

Alzheimer *Society*

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

**PROGRAMS FOR PEOPLE
LIVING WITH DEMENTIA
AND THEIR CARE
PARTNERS**

www.alzheimer.ca/pklnh



**PROGRAM
GUIDE
2023**

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OUR MISSION

Improving the quality of life for those affected by Alzheimer's disease and other dementias.

OUR VISION

We are the number one contact for anyone impacted by Alzheimer's disease and other dementias in our communities.

OUR VALUES

Excellence, compassionate care, knowledge, accessibility, and partnership



Our Team!



CONTACT US

Anyone can contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton. You don't need a diagnosis.

info@alzheimerjourney.ca

705-748-5131

OFFICE LOCATION

18 - 360 George Street North
Peterborough, ON K9H 7E7
(lower level of Peterborough Square)

Monday - Friday 9:00 am - 4:00 pm

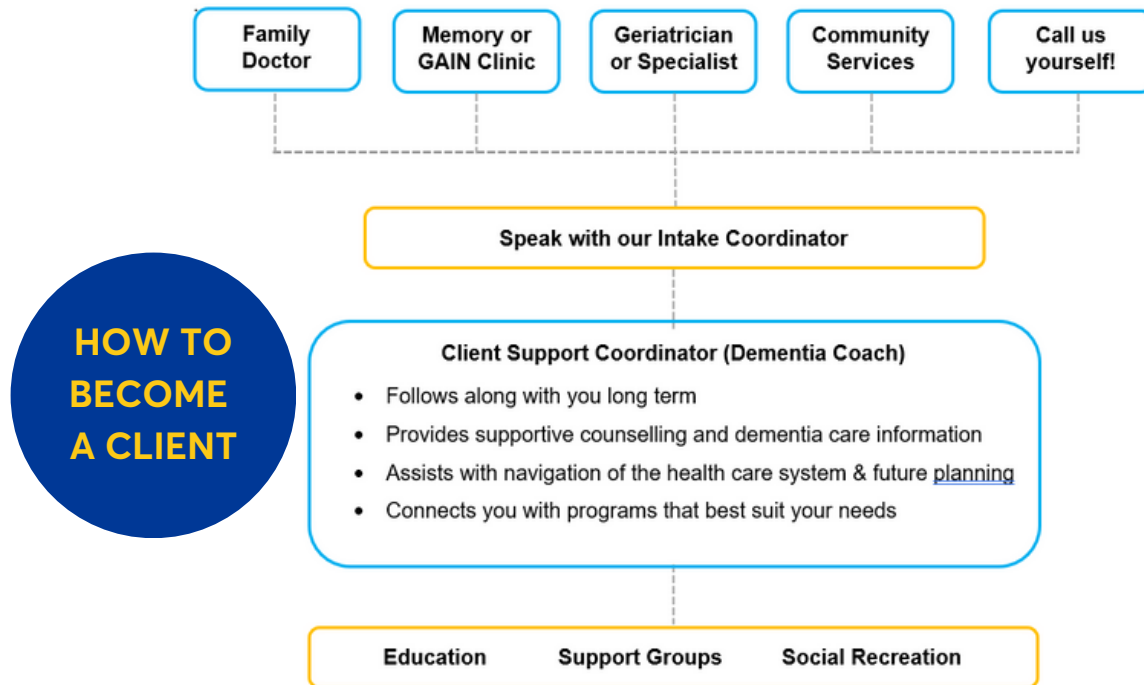
Toll free: 1-800-561-2588 (Ontario only)

Fax: 705-748-6174



HOW TO USE OUR SERVICES

You don't need a diagnosis of dementia to become a client



HOW TO FIND UP-TO-DATE PROGRAM SCHEDULES

Website Calendar

Find up-to-date programming information online at: <https://alzheimer.ca/pklnh/whats-happening/event-calendar>, or [Click Here!](#) Then click the text within the calendar for further information.

Monthly E-Newsletter

We send out up-to-date monthly programming information in our e-newsletter, Our Connections Matter. To sign up visit our website, or call our office at 705-748-5131. [Click here to subscribe!](#)

Calendar Mailing List

If you don't use the Internet, join our mailing list and receive a printed calendar every two months. Please call our office at 705-748-5131 and provide your name and mailing address.

SUPPORTIVE COUNSELLING

The earlier people begin to learn and strategize about the changes associated with dementia, the better they are able to provide support over time. We hope you will find comfort in knowing that you are not alone. Many people have been on this journey and have shared their learning.

