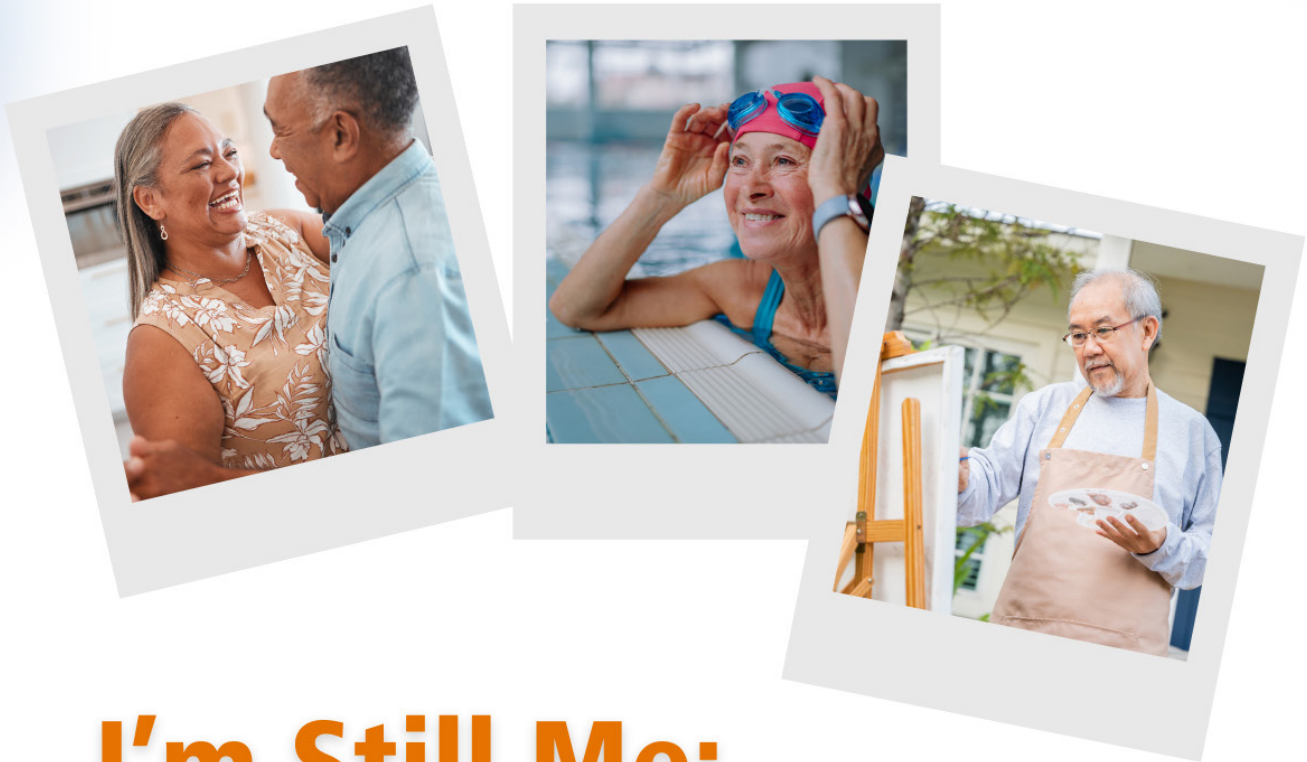


*Soci t  Alzheimer Society*

NOVA SCOTIA



# **I'm Still Me: *Living Beyond Labels***

An event for people living with dementia and their care partners.

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Early Stage Forum 2024  
Saturday, April 13  
from 10:30 AM - 12:00 PM

Canadian Red Cross Building  
133 Troop Ave, Dartmouth  
*Including a Virtual Livestream*

**Join us to hear about tools to overcome stigma and what others are doing to live well with dementia.**



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# We Are All Treaty People

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We are gathered today on sacred land that has been the site of human activity since time immemorial. We are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People, and we acknowledge them as the past, present and future caretakers of this land.

If you're joining us from elsewhere, we encourage you to learn more about the land you're on.





