

Soci t  Alzheimer Society

DURHAM REGION

2023 PROGRAM GUIDE



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A MESSAGE FROM OUR CEO

Our mission at the Alzheimer Society of Durham Region is to improve the quality of life of people living with Alzheimer's disease or other dementias and their care partners. We know that the dementia journey is different for everyone, which is why we offer a wide range of programs and services tailored to the clients we serve.

Dementia currently impacts close to 12,000 people living in Durham Region and many don't realize that their local Alzheimer Society has valuable supports and resources available to them. Through years of working with people living their own dementia journey, we understand sometimes it's hard to know where to start. Whether you have recently been diagnosed or are a care partner or healthcare professional looking for helpful information or training, we are here to help.

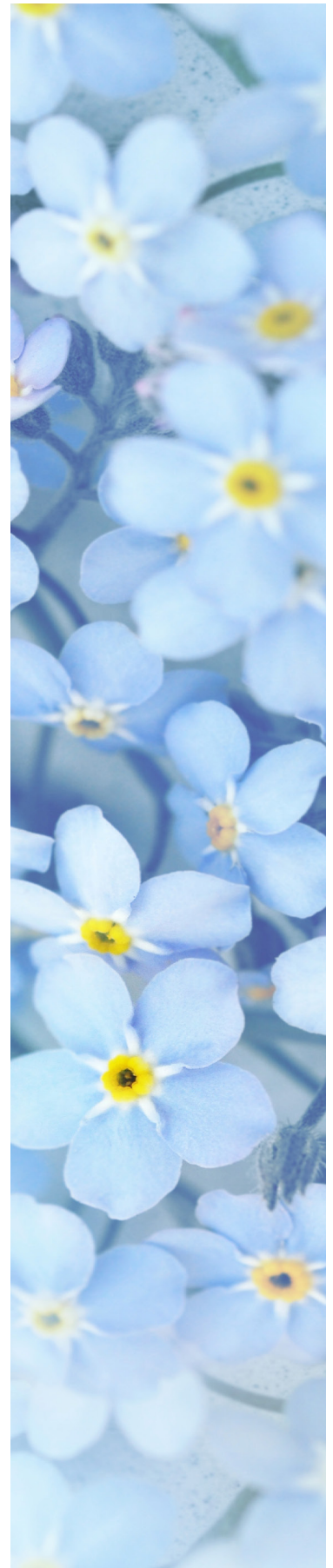
The Alzheimer Society of Durham Region aims to provide a variety of support and resources at every stage of the dementia journey. We know that the best people to help us design our programs, are the individuals who participate in our programs. By co-designing our services with people living with dementia and care partners we aim to provide a variety of supports and resources at every stage of the dementia journey.

I encourage you to have a look through this guide and find what is right for you. Whether it's working with our Support and Education team, or joining a recreation program for fun and socializing, the Alzheimer Society is here to guide you on your journey, however that may look for you.

Contact us today for more information about our programs, and how we can help you get started.



Gillian Barrie, OT Reg. (Ont.)
Chief Executive Officer, Alzheimer Society of Durham Region



CONTACT US

If you have questions regarding our programs or services, please contact us by phone, email or visit our office during office hours.

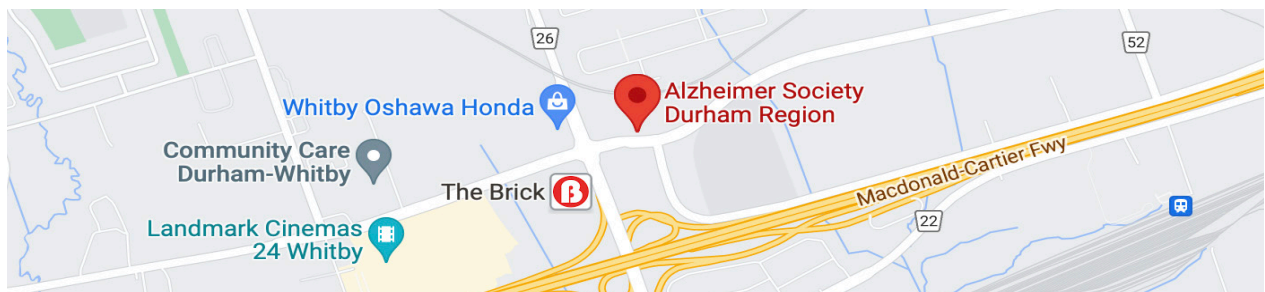
 905-576-2567 or 1-888-301-1106  information@alzheimerdurham.com

