

Soci  t   Alzheimer Society

NOVA SCOTIA

Program Guide

Fall 2025



**Programs for people living
with dementia and their
care partners**

Société Alzheimer Society

N O V A S C O T I A

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www.alzheimer.ca/ns | alzheimer@asns.ca



@AlzheimerNS



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youtube.com/alzheimerns



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Société
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NOVA SCOTIA

Fostering Community

Community Week
September 21-27, 2025

Events across the province to learn more about dementia
and the importance of community connections.

→ Each event features local speakers and community exhibitors!

Locations

		Belle Côte	Thursday, Sept. 25
Sackville	Sunday, Sept. 21	Guysborough	Thursday, Sept. 25
Amherst	Monday, Sept. 22	Kentville	Thursday, Sept. 25
Chester	Wednesday, Sept. 24	Barrington	Thursday, Sept. 25



Everyone is welcome!
Pre-registration is encouraged.
Visit alzheimer.ca/ns/communityweek
to register and learn more.

About the Alzheimer Society of Nova Scotia



Help for today. Hope for tomorrow...®

The Alzheimer Society of Nova Scotia is a not-for-profit health charity serving the over 16,000 Nova Scotians living with dementia and those connected to them.

Active in communities across the province, the Society offers help for today through programs and services and hope for tomorrow through advocacy and supporting dementia research.

Since 1983, we've been dedicated to providing support to Nova Scotians impacted by dementia. We provide education and support to people living with dementia, their care partners, healthcare professionals and the public.

MISSION

The Alzheimer Society of Nova Scotia is committed to alleviating the personal and social consequences of Alzheimer's disease and other dementias and promoting the search for causes, treatments, and a cure.

STRATEGIC VISION

All Nova Scotians affected by dementia are empowered through timely, accessible and culturally specific care, support, information and services.

How to Use Our Services

All of our programs are offered free of charge.
Call our Dementia Helpline toll-free at 1-800-611-6345
or send us an email to alzheimer@asns.ca to register.

Website Calendar

Find up-to-date programming information online on our website at www.alzheimer.ca/ns/whats-happening/event-calendar.

Bi-Weekly E-Newsletter

Stay up to date with everything happening at the Society with our bi-weekly e-newsletter! [Click here to subscribe](#).

In the Loop Newsletter

We send out a quarterly print newsletter right to your door.
Email alzheimer@asns.ca to be added to our mailing list.



Dementia Helpline: 1-800-611-6345

Our confidential, toll-free Dementia Helpline service provides an opportunity to speak with someone who understands. We are here to help.

Anyone can contact us - you don't need a diagnosis. The province-wide Dementia Helpline is provided by a team of knowledgeable and caring staff. We support ALL Nova Scotians experiencing any type of dementia.

The Dementia Helpline provides:

- Help navigating the dementia journey
- Ongoing individualized support
- Registration for Alzheimer Society of Nova Scotia programs
- Connection to community-based services
- Culturally diverse materials in multiple languages (print or online)

Information about:

- Any type of dementia
- Maintaining brain health
- Getting a diagnosis
- Planning for the future
- Maintaining independence
- Tips and strategies for living well

Eligibility

Call us if you are:

- Concerned about memory loss
- Diagnosed with any type of dementia
- Supporting someone living with dementia

The Dementia Helpline is a service for:

- People living with dementia
- Care partners/Caregivers
- Family members
- Friends
- Healthcare Providers

You may self-refer by calling 1-800-611-6345 and asking for the Dementia Helpline, or emailing helpline@asns.ca. Healthcare providers may provide a direct referral for their clients through our First Link® Direct Referral program (see page 18).

Programs for Care Partners

The Alzheimer Society of Nova Scotia has a network of educational and support programs specifically for care partners, offered province wide. These programs are open to all care partners of people living with dementia in Nova Scotia.

These programs are safe places for people in caregiving roles to come together, where others understand what you're going through and can help you feel like you are not alone.

Participants of our care partner programs support each other and learn more about dementia - the symptoms of dementia, coping strategies, future planning and community resources.

Caregiver Education Series

Our Caregiver Education Series is for family members and care partners of people recently diagnosed with dementia. Participants learn about the symptoms of dementia, coping strategies, future planning issues, and available community resources. The series is offered on an ongoing basis at locations across the province.

