Join thousands of others across our province who have committed to making our communities dementia friendly!







#### **GET INVOLVED!**

- Learn more
- Schedule a training session
- Join a community event
- Volunteer
- Join an advisory group for people living with dementia
- Help fund this movement

The Alzheimer Society offers Help for Today through our programs and services for people living with dementia and Hope for Tomorrow...® by funding research to find the cause and the cure.

# **CONTACT US!**

Alzheimer Society of Durham Region 1600 Stellar Drive., Suite 202 Whitby, ON, L1N 9B2

Phone: 905-576-2567 Toll-free: 1-888-301-1106 Fax: 905-576-2033

information@alzheimerdurham.com www.alzheimer.ca/durham

Visit us on: Facebook, Twitter and Instagram





DURHAM REGION



TOGETHER, WE CAN BUILD DEMENTIA-FRIENDLY COMMUNTIES



#### WHAT IS A DEMENTIA-FRIENDLY COMMUNITY?

A place where people living with dementia are

- Understood
- Respected
- Supported
- Included
- Living healthy active lives in the community

#### **DID YOU KNOW...**

Over 240,000 Ontarians live with dementia today, a number that is expected to double within the next twenty years

Close to 10,000 people diagnosed with dementia are under the age of 65.

Ng, R., Maxwell, C.J., Yates, E.A., Nylen, K., Antflick, J., Jetté, N., & Bronskill, S.E. (2015). Brain Disorders in Ontario

Smetanin, P., Kobak, P., Briante, C., Stiff, D., Sherman, G., & Ahmad, S. (2009). Rising Tide: The Impact of Dementia in Ontario 2008 to 2038

# MAKE YOUR COMMUNITY MORE DEMENTIA FRIENDLY

#### **ACCESS TRAINING**

Available through your local Alzheimer Society to help make your workplace more dementia friendly

#### VOLUNTEER

Opportunities available for people living with dementia and those who want to help build a Dementia-Friendly Ontario

### DONATE

Call 905-576-2567 or toll-free: 1-888-301-1106 or visit www.alzheimer.ca/durham

#### BENEFITS FOR YOUR WORKPLACE

• Enhanced customer service and accessibility

• Empowered staff and volunteers

# BOOK A DEMENTIA-FRIENDLY TRAINING SESSION TODAY TO LEARN MORE ABOUT...

- What is dementia? Perspectives of people living with dementia
- How to recognize, interact and communicate with people living with dementia
- Environmental considerations
- Strategies for including dementiafriendly practices in Accessibility and Age Friendly standards
- Practical tools to maintain a Dementia-Friendly workplace

WHAT WILL YOU DO TO SUPPORT PEOPLE LIVING WITH DEMENTIA IN YOUR COMMUNITY?