Business Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

Programs and services may be offered outside of these hours.

Visit our office

1600 Stellar Dr. Suite 202
Whitby, ON L1N 9B2



ABOUT US

Our Vision

To live in a community where people living with Alzheimer's disease and other dementias are accepted and supported in their environment.

Our Mission

To improve the quality of life of people living with Alzheimer's disease or other dementias and their care partners.

Our Values

Accountability - Collaboration - Respect - Excellence - Innovation - Empowerment

Our Philosophy

The Alzheimer Society of Durham Region believes that people affected by dementia have the right to enjoy the highest possible quality of life and quality of care. We believe that services should be tailored to the unique needs and interests of persons living with dementia and their care partners, regardless of the stage of the disease.

HOW TO REGISTER

Many of our education programs are open to the general public, please visit asdr.eventbrite.com to register.

Become a Client

While some of our programs are open to the general public, many require that you are a registered client with the Alzheimer Society of Durham Region. Becoming a client is easy, you don't need a diagnosis. Simply call or email our office and our Intake Coordinator will lead you through the process. They will help you register and determine which of our programs and services will be beneficial to you.

Reach us by phone at: 905-576-2567 or toll-free 1-888-301-1106
or by email at: intake@alzheimerdurham.com

Program Calendar

This Program Guide offers descriptions of all the programs and services we offer throughout the year. To find more information including dates and locations for our programs please look for our Program Calendar. The calendar is available:



On our website:

www.alzheimer.ca/durham/whats happening/programcalendar



By email: To sign up for our newsletter, visit the front page of our website, or call our office.



Please note not all programs are offered at all times. If you have any questions regarding program or service availability please contact us at 905-576-2567 or information@alzheimerdurham.com.

Volunteer with Us!

Our team of dedicated volunteers support and enrich the lives of persons living with dementia and care partners, far beyond what we can accomplish alone. We need people of all ages, skills, and interests to help. To get started contact us at: volunteer@alzheimerdurham.com.



ACTIVE LIVING

Our Active Living programs are open to persons living with dementia and their care partners. These programs offer participants enhanced physical and emotional benefits, including increased confidence, a sense of accomplishment and social and intellectual stimulation from meeting new people and visiting new places.



Minds in Motion®

Minds in Motion® offers people living with early to mid-stage dementia and their care partners meaningful socialization and stimulation through appropriate activities. Combining 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills. Registration required. Fees apply.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Weekly for 8 consecutive weeks 2-hour sessions in-person	In-person

Walking Buddies

Combines light exercise with an opportunity to socialize. Our Walking Buddies group meets weekly at a variety of outdoor and indoor locations depending on the season. Friends and family are always welcome to join.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Weekly 1-hour	In-person - variety of locations based on time of year

Social Recreation Programs

Our various social and recreation programs offer a range of therapies or engaging activities designed to enhance social inclusion, mental stimulation and physical well-being. Each session will focus on a different theme that may include horticulture therapy, art programs, music therapy or another meaningful activity. Registration required. Fees apply.



Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Program length and frequency will vary based on program	In-person - variety of locations based on program type

ACTIVE LIVING

Brain Waves Café

An informal monthly drop-in café for persons with cognitive (memory) change and their care partners, family and friends. This program involves stimulating conversation, social interaction, support and an opportunity to participate in engaging activities in a dementia friendly atmosphere.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Monthly 1.5-hour meetings	In-person

For more information on our Active Living programs or to register please contact us:
recreation@alzheimerdurham.com | 905-576-2567 ext. 5240

The Friendly Place

YOUNG ONSET DEMENTIA ADULT DAY PROGRAM

A Day Program specially designed for persons diagnosed with dementia prior to age 65

The Friendly Place offers:

- A place for members to interact with peers, and participate in mentally, socially and physically stimulating activities
- A safe, comfortable, inclusive environment
- Participant driven activities such as: games, discussions, music, outings, exercise, creative arts and more
- Daily lunch and snacks, coffee/tea



Join us in-person at our office in Whitby.

Fees apply, subsidies available for eligible participants.

The Social

WEEKLY HALF-DAY SOCIAL PROGRAM

A weekly social group for persons living with early to mid-stage dementia

The Social offers:

- Engaging activities designed to promote social, mental and emotional well-being
- A safe, comfortable, inclusive environment
- Participant driven activities such as: trivia, cards, board games, bocce ball, washer toss, music, arts and more
- Respite for care partners



Fees apply.

To learn more please contact us at 905-567-2567 ext. 5003

SUPPORT

From coping techniques to therapeutic counselling, our team offers a comprehensive overview of dementia, health-system navigation, care planning and overall support to those on a journey with dementia.

Support is available one-on-one in individual sessions, or through group settings led by our counsellors, social workers and trained volunteers.



Counsellor-Led Support

In these support groups, our trained and experienced counsellors facilitate a supportive environment to help persons living with dementia and care partners learn from and connect with others living similar experiences.

For Persons Living With Dementia

Early Stage Support Group

For people in the early stages of Alzheimer’s disease or other dementias and their care partners. Learn how to maintain positive connections with others by adopting practical strategies for living well, self-advocacy and ways to reduce stigma. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Monthly 1.5-hour sessions	In-person Virtual

Learning the Ropes for Living with MCI®

Learning the Ropes for Living with MCI® is a six-week program for persons living with Mild Cognitive Impairment (MCI) and a close family member/friend. The program provides education about MCI and focuses on optimizing cognitive health through lifestyle choices, memory training (involving practical strategies) and psychosocial and family support. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Weekly for 6 consecutive weeks 2-hour sessions	In-person

**For more information on available support or to register please contact us:
intake@alzheimerdurham.com 905-576-2567 ext. 5233**

SUPPORT

For Care Partners

Care Partner Support Group

Support groups are available throughout Durham Region. These groups provide care partners the opportunity to connect with others who are living with similar experiences. Registration required.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hour sessions	In-person Virtual

Long-term Care/Retirement Home Care Partner Support Group

This group specifically focuses on topics and strategies that affect those supporting residents in long-term care or retirement homes such as stress, communication, and responding to behaviours. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in long-term care or retirement homes	Monthly 1.5-hour sessions	In-person Virtual

Living with Loss

A safe and supportive group for care partners as they adjust to feelings of loss and grief throughout the dementia journey. Members will explore various topics including: the loss of connection with a loved one living with dementia, the loss of plans and dreams and the anticipated loss or death of a loved one. Registration required.

Audience	Frequency	Delivery Method
Care partners	Weekly for 6 consecutive weeks 1.5-hour sessions	In-person Virtual

Francophone Care Partner Support Group

Les groupes de soutien des aidants/aidantes francophones

These support groups provide care partners the opportunity to connect with others who are living with similar experiences. Registration required.

Ces groupes de soutien fournissent les aidants/aidantes l'occasion de faire connaissance aux autres qui vivent les expériences semblables. Enregistrement obligatoire.

Audience	Frequency	Delivery Method
French speaking care partners	Monthly 1.5-hour sessions	In-person Virtual

SUPPORT

Peer-Led Support

These support groups are led by trained volunteers who have lived experience as a caregiver. These programs offer the opportunity to connect with and learn from others who are living with similar experiences.