# Welcome

---

Welcome to this year's Early Stage Forum. My name is Kaija Whittam and I am the Manager of Client Services at the Alzheimer Society of Nova Scotia. The first Early Stage Forum was 14 years ago, and we are proud to offer a hybrid event in 2024: both in-person in Halifax, and virtually across the province.

This event is brought to you by a committee of people living with dementia and staff, and the focus this year is on stigma. We will be featuring the recently released Flipping Stigma on its Ear Toolkit, designed by people living with dementia to help others.

The Alzheimer Society continues to strive to be more inclusive to Nova Scotians who are living with all types of dementia. We are pleased to share that the new Advisory Committee of Lived Experience will meet this spring for the first time. This committee will help ensure that the voices of people living with dementia are included in the activities of the Alzheimer Society and that our initiatives are informed by a range of perspectives.

Additionally, we are continuing to build our Dementia Friendly Communities initiative across the province. A Dementia Friendly Community is one that supports, respects, and includes people living with dementia and their care partners.

We recently renamed our InfoLine service to the Dementia Helpline, to ensure that Nova Scotians know we provide support for all types of dementia. In addition to phone support, we offer in-office appointments in Halifax, Zoom appointments across the province, and email support. Please reach out at any point if you have any questions. We are here to help.

Lastly, the Alzheimer Society of Canada has released the second volume of the Landmark Study, The Many Faces of Dementia in Canada. This report highlights the diversity of people living with dementia in Canada. To read the report, and learn more about Inclusion, Diversity, Equity and Accessibility at the Alzheimer Society of Nova Scotia, please visit our website or call our Dementia Helpline at 1-800-611-6345.

The Alzheimer Society has been offering education, information and support to people living with dementia and their care partners for over 40 years. We are here to continue offering both Help for Today, and Hope for Tomorrow. Thank you for joining us at today's event to learn more about living well with dementia in Nova Scotia.

## **Kaija Whittam**

Manager of Client Services

Alzheimer Society of Nova Scotia

# 12 Actions for a Healthier Brain at Any Age



- 1** **Be physically active each day.** Reduce sedentary time and move more. This can include all types of physical activities, including walking, running, weightlifting, gardening, yoga, tai chi, swimming, dancing, biking, team sports and yard work.
- 2** **Protect your heart.** Monitor your blood pressure, cholesterol and diabetes closely. What's good for the heart is also good for the brain.
- 3** **Stay socially active.** Make sure to be engaged with friends and family. Maintain your social network and stay connected.
- 4** **Manage your medical conditions.** Keep on top of your overall health. This is directly linked to your brain health and your ability to avoid dementia as you get older.
- 5** **Challenge your thinking.** Take on mental leisure activities that you enjoy. Always try to learn new things, no matter what your age.
- 6** **Get a good night's sleep every night.** Try to sleep over 6 to 8 hours each night to help maintain your brain health.
- 7** **Have depression treated.** Remember that depression is more than just feeling down. Seek help to improve the functioning of your brain.
- 8** **Avoid excessive alcohol intake.** Limit your intake of wine, beer and other alcoholic beverages.
- 9** **Maintain your hearing.** Use hearing aids if you need them. Protect your hearing from loud noises.
- 10** **Find meaning in life.** Find a purpose to get out of bed each day. This is associated with better brain health and reduced dementia risk.
- 11** **Avoid all types of head injury.** Steer clear of activities where you might put your brain at risk of harm.
- 12** **Adopt healthy behaviours.** Make healthy food choices, reduce avoidable stress, quit or reduce smoking, and get regular check-ups with your doctor. All these actions will positively affect your brain health.

