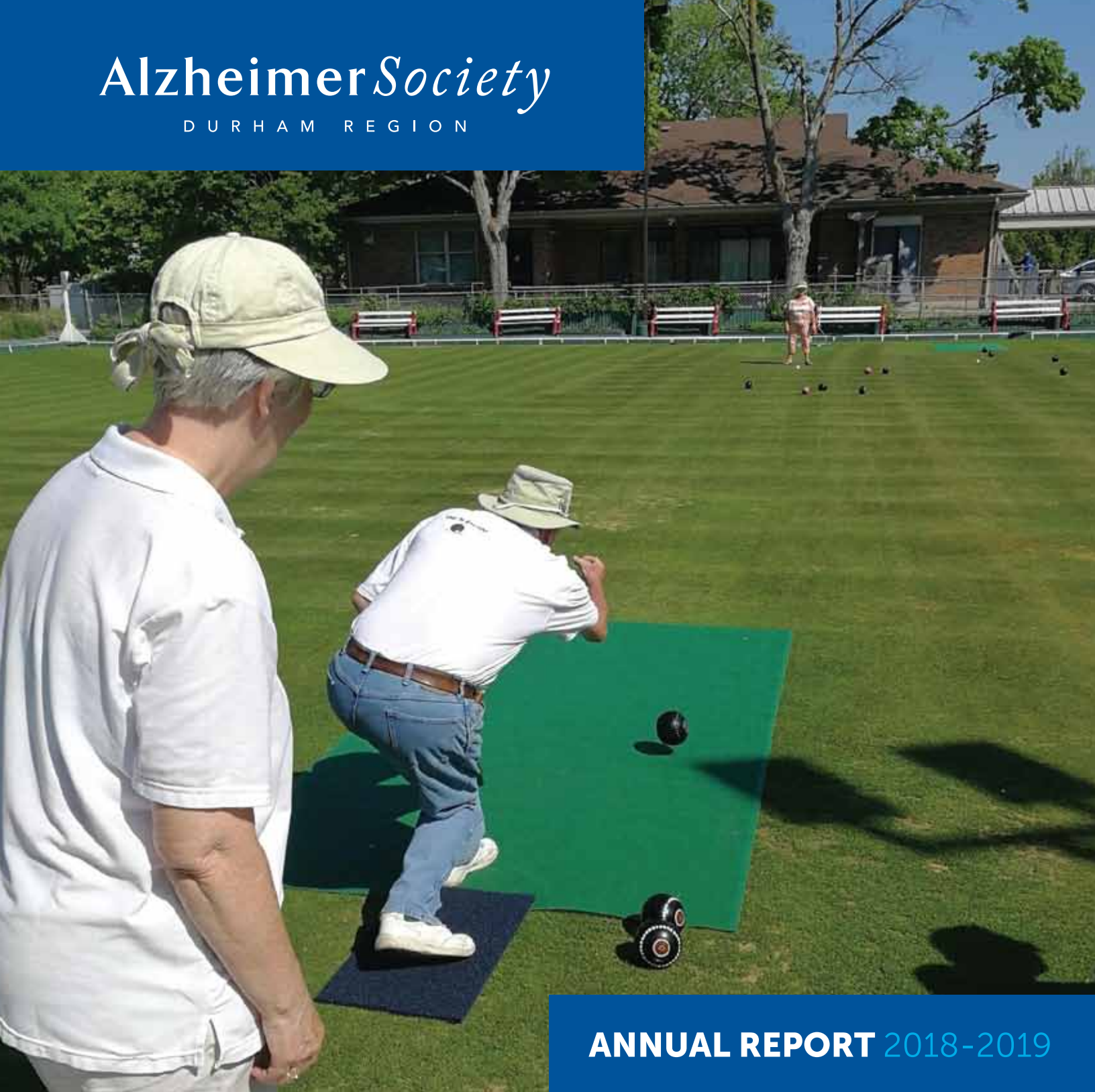


Alzheimer Society

DURHAM REGION



ANNUAL REPORT 2018-2019

SUPPORT. EDUCATION. COMMUNITY.

EXECUTIVE STATEMENT

For those of us who are, or have been, on the dementia journey with a loved one, we know that it represents many transitions and transformations. As we celebrate 40 years of service to our local community, we take a moment to reflect on ASDR's own journey and its many transitions and transformations which have occurred over that time. It was the foresight of individuals wanting a community of support 40 years ago that launched our agency and it is for that same reason we continue to exist today. We celebrate those beginnings, learn from the past, and plan for the future so that all those living with dementia can feel supported in their home and community.