Individual Support

Our Client Support Coordinators, also known as "Dementia Coaches", help clients understand dementia symptoms and their progression, plan for the future, and navigate the health care and community support systems.

Support Groups for Caregivers



Monthly support groups are available throughout our service area for anyone caring for someone with dementia. We provide an opportunity to connect with others in the community who are living with similar experiences.

Support Groups for People Living with Dementia

Monthly support groups for people in the early and moderate stages of dementia. Members participate in brain stimulating activities and discussion about living with dementia.

Supportive counselling is available on a regular basis throughout Peterborough, Kawartha Lakes, Northumberland & Haliburton

EDUCATION

Education is an essential tool for managing the changes that come with Alzheimer's disease and other dementias. Education within our communities is also important for raising awareness about dementia, decreasing stigma, and building dementia-friendly communities.

You'll see we provide four main types of education: for people living with Mild Cognitive Impairment (MCI) and their family members, for people living with dementia and care partners, for public awareness in our communities, and for professional development.

Our education programs are facilitated by an Alzheimer Society staff member in community locations throughout our four counties. Some of these programs are also available online.

FOR PEOPLE LIVING WITH MILD COGNITIVE IMPAIRMENT (MCI) & THEIR FAMILY MEMBERS

Learning the Ropes

Learning the Ropes for Living with Mild Cognitive Impairment (MCI) is a program designed to provide education, strategies, and support to individuals living with MCI. The program is focused on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support.

Who should attend: Any person living with Mild Cognitive Impairment (MCI) and their family members that may wish to attend

FOR PEOPLE LIVING WITH DEMENTIA & THEIR CARE PARTNERS

First Steps

This four-part education series helps people living with dementia and their care partners understand their diagnosis and the changes they experience. Participants have an opportunity to share their experiences as they learn more about what dementia is, how to adapt to changes they may experience, and what factors to consider when planning ahead and building a circle of support.

Who should attend: Any person living with or supporting someone living with early-stage dementia

Taking control of our lives

An eight-week self-management program for people living with early-stage dementia and their care partners to help them adapt to changes and develop positive strategies for managing their condition. Each week, participants will have an opportunity to share and connect with others as they develop skills to help increase their confidence and feel empowered, to take control of their lives while living with dementia.

Who should attend: Any person living with or supporting someone living with early-stage dementia.



PROGRAMS DESIGNED FOR CARE PARTNERS

First Steps for Care Partners

This four-part education series provides an overview of the dementia journey for care partners of people living with early-stage dementia. Participants have an opportunity to share their experiences as they learn more about what dementia is, how to adapt to changes they may experience, and what factors to consider when planning ahead and building a circle of support.

Who should attend: Any person supporting someone who is living with early-stage dementia

Care Essentials

This four-part education series aims to provide family members and friends supporting someone living with dementia with tools for managing changes due to dementia. Participants will learn problem-solving strategies, approaches for communication and available avenues for support, all of which can strengthen their ability to provide care.

Who should attend: Any person supporting someone who is living with dementia

Creating a Back-Up Plan for Care

This workshop provides planning tools in case one is unexpectedly unable to provide care. Topics include identifying your circle of support, safety planning, planning for future needs, home and community-based care options, and residential care (retirement homes and long-term care). At the end of this workshop, participants will leave with a back-up plan for care that they created during the workshop.

Who should attend: Any person supporting someone who is living with dementia



U-First!® for Care Partners

This education program is for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia. This program aims to reduce responsive behaviours by using the U-First!® framework to better understand behaviour changes and improve collaboration among care partners through a common knowledge, language and approach to care.

Who should attend: Anyone supporting someone living with dementia who is experiencing behaviour changes.

Help in the Home: Creating a plan for support

This two-part education series is designed for care partners who are just beginning to support a person living with dementia and who have not yet accessed services or have only accessed minimal services. Participants will explore factors that contribute to the need for more assistance including risk, care partner stress and increasing care needs, while also learning more about community services that are available to them.

Who should attend: Anyone supporting someone who is living with dementia

Considering Residential Care Options: Retirement & Long-Term Care Homes

This two-part education series is designed for care partners who are starting to consider the move to a residential care setting that can provide more care than they can manage at home. This series aims to help participants understand the residential care options available to them and provides considerations for making decisions about when the right time is for long-term care.

Who should attend: Anyone supporting someone who is living with dementia

Moving to Long-Term Care: Before, During, & After

This two-part education series is designed for care partners who want to know more about applying to long-term care and/or are planning to move to long-term care soon and want to discuss how to prepare the person living with dementia and themselves for this move. Participants will learn about the process of applying to long-term care and explore different strategies to consider when preparing for the transition to long-term care.