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1-800-611-6345 | [alzheimer@asns.ca](mailto:alzheimer@asns.ca)  
[www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)

Alzheimer Society of Canada. (2022). The landmark study: Navigating the path forward for dementia in Canada. (Report no. 1). [https://alzheimer.ca/sites/default/files/documents/Landmark-Study-Report-1-Path\\_Alzheimer-Society-Canada.pdf](https://alzheimer.ca/sites/default/files/documents/Landmark-Study-Report-1-Path_Alzheimer-Society-Canada.pdf)

# Agenda

10:00 AM	<b>Doors Open for Registration</b>
10:30 - 10:35 AM 5 minutes	<b>Welcome and Opening Remarks</b> Beth House
10:35 - 10:45 10 minutes	<b>First Person Perspective</b> Sandra Britten
10:45 - 11:00 15 minutes	<b>Flipping Stigma Toolkit</b> Dr. Elaine Moody
11:00 - 11:10 10 minutes	<b>First Person Perspective</b> Brian & Shelley Wallace
11:10 - 11:30 20 minutes	<b>Question Period</b>
11:35 - 11:45 10 minutes	<b>Guided Meditation</b> Cathy Grad
11:45 - 11:55 10 minutes	<b>Closing Remarks</b>
12:00 - 1:00 PM	<b>Tea and Coffee Meet and Mingle</b> (for in-person attendees)

10:35 – 10:45 AM

## First Person Perspective

### Sandra Britten

Sandra Britten has lived in Halifax since 1978. She worked internationally for many years as a Chartered Professional Accountant and Consultant. She is a mother of two and a grandmother of four. Sandra is an avid hiker and world traveler and enjoys attending live theatre and symphonies. Sandra was diagnosed with Lewy Body dementia in 2013. She is actively involved with ASNS programs including Artful Afternoon and Connections Hub. Sandra helped inform the creation of the Flipping Stigma Toolkit. You can also see her on our YouTube channel in the video 10 Symptoms and Strategies, Living Well with Dementia.



Questions about  
dementia?  
We are here to help.

Our province-wide Dementia  
Helpline is a confidential  
service provided by our team of  
knowledgeable and caring staff.

**Dementia Helpline**  
**1-800-611-6345**

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10:45 - 11:00 AM

## Flipping Stigma Toolkit



### **Dr. Elaine Moody**

Elaine Moody, PhD RN, is an Assistant Professor in the School of Nursing at Dalhousie University, Affiliate Scientist with Nova Scotia Health, and Associate Scientist with Maritime Strategy for Patient Oriented Research (SPOR) Support Unit. Her scholarship is focused on better understanding the context of health and health care for older people, particularly those with complex health and social care needs such as those with frailty and dementia. She has an active program of research related to supporting nursing care of older people, including in acute care, primary care and community settings. She has been a registered nurse for 20 years and has a clinical background in acute care, community care, and long-term residential care.

11:00 - 11:10 AM

## First Person Perspectives



### **Brian & Shelley Wallace**

Brian Wallace and his wife, Shelley, are the parents of 2 children and live in the beautiful Annapolis Valley. Brian is a former Baptist pastor who at the age of 55 was diagnosed with Posterior Cortical Atrophy, a rarer form of Alzheimer's. He enjoys being active and can often be found running and cycling and, in the winter, curling. His days begin with a walk with Shelley and golden retriever, Lucy.

## 11:35 - 11:45 AM

### Guided Meditation

#### Cathy Grad

Cathy Grad has worked as fitness professional for over 25 years, working as a yoga instructor and personal trainer. Cathy recently completed her 500 hour Yoga Teacher Training certification with TAYS in Halifax. Cathy currently enjoys working mostly with seniors both privately and with Northwood and Chebucto Links. Cathy also teaches yoga and pilates to all ages with BSYS Tantallon. Cathy has been developing skills and knowledge in mindfulness and meditation, studying through Sharon Salzberg, Jon Kabat-Zinn and the Koru Mindfulness Organization.



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## Special Thanks

#### Committee Members

Faye Forbes  
Paula Snook  
Mallory Perry  
Melissa Ray  
Ceilidh Haliburton  
Emma Meulenkamp

#### Event Emcee

Beth House

#### Venue

Canadian Red Cross, Dartmouth

#### Booklet Design & Marketing

Lesley MacLean

#### Tech Support

Basil AV

Thank you to Nova Scotia Health for their collaboration on this event over the years.