This past year, ASDR has undergone a journey of its own as we transition and transform into an organization that will be effectively serving Durham Region into the future. Late in 2018, the Board of Directors, staff, individuals living with dementia, their care partners and community partners came together to envision the future and create a strategic plan for change. Five key strategic priorities were developed for the next five years of our journey and we will build all of our work focused upon the following priorities:

- Expanding our reach and impact
- Innovative, Client-Designed Programming
- Advancing a supportive and knowledge-based dementia care network
- Supporting Resiliency through Peer Connections and Mentorship
- Enhancing the Excellence, Capacity and Sustainability of ASDR

Our journey this past year has included an expansion of our programming to include several new offerings including Enhancing Care for Ontario Care Partners (CARERS/TEACH) in partnership with the Sinai Health System Reitman Centre, First Link Care Navigation, Adult Day programming for those living with Young

Onset Dementia, Sharing Dance, in partnership with the National Ballet School and a variety of other recreation programs. We continue to look for unique and innovate ways to build dementia-friendly communities that support the inclusive participation of care partners and people living with dementia. We continue to work with our valued community partners to identify system level changes as we move towards the transformation of the healthcare system.

To our generous volunteers, donors, staff, funders, and service partners who share our vision of a community where those living with dementia and their care partners can live a full and productive life, we offer our sincere gratitude and thanks for being on this journey with us. It would not be possible without your support and dedication and as we look to the next 40 years, we invite you to continue with us on the journey and the hope that a cure is soon to be found.

"We continue to look for unique and innovate ways to build dementia-friendly communities that support the inclusive participation of care partners and people living with dementia."



Brian McAuley

Brian McAuley
President, Board of Directors



Denyse Newton

Denyse Newton
Executive Director



IMPACTING LIVES

"I have been attending a variety of recreation programs offered by the Alzheimer Society of Durham Region for the past year, along with my husband, who has dementia. I recently attended a 6-week Art program, an 8-week Minds in Motion program, attended the Brain Wave Cafés, and more.

After the last class of Minds in Motion I went home with my husband and, later that night, he opened up and shared memories from his childhood and early years; we had a wonderful hour-long conversation full of laughter, something we hadn't done in years. This is truly a sign that the courses and activities have had a positive impact on him, and in turn, our relationship.

Also, what I really like about the social recreation programs with the Alzheimer's Society is that when I come here I can relax." – *ASDR Care Partner*

WHY GET INVOLVED?

"From my experiences getting involved with support groups has been very beneficial. Listening gives you insight to challenges and solutions of others. You learn from them, develop empathy and patience, gain reassurance and realize that you are not alone."

- Brian, ASDR Care Partner & Client

"My why, is my memories. As the years have passed, my memories have become more important, especially, with my marriage and the birth of my two boys. The thought of ever losing any of our memories is frightening. ASDR plays a critical role in making memories matter. Right now, there is no cure for Alzheimer's (disease) and related dementias. The Alzheimer's Society of Durham Region is working hard to help ease the impact of these diseases and the effect it has on those diagnosed, their families and their caretakers. I am grateful to be able to part of such an incredible organization."

- Megan, ASDR Board Member

"I have patients who have been diagnosed with Alzheimer's disease and have seen some situations spiral out of control very quickly for both patients and caregivers. As a Board Member, I am proud to be able to support an organization (ASDR) that does so much for this demographic. ASDR has a bright future to support patients, caregiver and the community at large."

- Shahzil, ASDR Board Member

"I became involved with ASDR because this disease suddenly was all around me. A number of family members and a good friend were all diagnosed within a short window of time. I was perplexed and felt a need to act. So, I became involved with the Alzheimer Society to help make a difference in the lives of those people whose lives have been impacted and to advance the great work our staff do each and every day."

- Bob, ASDR Board Member



"You receive specific training here. What to expect, the different stages of the dementia related illness, how best to communicate, and lessons on financial planning."

- Catherine, ASDR Client & Care Partner



"ASDR helps people stay at home more comfortably. It's the quality of life that you have at home, that's the big issue. I think that care partner support and emotional support programs make a difference."

- Anonymous, ASDR Client



"You receive specific training here. What to expect, the different stages of the dementia related illness, how best to communicate, and lessons on financial planning."