Care Partner Support Groups

Offered at locations throughout Durham Region, this support group is an opportunity for care partners to engage with peers in a supportive, social environment. Registration required.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hours	In-person Virtual

Drop-in Social

These drop-in support sessions provide opportunities for care partners to share their experiences and navigate available resources.

Audience	Frequency	Delivery Method
Care partners	Monthly 1.5-hours	In-person Virtual

Breakfast Club

This program is an opportunity for care partners and persons living with dementia to enjoy some food and connect with each other in a casual, comfortable setting. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partner	Frequency based on location 1.5-hours	In-person at designated restaurant Buy your own breakfast

Men's Breakfast

This group provides support for male care partners in a casual, comfortable setting.

Audience	Frequency	Delivery Method
Male care partners	Weekly 2-hours	Virtual and in-person

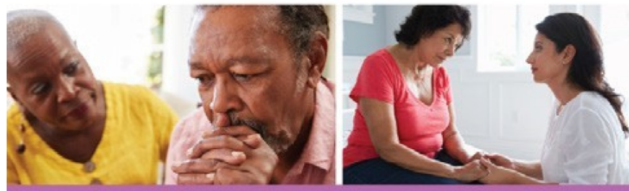
ENHANCING CARE PROGRAMS

To assist family caregivers in managing day-to-day caregiving-related challenges. Caregivers will learn strategies to reduce emotional stress and burden, improve resilience and strengthen the ability to cope with the demands of caregiving.

— THE REITMAN CENTRE — TEACH PROGRAM

Training, Education, and Assistance for Caregiving at Home

INTERACTIVE GROUP PROGRAM FOR
CARE PARTNERS OF PEOPLE LIVING
WITH DEMENTIA



Sinai Health System

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

The TEACH program is a four-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners.

— THE REITMAN CENTRE — CARERS PROGRAM

Coaching, Advocacy, Respite, Education, Relationship, Simulation

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



CARERS is an eight-week program for family caregivers of people living with early and mid-stage dementia. The focus is on practical skills-based tools and emotional supports needed to provide care for family members with dementia.

For more information about our Enhancing Care Programs or to register, please contact us at 905-576-2567 ext. 5239

Robotic Pet Adoption Program

Robotic companion pets bring comfort, companionship, and fun. Contact us at 905-576-2567 to see if you or your loved one qualifies. \$20 fee applies.



"My wife, being a pet lover, has found the perfect way to relieve stressful days. It is not uncommon to see her with her cat 3-4 times a day. It has such a calming affect on her."
- ASDR Care Partner

RESPIRE CARE

Our Respite Care Program is designed to provide funds for in-home support for persons living with dementia so care partners can participate in ASDR programs and services.

Please contact us at 905-576-2567 for more information. (Please note, ASDR itself does not provide in-home care.)



Collaborative primary care

Our MINT Memory Clinic team consists of Social Workers, Nurses and Occupational Therapists who work together with primary care physicians to provide early diagnosis treatment and support for those experiencing memory concerns.

For more information visit www.alzheimer.ca/durham
or call 905-576-2567 ext 5235

EDUCATION

Our Education team hosts a variety of workshops, seminars, training and education sessions for people living with dementia, care partners, health-care professionals and community partners.



For Care Partners

Education for those caring for people living with dementia to help understand their diagnosis, the changes they will experience, problem solving strategies, approaches for communication, and available avenues for support.

First Steps for Care Partners

Explore an overview of the dementia journey in an interactive and supportive atmosphere. Topics include: What is Dementia?, Adapting to Brain Changes, Planning Ahead, and Building a Circle of Support. Registration required.

Audience	Frequency	Delivery Method
Care partners of those in early stages	6-hour course that may be offered as 4 sessions, 2 sessions or a 1 day workshop	In-person Virtual

Care Essentials

Learn more about approaches to caring for someone living with dementia. Each session explores a new topic including: What to Expect, Communicating Effectively, Responding to Behaviour, and Supporting Daily Activities. Registration required.