Who should attend: Anyone supporting someone who is living with dementia

Powerful Tools for Caregivers

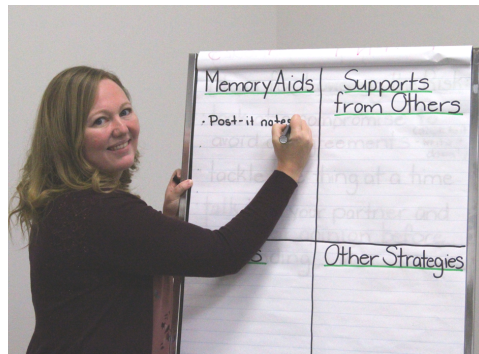
This program is designed to help care partners take better care of themselves, through the use of tools and strategies that address the unique challenges of their caregiving situation.

Who should attend: Anyone supporting someone who is living with dementia

Care in the Later Stages

This three-part education series helps family members and friends of people living with dementia understand what to expect in the later stages of dementia and provides knowledge and strategies for continuing to support the person in the late stages.

Who should attend: Anyone supporting someone who is living with dementia



COMMUNITY EDUCATION: OPEN TO ALL

We also provide education sessions to our clients and a variety of community organizations within our four counties. Topics related to dementia, communication, brain health, stigma, behaviour changes, driving, and building dementia-friendly communities are a sample of the many education opportunities available. A member of our Education Team would be happy to work with your community organization to tailor these sessions to meet the specific needs of the audience.

Please contact the Alzheimer Society to book a consultation with an Education Coordinator.

Professional Education and Training



U-First!® for Healthcare Providers

Through dialogue and a case-based approach, participants in this full day workshop develop a common knowledge base, language, values and approach for caring for people living with dementia. Applying the U-First!® framework helps participants to better understand the person, the associated behaviour changes, and how to work as a team to develop individualized support strategies for the person living with dementia.

Who should attend: Healthcare professionals supporting people living with dementia.

U-First!® Advanced

This full day workshop supports healthcare providers who are directly supporting people experiencing behaviour changes caused by dementia. This program builds on the learning from the original U-First!® program by deepening participants' ability to apply the U-First!® framework, improve collaboration among all team members, and increase the well-being of people experiencing behaviour changes.

Who should attend: Healthcare professionals who have already taken U-First!® for Healthcare Providers

Gentle Persuasive Approaches in Dementia Care®(GPA)

GPA Basics is a 4-module evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. This full day workshop aims to educate staff on how to use a person-centred, compassionate and gentle persuasive approach and to respond with respect, confidence and skill to responsive behaviours associated with dementia.

Who should attend: Healthcare professionals supporting people living with dementia

DEMENTIA FRIENDLY COMMUNITIES

Did you know that the Alzheimer Society offers customized education to businesses and organizations to help them to become Dementia Friendly? You can help by sharing this information with the businesses where you shop, dine, and access services!

How to become Dementia Friendly



Businesses are connected with our education team to determine how to customize training to suit their needs. Options include:

- A one-time virtual or in-person session (less than two hours) that offers:
 - An overview of dementia
 - Insight into the lived experience of dementia
 - Ways to identify someone who might be living with dementia
 - Tips and strategies for positive interactions
- Further support to managers to develop dementia-friendly policies and procedures
- Consultation about making a physical space more accessible to people living with dementia
- Access to the Dementia Friendly Canada e-learning course



SOCIAL RECREATION & WELLNESS



These programs are designed to help people living with memory problems stay socially, physically and mentally active!

Minds in Motion®



Combining physical activity and social engagement, Minds in Motion® unfolds to laughter and chatter, with new friendships forming and stories being shared. Both the person living with dementia and the care partner benefit from gentle, easy-to-follow physical activities and fun social activities focused on building personal skills.

Minds in Motion® is facilitated by members of our Social Recreation Team on a weekly basis throughout Peterborough, Kawartha Lakes, Northumberland, and Haliburton Counties. We also offer an online version of Minds in Motion®. The fee is \$30 per couple for the 8-week session, (but don't allow the fee to be a barrier).

To register contact your Client Support Coordinator or contact Maddy by email: maddy@alzheimerjourney.ca, or call 705-748-5131 ext 235

"The Minds in Motion® program has been great! It's an activity my mother-in-law and I share weekly. It's increased her strength, endurance, and flexibility."



"As a care-partner, Minds in Motion® has increased my understanding of dementia and offered ideas and tips on how we can have more fun socializing and spending time together."