- Catherine, ASDR Client & Care Partner



"For over two years, Gusty's fabulous attendance in our many programs has made her a star student. Gusty has been a regular in our Minds in Motion classes, Brain Wave Cafés, and she proudly shows off the Art projects she did in our program to anyone who visits her! Since joining these programs, Gusty's enthusiasm for fitness has also improved, and she stays active even on days when she has no class."

- ASDR Social & Recreation Coordinator



SOCIAL & RECREATION

This was the third and final year of our Ontario Trillium Foundation Grant for our social & recreation programs at ASDR. An increase in participation, community partnerships and a wide variety of programming can all be attributed to the variety of offerings.

These programs have something for everyone; Minds in Motion® (fitness), Walking Buddies, Intergenerational Choir, Art Therapy, Drama, Brain Wave Cafes, Breakfast Clubs, Lawn Bowling, Knitting, Wool and Horticultural Therapy! As one avid participant says, *"It gives me a great reason to get up in the morning, and I never get bored!"*

Our programs are spread throughout all municipalities of Durham Region to allow for greater access. All programs have been designed to be dementia friendly, and are open to both those persons living with dementia and their care partners.

Increasingly we see adult children of clients attending with mom or dad, some even retiring early to support their parents through the journey.

The goal for participants, especially those living with dementia, is that they have a chance to be stimulated, heard, valued, and supported in a relaxed, fun and engaging atmosphere where they leave their worries about dementia at the door. Participants have reported numerous benefits over the years, ranging from; social connections and stimulation, feeling happier, more alert, less stressed, and the fitness aspect of Minds in Motion® offers physical benefits for cardiovascular, strength and balance health.

Many clients' first experience with the organization (ASDR) is through a social & recreation program, then finding educational and family support programs additionally valuable.

IMPACT IN DURHAM REGION

TOTAL INTERACTIONS



9,722

Persons Living with
Dementia & Care Partners

Registered clients

5,705

Non-registered clients

4,017

FAMILY SUPPORT

OF 1:1 / FAMILY SUPPORT VISITS

2,498



OF SUPPORT
GROUPS FACILITATED

150

OF PEOPLE ATTENDED
SUPPORT GROUPS

1,279

PRIMARY CARE COLLABORATIVE MEMORY SERVICES (PCCMS)



OF INDIVIDUALS SERVED

827

OF VISITS

1,730

CLINIC
LOCATIONS

3

PUBLIC EDUCATION

OF EDUCATIONAL SESSIONS

206

OF GROUP PARTICIPANTS
IN ATTENDANCE AT PUBLIC
EDUCATION EVENTS

3,271



VOLUNTEERS



OF VOLUNTEERS

120

VOLUNTEER HOURS

2,656

SOCIAL & RECREATION

TOTAL
OF PARTICIPANTS

1,746

OF DIFFERENT
PROGRAMS OFFERED

8



EDUCATION

Our Public 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.

Dementia Awareness for Firefighters: the team completed 21 sessions to 283 staff (from Pickering, Ajax and Clarington Fire Services, including Volunteer Fire Services).

- French Language: Provided info booths and presentations to reach our French community.
- Aphasia Workshop: session featured Speech and Language Consultant from March of Dimes Canada: 30 attendees (care partners, persons with dementia and professionals);
- 3 First Link Speaker Series workshops were held in Sunderland (topics included Financial, Legal and Hearing)

- Next Steps for Families and Friends Saturday work shop in January was hosted and was well attended (32 attendees). As a result, another Saturday session in March that was popular as well (24 attendees)
- Living Safely Forum: An informative day for our community! 90 people attended the forum which included presentations on Driving as well as "Technology, Tools and Strategies to Live Better with Dementia".



DEMENTIA FRIENDLY COMMUNITIES

"A dementia-friendly community is one in which residents, businesses and services understand what dementia is, and how to support and communicate with people who have the diagnosis. It is a community that has programs and meaningful activities that my husband could easily access and comfortably participate in. It is an understanding community in which having dementia is not a stigma, and where my husband feels like he is a contributing, participating member of society."

– *Dementia care partner*

Many people living with dementia live well in the community for quite a long time. Dementia may make participating in activities and staying involved more difficult. People living with dementia and care partners tell us that stigma, as well as social and physical barriers, can make it more difficult to get around and to feel supported. For example, people living with dementia may face challenges when:

- going shopping
- doing their banking
- eating out at a restaurant or
- going to their local post office

- using transportation
- going on holidays
- maintaining social contact or
- enjoying hobbies out in the community.

However, with a little bit of information, a lot of compassion and community help, there is an opportunity to change this. Please join us in creating a dementia-friendly Durham Region.

