empowerment, improve coping skills, and find a place to share without judgement.

AS York offers support groups online, in-person at multiple locations and in various languages. Specific groups cater to care partners who are spouses, those caring for people living with young-onset dementia, people living with dementia in long-term care and those experiencing grief.

The Mindfulness-based Stress Reduction Program (MBSR)

is an evidence-based approach for managing stress. Designed for care partners, this program includes formal meditation practices and mindful movement exercises drawn from yoga, with options to modify movements and poses for comfort and safety.

EDUCATION

AS York offers virtual and-in person learning opportunities for people living with dementia, care partners, healthcare professionals, individuals in the workplace and in the community.

The Alzeducate website

AS York offers a free online education platform dedicated to providing high-quality, best practice-based education to serve people living with dementia, care partners, health-care providers and individuals who interact with people living with dementia in the workplace and in their community. Alzeducate is a valuable resource for information on brain health, dementia and more. Visit **www.alzeducate.ca** to create your free account and start learning today.

The First Link® Learning Series

Is comprised of five progressive learning modules that provide participants with a comprehensive overview of dementia, coping strategies, resources, and support systems. Through the series, people living with dementia and care partners have the opportunity to learn and share with others.

Enhanced CARERS

The Reitman Centre Online Enhanced CARERS Program is an intensive 8-session program focusing on practical skills and emotional supports and includes teaching problem-solving techniques. This program also guides care partners through communication skills training using simulation.