Upcoming sessions:

- **Bedford**
Thursdays
from October 2 to November 6
2:00 - 4:00 PM
- **Amherst**
Thursdays
from October 16 to November 20
10:00 AM - 12:00 PM
- **Annapolis Royal**
Wednesdays
from October 8 to November 12
10:00 AM - 12:00 PM
- **Windsor**
Mondays
from October 20 to November 24
10:00 AM - 12:00 PM
- **Truro**
Wednesdays
from October 15 to November 19
1:30 - 3:30 PM
- **Bridgewater**
Mondays
from October 20 - November 24
2:30 - 4:30 PM

Caregiver Support Groups

Caregiver Support Groups are safe places for people in caregiving roles to come together regularly for mutual care and support. These confidential groups meet once a month to provide space to talk, listen and share information, tips and strategies. Groups are facilitated in a non-judgemental, respectful atmosphere.

Amherst	3rd Monday	6:30-8:30 PM
Berwick	3rd Tuesday	10:15-11:30 AM
Bridgewater	4th Friday	10:00 AM-12:00 PM
Dartmouth	2nd Friday	9:30-11:00 AM
Dartmouth	2nd Monday	1:00-2:30 PM
Fall River	1st Wednesday	7:00-8:00 PM
Halifax	1st Tuesday	3:00-4:30 PM
Halifax	3rd Tuesday	6:30-8:00 PM
Halifax	4th Tuesday	6:30-8:00 PM
Kentville	1st Tuesday	1:30-3:00 PM
Liverpool	Last Tuesday	6:00-7:00 PM
Lower Sackville	3rd Friday	2:00-3:30 PM
Lower Sackville	1st Tuesday	6:15-7:45 PM
North Sydney	1st Monday	1:30-3:00 PM
Pictou	3rd Thursday	7:00-9:00 PM
Shelburne	2nd Wednesday	6:30-8:00 PM
Sydney	2nd Wednesday	1:00-2:00 PM
Tantallon	3rd Tuesday	6:30-8:00 PM
Truro	2nd Tuesday	1:00-3:00 PM
Yarmouth	1st Thursday	1:00-3:00 PM
Virtual	1st Thursday	7:00-8:00 PM
Virtual	2nd Monday	10:30 AM-12:00 PM
Virtual <i>*Young-onset*</i>	2nd Monday	7:00-8:30 PM
Virtual	2nd Tuesday	7:00-8:00 PM
Virtual	3rd Wednesday	10:00-11:00 AM

U-First® for Care Partners

This program is for family and friends who are providing direct support to someone experiencing significant behaviour changes as a result of dementia or other cognitive impairment. The program consists of six hours of direct education.

You will connect with others to develop strategies to respond to behaviour changes related to dementia.

This innovative education program aims to:

- Increase care partner confidence
- Enhance well-being of both the care partner and those experiencing behaviour changes

Eligibility

Please note that there are specific eligibility requirements for this program as well as an extensive screening process. Participants in this program should be providing care for a person with dementia experiencing significant responsive behaviours. Participants will have taken prior dementia education through the Society, such as our Caregiver Education Series. Participants will be sharing their experiences, setting goals and trying out different ideas and sharing with the group.

Upcoming Sessions:

- **Yarmouth**
Wednesdays, October 15 & October 22
1:00-4:00 PM
- **Halifax Regional Municipality**
Wednesdays, November 12 & November 19
1:00-4:00 PM
- **Truro**
Thursdays, December 4 & December 11
10:00 AM-1:00 PM

Grief Support Program

Caring for someone with dementia is a unique experience, often with ambiguous feelings of loss that may impact the grieving process after their death.

This program consists of a two-hour group session every week for six weeks, offering both support and grief education with a dementia focus. The program is facilitated by two experienced staff members who are trained in death and grief support.

While participants will still be grieving at the end of the program, they will leave with insight and tools to better support them throughout their journey.

Eligibility

The program is open to anyone who has personally supported a person with dementia who has died and is feeling challenges navigating their grief.

Sessions

Virtual on Zoom

Tuesdays from November 4 - December 9, 2025

10:00 AM - 12:00 PM

*November 11 session moved to Wednesday, November 12, due to Remembrance Day.



Programs for People Living with Dementia

The Alzheimer Society of Nova Scotia offers a series of programs specifically for people living with dementia.

These programs are both social and educational, giving participants an opportunity to connect with people with similar diagnoses.

Programs for people living with dementia provide opportunities to reduce loneliness and isolation as well as educational opportunities exchanging tips and strategies, normalizing feelings and finding hope on their journey.