Audience	Frequency	Delivery Method
Care partners	4-part series (2-hr sessions)	In-person Virtual

Options for Care

Evaluate current care giving needs and explore how to use community resources to continue supporting a person living with dementia. Learn more about other possible residential care options available and the application process. Topics include: Help in the home, Considering Residential Care Options, Moving to Long-term Care. Registration required.

Audience	Frequency	Delivery Method
Care partners	3-part series (2-hr sessions)	In-person Virtual

EDUCATION

Comfort and Care in Later Stages

This series addresses common care issues in late-stage dementia to help care partners adapt to changing needs and explore sensitive issues around care and treatment. Registration required.

Audience	Frequency	Delivery Method
Care partners	3-part series 2-hr sessions	In-person Virtual

Monthly Spotlight Series

Hear from guest speakers sharing their expertise on various topics to help you through the dementia journey and live well within the community. Past presentations have included Driving and Dementia, Mental Health, Nutrition for Brain Health, and Fraud Awareness. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	Monthly 1-1.5-hour sessions	Virtual

U-First!® for Care Partners

For family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairments. This program helps care partners to build confidence, reduce responsive behaviours, and develop a person-centred approach to providing care. Registration required.

Audience	Frequency	Delivery Method
Care partners	2 x 3-hour sessions	In-person Virtual

Living the Dementia Journey

Living the Dementia Journey is an award-winning, evidence-informed training program for those who support people living with dementia. Participants gain awareness and understanding that changes not only the way they view dementia, but the way they support people living with it. Registration required.

Audience	Frequency	Delivery Method
Care partners	2 x 4-hour sessions	In-person Virtual

EDUCATION

For Persons Living With Dementia

Help for people living with dementia to understand their diagnosis and the changes they will experience.



First Steps for Persons Living with Dementia

This introductory workshop provides an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias. Participants will discuss the impact of receiving the diagnosis, changes they will experience and coping skills. Care partners are welcome to attend. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia	2-hr session	In-person Virtual

Taking Control of Our Lives

This program offers the person living with dementia and their care partner help in adapting to changes and developing positive strategies for living with dementia. Participants will have an opportunity to find their voice, and be empowered to overcome the stigma associated with dementia. Topics include communication, living safely and more. Registration required.

Audience	Frequency	Delivery Method
Persons living with dementia Care partners	8 week series 2-hour sessions	In-person

French Language Education Services en français

We offer a variety of our education sessions in French. Topics include: Sensibilisation aux troubles neurocognitifs, Premières Étapes pour les partenaires de soins and many more. Contact our Education Team to find out more about our French language services.

Nous offrons une variété de nos ateliers éducatifs en français. Les sujets comprennent: Sensibilisation aux troubles neurocognitifs, Premières Étapes pour les partenaires de soins et plus. Contactez notre équipe d'éducation pour plus de renseignements de nos services et programmes en français.

For more information on education sessions or to register please contact us: education@alzheimerdurham.com 905-576-2567 or visit: asdr.eventbrite.com

EDUCATION

For Health Care Professionals

These education sessions are designed for health care professionals to better understand the dementia journey and learn new skills to enhance care for people living with Alzheimer's and other dementias.

Monthly Spotlight Speaker Series

This series features a different expert guest speaker each month sharing their knowledge to enhance participant's understanding of Alzheimer's disease and other dementias. Topics may include: Lewy Body Dementia, The Lived Experience, Understanding Agitation and more. Registration required.

Audience	Frequency	Delivery Method
People working in healthcare settings that interact with people living with dementia.	Monthly 1 hour session	Virtual

U-First!®

U-First!® is a workshop on dementia care designed for health care providers who are involved in supporting persons with Alzheimer's disease or other dementias. Develop a common knowledge base, language, and approach to caring for people with Alzheimer's and other forms of dementia. Registration required. Fees apply.