## Important Telephone Numbers

Alzheimer Society of Nova Scotia - Dementia Helpline	1-800-611-6345
Canada Revenue Agency	1-800-959-8281
Service Canada (CPP, OAS, Long Term Disability)	1-800-206-7218
Continuing Care Nova Scotia	1-800-225-7225
Veterans Affairs Canada	1-866-522-2122
Legal Information Society of Nova Scotia	1-800-665-9779
Service Canada	1-800-206-7218
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310
Provincial Mental Health and Addictions Crisis Line	1-888-429-8167
211 Phone Service - Free and confidential information about social and community programs and services	211
311 Halifax Regional Contact Centre - For transit schedules, recreation facilities, and other municipal services	311 1-800-835-6428
Healthline 811 – To talk to a registered nurse (24/7)	811
Emergency Response	911

## My Important Numbers

My telephone number:	
My family/friend:	
My family/friend:	
My family/friend:	
My neighbour:	
Doctor:	
Doctor:	
Dentist:	
Pharmacist:	
Lawyer:	
Emergency contact person:	

**My Address:** \_\_\_\_\_

# Resources for Persons with Early-Stage Dementia

While there are many good books and other resources available that discuss memory problems and dementia, many of these are directed at someone other than you - the person who is living with memory loss or dementia.

Thankfully, we are now seeing more and more resources written by and for, or at least inclusive of, persons with dementia. The Alzheimer Society of Nova Scotia has gathered this list of resources. This list is not exhaustive, and it will be expanded as we become aware of new resources. We hope there will be something here for everyone.

You can call our Dementia Helpline (1-800-611-6345) at any time to inquire about additions to this list, to ask about accessing any of the items listed or discuss anything you've read in any of these resources. We look forward to hearing from you.

## Pamphlets and Brochures from Alzheimer Society of Canada and Alzheimer Society of Nova Scotia

The Alzheimer Society of Canada produces a wide variety of brochures and pamphlets. All are available through the Alzheimer Society of Nova Scotia. These include:

- All About Me
- Dispelling the Myths
- First Steps: For Those Recently Diagnosed with Alzheimer's Disease
- Getting a Diagnosis: Finding out if it is Alzheimer's Disease
- Heads Up for Healthier Living – For people with Alzheimer's disease and their families
- Programs and Services
- Treatment Options – Information for People with Alzheimer's Disease and their Families
- What is Alzheimer's Disease?
- Shared Experiences – Suggestions for those living well with Alzheimer's Disease
- The Progression of Alzheimer's disease – Overview
- The Progression of Alzheimer's disease – Early Stage
- Decision Making: Respecting Individual Choice
- Participation in Research
- Preparing for your doctor's visit
- Mild Cognitive Impairment
- 10 Warning Signs (Poster)
- Shaping the Journey® Workbook (Available for download at [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns))
- Be Ready for an Emergency Department Visit
- Culturally-specific materials in multiple languages



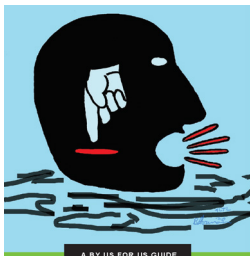
# By Us For Us<sup>®</sup> Guides

The By Us For Us<sup>®</sup> Guides are a series of guides created by a group of talented and passionate people living with dementia and/or partners in care. The guides are designed to equip people living with dementia with the necessary tools to enhance their well-being and manage daily challenges. What makes these guides particularly useful is that they are created by people living with dementia for people living with dementia. These guides are Canadian resources.



**Memory Work Out**  
An inspirational guide  
for people living with dementia  
SERIES 1

**The Memory Workout Guide**, the first guide in the people living with dementia series, provides examples of cognitive exercises and it encourages people with dementia to develop and maintain regular “workouts” for the brain so as to function better while engaging in enjoyable activities.



**Managing Triggers**  
An inspirational guide  
for people living with dementia  
SERIES 1

**The Managing Triggers Guide**, the second guide in the people living with dementia series, is a practical resource that outlines the main triggers experienced by people living with dementia and offers solutions for how people with dementia and their partners in care can manage and alleviate these triggers. The guide focuses on managing triggers associated with social situations, verbal communication, changes of abilities and memory, and managing your environment and negative emotions.