Young Onset Day Service

A small group program that involves outings in the community, music and arts based activities, group meals, and volunteering in the community. The program runs year round with the same participants each week.

This program is designed for people in the early and moderate stages of dementia who were diagnosed before the age of 65.

Delivered weekly, year round, in person, by two Alzheimer Society Day Service Coordinators. Provided in multiple locations in the region.



Fabulous Social Events

Our Social & Recreation teams plan wonderful evening events such as Taco Night and a Greek themed dinner seen below.



In-Home Recreation



The In-Home Recreation Therapy program provides an opportunity for people living with dementia to participate in a range of activities that are stimulating, therapeutic, and socially engaging in the comfort of their own homes.

Weekly visits will be conducted over a 12-week period. Each weekly visit will involve facilitated activities with a specifically trained volunteer that will address social, physical, emotional, spiritual, cognitive, or vocational domains of wellness based upon the needs of the individual living with dementia.

This program aims to empower care partners by teaching a variety of activities that can be done within the home environments, while also providing a respite opportunity

To be eligible for this program, individuals must be a client of the Alzheimer Society support services, or become one and they must be living at home.

Sole Mates Walking Club



Sole Mates Walking Group is a group of like-minded individuals who recognize the value of an active and healthy lifestyle.

Regular walking with a buddy through the walking group helps to,

- maintain motivation,
- increase social interaction and
- promote an enhanced quality of life

People living with dementia in the community are matched with a Volunteer "Sole Mate". Together, with the group of walkers, they will enjoy a brisk or leisurely walk followed by socialization and refreshments at a local coffee shop.

Please contact the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton if you are interested in joining this group or would like to become a volunteer "Sole Mate".



Thank You To All Donors Who Help Make Our Programs and Services Possible

Join us this May in raising awareness and funds to help support our local Alzheimer Society.

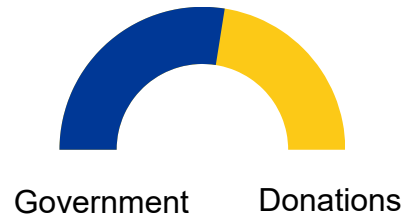
IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

Register Today at:
www.WalkLocal.ca

EVENTS & FUNDRAISING

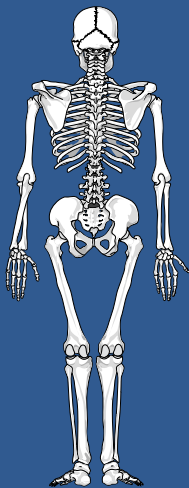
How we spend your DONATIONS



The government provides skeleton funding for our services through Ontario Health. This accounts for 55% of our funding. As such, we rely on our funders' dollars to bring our programs to life, to innovate and respond to community needs, and to best support the people living with dementia in our region.

The reality is that we have not received an increase in base funding in approximately 10 years. This is increasing our reliance on donor dollars to continue to be able to do our vital work to support people living with dementia and their care partners.

ONTARIO HEALTH FUNDS PART OF THESE PROGRAMS



- First Link®
- Supportive counselling
- Education
- Young Onset Day Service
- In-Home Recreation
- Memory Clinic support

OUR DONORS FUND:



- Minds in Motion®
- Young Onset Day Service
- In-Home Recreation
- Advertising to reduce stigma
- Supportive Counselling
- Memory Clinic Support
- All new programs and services as they are developed

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VON Peterborough-Victoria-Haliburton
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Peterborough, ON K9J 5N3

www.von.ca

Registered Charity Number: 119284800RR0001



Kawartha Centre
REDEFINING HEALTHY AGING

SEEKING VOLUNTEERS for clinical trials for
MEMORY LOSS.

Please contact us for memory screening if you are interested in participating, and are:

- Concerned about your memory
- 50-85 years of age
- In reasonable general health
- Have a family member or close friend who knows you well and is willing to participate with you as a study partner

OR

- Have a family history of Alzheimer's disease



Please contact us to set up
an appointment:

(T) 705-749-3906 ext. 209

Kawartha Centre – Redefining Healthy Aging
168 Brock St, Peterborough, Ontario K9H 2P4
T: 705-749-3906
E: research@kawarthacentre.com
www.kawarthacentre.com

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

Have you considered leaving a gift in your will?



**"How can I make the most
impact with my limited income?"**

**It's actually easier than
you might think. Ask us how.**

**For more information on how you can make a difference
Email: lorraine@alzheimerjourney.ca**

Please consider leaving a gift in your will to the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Help those in your community who will one day need our services.