Audience	Frequency	Delivery Method
People working in community care, acute care, and retirement/long-term care or other health care settings.	6-hour workshop May be split over two sessions	In-person Virtual

Gentle Persuasive Approaches (GPA)®

Evidence-based education designed for team members who care for those who display responsive behaviours associated with dementia. Learn to use a person-centered, compassionate and gentle persuasive approach and to respond respectfully, with confidence and skill. Registration required. Fees apply.

Audience	Frequency	Delivery Method
People working with those living with dementia.	Full-day workshop	In-person Virtual

For more information on education sessions or to register please contact us: education@alzheimerdurham.com 905-576-2567 or visit: asdr.eventbrite.com

Is your business dementia friendly?

DEMENTIA FRIENDLY COMMUNITIES

O N T A R I O

A Dementia Friendly Community is a place where people living with dementia are understood, respected, and supported. It's an environment where they will feel more confident in their abilities to contribute to community life, will be included in conversations, and have a choice and control over their day-to-day lives.

Contact us to learn more
education@alzheimerdurham.com | 905-576-2567
asdr.eventbrite.com

This up-close, hands-on experience provides critical insight into the world of dementia.

This program is invaluable to people who are caring for a person with Alzheimer's disease or a related dementia to help understand the experience of those living with dementia.

Contact us to learn more:
education@alzheimerdurham.com
905-576-2567

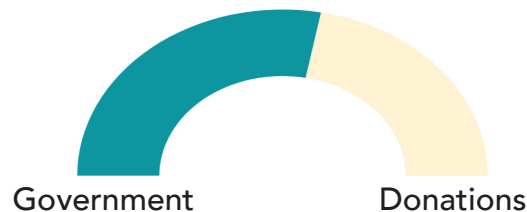
Virtual Dementia Tour



FUNDRAISING

The Government of Ontario provides base funding through Ontario Health which covers 56% of our annual costs. Therefore, we depend on the generosity of individuals, foundations, and local businesses to bring our programs to life and best support those impacted by dementia in Durham Region.

With cases of dementia rising at an alarming rate, the demand for our services continues to grow. This year more than ever, we will rely on the support from our donors to ensure those living with this disease have access to the services they need, and their care partners are supported and prepared for the journey ahead.



HOW OUR FUNDING IS SPENT

Ontario Health funds:

- First Link ®
- Supportive counselling
- Education
- Young Onset Adult Day Program
- MINT Memory Clinic support

It's important to note these programs and services can not run without additional support from our donors.

Our donors fund:

- First Link ®
- Supportive counselling
- Education
- Young Onset Adult Day Program
- MINT Memory Clinic support
- Minds in Motion ®
- Pet Adoption Program
- Brain Waves Cafe
- Social and Rec Programs
- Walking Buddies
- All new programs and services as they are developed

WAYS TO GIVE

Donate now to help fund vital programs and services for people living with Alzheimer's disease or other dementias and their care partners.



MAKE A GIFT

Donate online at www.alzheimer.ca/durham or by calling 905-576-2567.



LEAVE A LEGACY

Continue your giving with a bequest in your will.



BECOME A SPONSOR

Sponsor our IG Wealth Management Walk for Alzheimer's here in Durham Region. Contact us at 905-576-2567 to learn more.



PLAN YOUR OWN EVENT

To get started planning your event in support of ASDR, contact us at 905-576-2567.



VOLUNTEER

Contact us to learn about our exciting volunteer positions volunteer@alzheimerdurham.com

Walk with us!

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

REGISTER NOW:
www.walkforalzheimers.ca



Société Alzheimer *Society*

D U R H A M R E G I O N

Alzheimer Society Durham Region

1600 Stellar Dr. Suite 202 Whitby ON L1N 9B2

905-576-2576 | 1-888-301-1106

www.alzheimer.ca/durham



Charitable Registration Number: 10670 5296 RR0001