**Enhancing Communication**  
An inspirational guide  
for people living with dementia  
SERIES 1

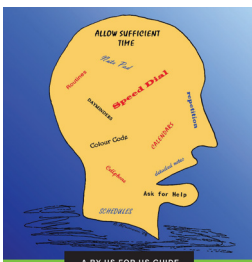
**The Enhancing Communication Guide**, the third guide in the people living with dementia series, is a comprehensive resource that outlines the main challenges associated with communication as experienced by people living with dementia. It explores communication challenges that can occur with family and friends, in social situations, and when communicating with health care professionals. The guide provides practical solutions for people living with dementia and emphasizes the importance of using a wide range of communication strategies in order to make opinions, feelings and experiences known. It also suggests ways that family partners in care and professionals can enhance communication with people living with dementia.

# By Us For Us<sup>®</sup> Guides



**Enhancing Wellness**  
An inspirational guide  
for people living with dementia  
SERIES 1

**The Enhancing Wellness Guide**, the fourth guide in the people living with dementia series, focuses on how enhancing physical, psychological and emotional, social, and spiritual well-being can help us live our lives to the fullest extent, even after diagnosis of dementia. The guide provides helpful tips for eating well, taking care of your body, being physically active, staying centered with yourself, staying connected with others, and living in peace, all of which are important in enhancing wellness.



**Tips and Strategies**  
An inspirational guide  
for people living with dementia  
SERIES 1

**The Tips & Strategies Guide**, the fifth guide in the people living with dementia series, is a helpful resource that contains ideas and suggestions for living daily with a condition causing dementia. The guide provides additional memory “workout” ideas, tips for those in the workforce, and general tips and strategies for daily living.



**Living and Celebrating Life through Leisure**  
An inspirational guide  
for people living with dementia  
SERIES 1

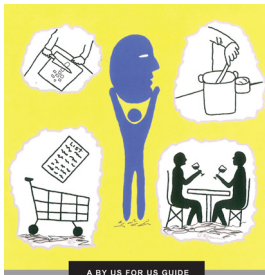
**Living and Celebrating Life Through Leisure**. The purpose of this sixth guide in the people living with dementia series is to share with you some thoughts on living and celebrating life through leisure. Meaningful leisure can be a wide range of activities from enjoying coffee on your deck first thing in the morning to being involved with other people in a more structured and challenging venue. Activities that leave us feeling good are so important in contributing to a quality of life that everyone strives for.



**Living and Transforming with Loss and Grief**  
An inspirational guide for people living  
with dementia and care partners  
SERIES 2

**The Living and Transforming with Loss & Grief Guide** is the first guide in the Partnership series, which incorporates the experiences of family partners in care as well as people living with dementia. The guide is a practical resource that recognizes the experiences of loss and grief that come with the journey of dementia, and provides useful tips and strategies for acknowledging, experiencing, and transforming with loss and grief. This booklet aims to guide readers through the ebbs and flows of loss and grief to a place of acceptance, peace, and hope.

# By Us For Us<sup>®</sup> Guides



## Food & Mealtime

An inspirational guide for people living with dementia and care partners

SERIES 2

**The Food & Mealtime Guide** is the second guide in the Partnership Series, which incorporates the experiences of people living with dementia and family partners in care. Food is an essential part of living - it allows the body to function well. Whether shopping or preparing meals, or going to a restaurant to eat, it is important to acknowledge and accept changes around food and mealtimes for both people living with dementia and partners in care. This guide will present many strategies for adapting to the many changes associated with living with dementia.



## Living Safely

An inspirational guide for people living with dementia and care partners

SERIES 2

**Living Safely** is the third guide in the Partnership series - a series of helpful resources written BY and FOR people living with dementia and their partners in care. This guide offers many tips and strategies to understand safety concerns related to driving, safety at home and in the community, personal identification and use of technology, health and medication, physical safety, safety of people with dementia when home alone, and financial safety. In addition, the guide presents information related to safety and dignity and offers a number of additional resources.