These programs are open to all people living with dementia in Nova Scotia.

Coffee and Conversation

Coffee and Conversation is a support group offered by Nova Scotia Health and the Alzheimer Society of Nova Scotia for people living with early-stage dementia.

The benefits to group participants include reducing loneliness and isolation, exchanging tips and strategies, normalizing feelings and gaining hope. It is also a space to access current information from the Alzheimer Society of Nova Scotia.

Eligibility

Coffee & Conversation is offered for people living with early-stage dementia who have attended the Alzheimer Society of Nova Scotia program Shaping the Journey. The group is most effective when participants can recognize their cognitive symptoms of dementia and have an interest in discussing their experiences with others with similar diagnoses.

This group has specific eligibility requirements that require pre-screening. Please give us a call at 1-800-611-6345 for more information.



Connections Hub

Connections Hub is a social group for people living with dementia. The program provides a safe, friendly space where participants can connect, converse, and share experiences. This program is offered both virtually province-wide and in-person in Halifax.

Eligibility

Participants must be living with dementia and have an interest in engaging with peers through social connections.

Previous participation in Shaping the Journey and Coffee and Conversation programs is recommended.

Upcoming Sessions:

- **Virtual Group (on Zoom)**
2nd Tuesday of the month
10:00 - 11:00 AM
- **In-Person Group - Halifax**
2nd Friday of month
10:00 - 11:15 AM

Pair Programs

The Alzheimer Society of Nova Scotia has a number of pair programs designed for people living with dementia and a care partner to participate in together.

They're excellent opportunities for pairs to connect with each other and others experiencing similar things. We have a wide variety of pair programs from educational to social and exercise.

These programs aim to provide a space to learn more about the dementia journey and strategies to live well, and are open to all people living with dementia and care partners in Nova Scotia.



Shaping the Journey™

Shaping the Journey™ is a program designed for people with a recent diagnosis of early-stage dementia, and a care partner, family member, or friend. Shaping the Journey™ provides participants with evidence-based education from knowledgeable, professional staff in a supportive environment.

This program also provides an opportunity for people living with dementia and care partners to receive separate, facilitated peer support. This program takes place weekly for six weeks. It is currently being offered virtually through Zoom and, depending on your location, in person options may be available.

Eligibility

This program is best suited for individuals who have had a recent diagnosis of dementia within the past two years and who are in the early stages of dementia. Participants in the group also recognize their cognitive symptoms of dementia and have an interest in discussing their experiences with others in similar situations (or with similar diagnoses).

This program has specific eligibility requirements that require pre-screening. Please give us a call at 1-800-611-6345 for more information.

Upcoming Sessions:

- **Virtual (on Zoom)**
October 1 to November 1
10:00 AM-12:00 PM
- **Halifax**
October 16 to November 27
10:00 AM-12:00 PM
- **Bridgewater**
October 24 to November 28
9:30-11:30 AM
- **Kentville**
October 30 to December 5
1:30-3:30 PM

Artful Afternoon



Artful Afternoon is a program provided by the Art Gallery of Nova Scotia and the Alzheimer Society of Nova Scotia. It is a fun and creative program for people living with dementia and a care partner to connect with art.

The program is facilitated by artist Sarah Mosher, Alzheimer Society staff, and volunteers. Ideas for each session are inspired by the Gallery's exhibitions.

The program is offered in-person at the Art Gallery of Nova Scotia for people living in the Halifax Regional Municipality. The program is dementia-friendly and focuses on fun, creativity and social interaction among participants! No prior experience in art is required to attend the program.

The program at the Art Gallery of Nova Scotia involves a guided gallery tour of selected art followed by an interactive and accessible guided art-making session led by the artist.

The program is for care partners and people living with dementia to attend together. Both people are required to be present during each session. Generally, participants should have an interest in learning about art and experimenting with art making in a group setting.



Monthly Sessions

Last Sunday of the month

1:00-3:00 PM

at the Art Gallery of Nova Scotia

Registration includes all four sessions.

- September 28
- October 26
- November 30
- December 14

Mini-series

Tuesdays from 1:00-3:00 PM

Register for one or more sessions.

- October 7
- October 21
- November 4
- November 18

DELIGHT - Dementia Lifestyle Intervention for Getting Healthy Together

The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners through exercise, healthy eating, and strategies to live well.