With dementia-friendly communities, we can:

- Build communities that value, include and respect people with dementia.
- Support a sense of belonging and independence.
- Recognize signs of dementia and know how to communicate effectively and respectfully.
- Understand what to do when we see a community member who may be wandering.
- Compliment age-friendly initiatives by emphasizing the needs of people living with dementia.

IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

The IG Wealth Management Walk for Alzheimer's is Canada's biggest fundraiser for Alzheimer's disease and other dementias, taking place in over 300 communities across the country. In 2018, Canadians participating in the Walk raised over \$5 million. In Durham Region, nearly \$80,000 was raised!

These funds go toward local programs and services that improve quality of life for people living with dementia and their families and support awareness and education about dementia.

PARTICIPANTS

253

NEARLY

\$80,000
RAISED!



IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER'S**

COMMUNITY FUNDRAISING



NEARLY
\$50,000
RAISED BY
COMMUNITY PARTNERS!

Durham Regional Police K9 Calendar

Over the last 5 years, the DRPS K9 Unit has voluntarily created and sold charity calendars, to which Alzheimer Society of Durham Region has been a beneficiary of funds. The unit volunteers their time on days off, away from their families, during the holidays and on weekends to engage with the community and sell calendars \$20 each.

This past year, the group outdid themselves and nearly doubled their previous efforts, raising over \$60,000, for three local charities.

Since this initiative began, the group has raised over \$184,000 supporting charities within Durham Region, including Alzheimer Society of Durham Region. The K9 unit responds to many calls throughout the year to assist in the search and rescue of those missing who live with Alzheimer's disease or related dementias.

Coffee Break & Third Party Events

Each year, community partners such as church groups, retirement homes, and national sponsor, FreshCo stores, come together to host a variety of events to raise money for people living with dementia in Durham Region. This past year FreshCo stores and community partners raised an outstanding amount of over \$18,000!

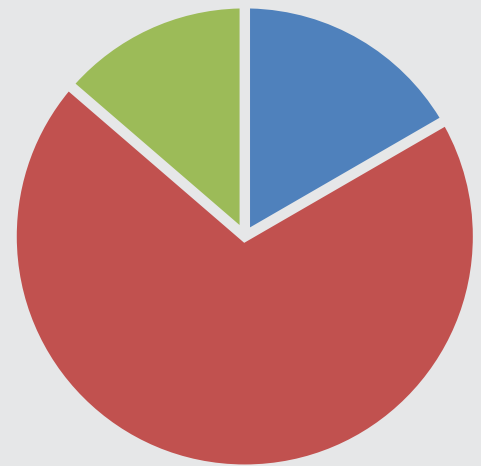


Thank You!

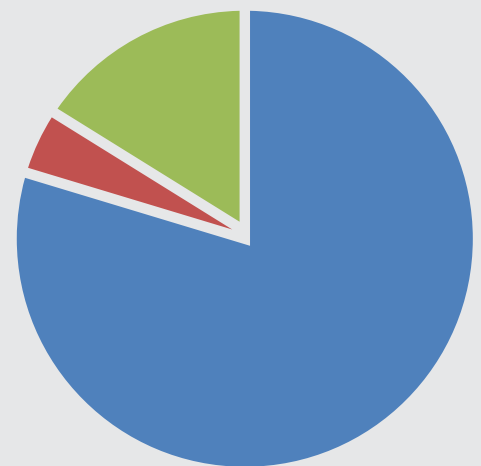
FINANCIAL REPORT

For 12 Month Period Ended March 31, 2019
(in dollars)

REVENUE	2018	2019
Support from the Public	406,884	447,699
Government Health Programs	1,639,979	1,859,616
Provincial Grants & Other Income	235,754	361,844
Total revenues	2,282,617	2,669,159



EXPENSES	2018	2019
Total programs and services	1,745,244	2,081,152
Fundraising	140,150	85,512
Administration	292,492	433,075
Total expenses	2,177,886	2,599,739



Excess of revenue over expenses **104,731** **69,420**

Complete audited financial statements are available at www.alzheimerdurham.com

The Board of Directors of the Alzheimer Society of Durham Region has a policy that ensures adequate reserve funds are available to provide for at least six months of normal operating expenses.

DONATE TODAY

www.alzheimer.ca/durham

Thank you to all of our donors, community partners, and supporters, for making a difference in the lives of those living with dementia and their care partners.



MISSION

To improve the quality of life of people with Alzheimer's disease or a related dementia and their care partners.



VISION

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

Contact information

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