## Safety When Out and About

An inspirational guide for people living with dementia and care partners

SERIES 2

**Safety When Out and About** is the fourth guide in the Partnership Series - a series of helpful resources written BY and FOR people living with dementia and their partners in care. Memory loss or reduced ability to solve problems can increase the risk of getting lost or make finding your way more difficult for people living with dementia. This guide offers tips and strategies for staying safe in the community, including communication strategies and planning ahead. The guide was developed in partnership with the Alzheimer Society of Ontario and Finding Your Way<sup>™</sup>.

All Murray Alzheimer Research and Education Programs (MAREP) guides are available for free online or can be ordered for \$5.00. Go to the Research Institute for Aging website at: <https://the-ria.ca/resources/by-us-for-us-guides> You can also call our Dementia Helpline 1-800-611-6345).

## Other Resources

- **211:** 211 Nova Scotia is a free, confidential helpline and web service that connects you to community and social services in Nova Scotia in over 140 languages. [www.ns.211.ca](http://www.ns.211.ca)
- **811:** Call 811 from anywhere in Nova Scotia to speak with a registered nurse about a medical concern. This service is available 24/7. <https://811.novascotia.ca>
- **Access-a-bus:** A Halifax-based transit service that provides door-to-door transportation for people living with physical or cognitive changes: [www.halifax.ca/transportation/halifax-transit/access-a-bus](http://www.halifax.ca/transportation/halifax-transit/access-a-bus)
- **Advance Care Planning Nova Scotia:** Resources for advance care planning in Nova Scotia: [www.advancecareplanning.ca/resource/nova-scotia](http://www.advancecareplanning.ca/resource/nova-scotia)
- **Adult Capacity and Decision Making Act:** This website explains the law in Nova Scotia called the Adult Capacity and Decision Making Act (2017): [www.novascotia.ca/just/pto/adult-capacity-decision.asp](http://www.novascotia.ca/just/pto/adult-capacity-decision.asp)
- **Canadian Charter of Rights for People with Dementia:** [www.alzheimer.ca/charter](http://www.alzheimer.ca/charter)
- **Caregivers Nova Scotia:** This site provides region-specific information about services and programs available throughout Nova Scotia, including local transportation services, grocery delivery, and other services. [www.caregiversns.org/resources/home-care-and-other-services](http://www.caregiversns.org/resources/home-care-and-other-services)
- **Clinical Trials:** This site is a registry and results database of publicly and privately supported clinical studies of human participants conducted around the world: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)
- **Driving and Dementia Roadmap:** This site provides support to people living with dementia and their partners in care by providing information and education about driving and dementia. [www.drivinganddementia.ca](http://www.drivinganddementia.ca)
- **Flipping Stigma on Its Ear Toolkit:** This site provides information and resources to support people with recognizing and addressing stigma and discrimination associated with dementia. [www.flippingstigma.com](http://www.flippingstigma.com)
- **Forward with Dementia:** This site provides guidance for people following a diagnosis of dementia to support with challenging negative stereotypes and enable people to live meaningfully with dementia. [www.forwardwithdementia.ca](http://www.forwardwithdementia.ca)



## Other Resources

- **Legal Information Nova Scotia:** This site provides information about different legal questions, including information about Wills, Power of Attorney, and Personal Directives. They also provide legal information through their confidential and anonymous Legal Information Line (1-800-665-9779). [www.legalinfo.org](http://www.legalinfo.org)
- **Memory Café NS:** There are memory cafes offered in different parts of the province which provide a dementia-friendly environment to enjoy socializing in the community while enjoying local music. [www.memorycafens.ca](http://www.memorycafens.ca)
- **Nova Scotia Positive Aging Directory:** The Positive Aging Directory is published each year by the Department of Seniors to give Nova Scotians quick and easy access to the many programs and services for seniors in our province. [www.novascotia.ca/seniors/directory](http://www.novascotia.ca/seniors/directory)
- **Nova Scotia Rehabilitation Center Driver Evaluation Program:** This link explains the Driver Evaluation Program Service as a part of the Nova Scotia Rehabilitation Center, including the fee and referral process for the service: [www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1825.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1825.pdf)
- **Personal Directives Sample Forms:** [www.novascotia.ca/just/pda](http://www.novascotia.ca/just/pda)
- **Other Alzheimer Societies World Wide:** Alzheimer Societies and Associations around the world have published a number of different guides and brochures for persons with dementia. They have videos and fact sheets on their websites.
- **Books:** Books written by people with dementia and care partners can be found on the Dementia UK Website: [www.dementiauk.org](http://www.dementiauk.org). You can also ask at your local library or call our Dementia Helpline at 1-800-611-6345.
- **Online communities:** Online communities and support groups exist across Canada and world-wide. Give our Dementia Helpline a call if you are looking for more information.