Each session offers 45-50 minutes of physical activity led by a certified fitness instructor, followed by a 30 minute education/social session facilitated by an Alzheimer Society of Nova Scotia staff member.

Participants meet twice a week for eight weeks. This pilot program is funded by the Public Health Agency of Canada and is in Partnership with Canada Games Centre, the University of Waterloo and the Shlegel-UW Research Institute for Aging (RIA).

Sessions

DELIGHT is currently offered in Halifax.

Tuesdays and Thursdays
September 16 - November 6
10:00-11:30 AM
Canada Games Centre



First Link® Referrals

Making a First Link® referral

The First Link® referral program provides an opportunity for healthcare providers and professionals to refer people with dementia and their families to the Alzheimer Society for education, resources, navigation, and intentional follow-up support. This direct referral helps to avoid crisis as it means we connect to families up to 11 months sooner than those who self-refer.*

If you are a healthcare professional or community service provider:

- Download and fill out our [electronic First Link® Referral Form](#)
- Obtain verbal or signed consent from the client/patient
- Fax or email it to the Alzheimer Society of Nova Scotia

Within three weeks, we will make an initial attempt to contact referred clients to offer tailored education, information and ongoing support.

How does First Link® work?

When your patient/client gives you permission to share their information with Alzheimer Society staff, we will contact them directly, within three weeks of referral. More urgent referrals are possible.

We will connect them to a network of education and support services specific to their needs. We link to community help, both at the time of diagnosis and throughout the progression of the disease.

Because First Link® focuses on service coordination, resources and planning, clients become more confident and involved in their own care, reducing the demand on family physicians, long-term care and emergency services. Families also are better equipped to create their own action plans to tackle future legal, financial and health needs.

To learn more about becoming a referral partner, call 1-800-611-6345.

*'Throwing a lifeline': the role of First Link® in enhancing support for individuals with dementia and their caregivers. Carrie A McAiney (2012).

U-First!® for Healthcare

U-First!® for Healthcare is a training program that helps non-registered healthcare providers develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and cognitive impairment by understanding the person and associated behaviour changes, and working as a team to develop individualized support strategies.

Designed for those who work with people living with dementia in either long-term care or home support, this program provides new ideas on how to support people with behaviour changes related to dementia and helps develop new skills to feel more confident in your interactions with people living with dementia.

Each year, the Alzheimer Society of Nova Scotia, in partnership with Behaviour Resource Consultants from Nova Scotia Health, train 320 healthcare providers across Nova Scotia. This takes place in the form of co-facilitating this free, one-day training session.

Eligibility

To participate in this training you must work in either a government-funded long-term care facility or home support agency.

Upcoming Sessions:

- Springhill - September 9
- Yarmouth - October 8
- Kentville - October 23
- Halifax - November 4
- Bridgewater - December 2



Public Education



The Alzheimer Society offers numerous public education opportunities free of charge:

- Customized education sessions on various dementia-related topics to groups and organizations throughout the province, both in-person and virtually.
- January Awareness Month offers opportunities for the public to learn more about dementia through media campaigns and special events.
- AlzEducate is an online education series on various topics related to dementia. Offered four times per year, AlzEd sessions are recorded and can be accessed [on our YouTube channel](#).
- Information booths are available for your conference or health promotion event.

Upcoming Education Sessions:

Alzed: Online Education

The Experiences of Black Canadians Living with Dementia and their Care Partners in Providing Care - with Dr. Ingrid Waldron

Tuesday, September 23 from 1:30-2:30 PM

[Register on our website!](#)

Did you know?

All of our Programs and Services are offered free of charge thanks to our government partners and generous donors.

Every dollar helps advance our mission of providing Help for Today and Hope for Tomorrow.



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Presented by
 **DUTJ**
Dementia:
Understanding
the Journey



36th Annual Dementia Care Conference

Fostering
CURIOSITY
in Care

Tuesday, October 28, 2025
Cedar Event Centre - Halifax, NS
with Virtual Livestream Option

Visit alzheimer.ca/ns/conference to learn more and secure your spot for this inspiring event!

We acknowledge we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq Nation. We are all treaty people.

The Alzheimer Society is committed to undertaking work to create collaborative and respectful relationships. Together our goal is to identify and develop tools that align with the beliefs and needs of Indigenous, African Nova Scotian, Acadian, and all equity-deserving communities across our province.

We are committed to walk as community members and allies in the elimination of racism and discrimination from health care and across society.

To read more about this work, visit alzheimer.ca/ns/idea.

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