*Any information contained in items on this list is not intended to be healthcare or medical advice, diagnosis or treatment, but is presented for information purposes only as part of our current awareness service. ASNS is not responsible or liable, directly or indirectly, for any form of damages whatsoever resulting from the use (or misuse) of information contained therein.*

# Alzheimer Society

## CANADIAN CHARTER OF RIGHTS FOR PEOPLE WITH DEMENTIA



As a person with dementia, I have the same human rights as every Canadian as outlined in the Canadian Charter of Rights and Freedoms. The following charter:

- Makes sure people with dementia know their rights,
- Empowers people with dementia to ensure their rights are protected and respected, and
- Makes sure that people and organizations that support people with dementia know these rights.

As a person with dementia, the following rights are especially important to me. I have the right:

- 1** To be free from discrimination of any kind.
- 2** To benefit from all of Canada's civic and legal rights.
- 3** To participate in developing and implementing policies that affect my life.
- 4** To access support so that I can live as independently as possible and be as engaged as possible in my community. This helps me:
  - Meet my physical, cognitive, social, and spiritual needs,
  - Get involved in community and civic opportunities, and
  - Access opportunities for lifelong learning.
- 5** To get the information and support I need to participate as fully as possible in decisions that affect me, including care decisions from the point of diagnosis to palliative and end-of-life care.
- 6** To expect that professionals involved in my care are:
  - Trained in both dementia and human rights.
  - Held accountable for protecting my human rights including my right to get the support and information I need to make decisions that are right for me.
  - Treating me with respect and dignity.
  - Offering me equal access to appropriate treatment options as I develop health conditions other than my dementia.
- 7** To access effective complaint and appeal procedures when my rights are not protected or respected.

It will take the effort of every Canadian to protect and respect the rights of people with dementia so that we are seen as valuable and vital community members.

Contact your local Alzheimer Society to learn how you can **get involved!**

1-800-616-8816 | [alzheimer.ca](http://alzheimer.ca)





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# DEMENTIA FRIENDLY COMMUNITIES

NOVA SCOTIA

Dementia Friendly Communities can play an important role in reducing stigma.

Would you like to help make your community more dementia friendly? Invite us to present to your group or organization!

Call 1-800-611-6345 or email [Beth.House@asns.ca](mailto:Beth.House@asns.ca) to learn more.

**One thing I learned today is:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HOW TO GET INVOLVED WITH ASNS

## VOLUNTEER - SIGN UP!

Volunteers are essential to the programs and services we provide across the province to those living with dementia and are a vital part of our fund development activities. Your involvement helps us to raise funds for research, education, support programs and advocate for quality care. You will meet new people, learn new skills, and become familiar with dementia. By volunteering, you can make a difference in the lives of families living with dementia.

Email our Volunteer Coordinator at [marilyn.macmullin@asns.ca](mailto:marilyn.macmullin@asns.ca) to learn more.

## ALZHEIMER AWARENESS MONTH - PARTICIPATE!

Each January, Alzheimer Societies across the country recognize Alzheimer's Awareness Month. During this month, we encourage you to learn more about dementia and its impact on Nova Scotians. By understanding what people living with dementia experience in their day-to-day-lives – their struggles, their successes and their hopes – together we can raise awareness. Each year we host an Awareness Event – please contact us at 1-800-611-6345 or visit [alzheimer.ca/ns](http://alzheimer.ca/ns) to learn more.

## WALK FOR WEALTH MANAGEMENTWALK FOR ALZHEIMER'S – REGISTER!

Each May, we host our annual Walk for Alzheimer's! Participants can register as individuals or create a team. Your facility can also participate by holding your own Walk for Alzheimer's. We provide resources and support for your event which can take place at any time. Contact us at [alzheimer@asns.ca](mailto:alzheimer@asns.ca) for more information.

## E-NEWSLETTER AND IN THE LOOP – SUBSCRIBE!

Sign up for our bi-weekly email blasts to stay updated on Society news and events. Sent out quarterly, subscribe to our newsletter to stay in the loop with what's happening at ASNS and dementia resources in Nova Scotia. Visit [alzheimer.ca/ns/enews](http://alzheimer.ca/ns/enews) to subscribe!

## HOST YOUR OWN EVENT!

Bring your friends, family, community and colleagues together in a way that fits your organization and have fun while raising funds for ASNS. From bake sales to a rocking chair challenge, the possibilities are endless!

For more information on how you can get involved, call 1-800-611-6345 or email us at [alzheimer@asns.ca](mailto:alzheimer@asns.ca).



# PROGRAMS AND SERVICES

## CONNECTION & SUPPORT

### Dementia Helpline 1-800-611-6345

The Dementia Helpline is a confidential telephone service provided by a team of knowledgeable and caring staff. We provide information on topics related to dementia, discuss questions and concerns, and provide referral to programs and resources.

### Caregiver Support Groups

These confidential groups for caregivers provide an opportunity to learn, share and help each other through mutual understanding and support. Facilitated meetings are held once a month.

### Artful Afternoon

This program is a partnership between ASNS and the Art Gallery of Nova Scotia for persons with dementia and their care partners. It is a social, interactive program combining art making and education in a dementia-friendly environment. Participants are not required to have any prior experience in art to attend.

### Connections Hub

This group provides an opportunity for people living with early stage dementia to socially connect.

### Coffee & Conversation

This is a six-session program for people living with dementia to receive facilitated peer support to discuss their own experiences related to dementia.

## LEARNING & EDUCATION

### Public Education

Connect with ASNS for information about dementia and related topics through public education sessions. To request a public education session in your community, please contact the Dementia Helpline.

### Caregiver Education Series

This six-part education series supports families and care partners of persons recently diagnosed with dementia. Each session consists of a presentation and a question and answer period.

### Shaping the Journey™

Shaping the Journey is a seven-session educational program designed for people who are recently diagnosed with early-stage dementia, and a care partner. This program is offered in partnership with Nova Scotia Health.

### U-First!™ for Healthcare

This six-hour workshop develops common knowledge, language, values, and approach to caring for people with dementia. It is open to frontline staff of publicly funded long-term care and home support agencies across Nova Scotia.

### U-First!™ for Care Partners

This six-hour workshop is an innovative education program designed to increase care partner confidence and capability to reduce responsive behaviours, while enhancing the well-being of both care partners and those experiencing behaviour changes.

# I.D.E.A. at ASNS

Inclusion, Diversity, Equity, Accessibility



Health Association  
of African Canadians  
*Our Health is our Wealth*

**isans** | Immigrant Services  
Association of Nova Scotia



**EMPLOYEUR  
AFFILIÉ**



The IG Wealth Management  
Walk for Alzheimer's is  
happening in regions across  
the province on:

**Sunday, May 26, 2024!**

Register today:

[www.walkns.ca](http://www.walkns.ca)



# Thank You For Your Patience Cards



Sometimes people living with dementia just need a little more time to complete a task or thought. That's where the "Thank you for your patience" cards come in handy.

## How do I use these cards?

A person living with dementia or a companion can show the card to a grocery store cashier, a bank teller, a bus driver, etc. to discreetly ask for a little extra time and patience. Often the time it takes to read the card is all the person needs.

## Where can I get these cards?

Call or email the Alzheimer Society of Nova Scotia at **1-800-611-6345** or **alzheimer@asns.ca** and we'll gladly mail some out to you or set aside for you to drop in and pick up. You can also print them from our website anytime at **alzheimer.ca/ns/cards**

**Thank you for  
joining us!**

*Soci t  Alzheimer Society*

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Alzheimer Society of Nova Scotia

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Toll Free: 1-800-611-6345

Email: [alzheimer@asns.ca](mailto:alzheimer@asns.ca)

[www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)