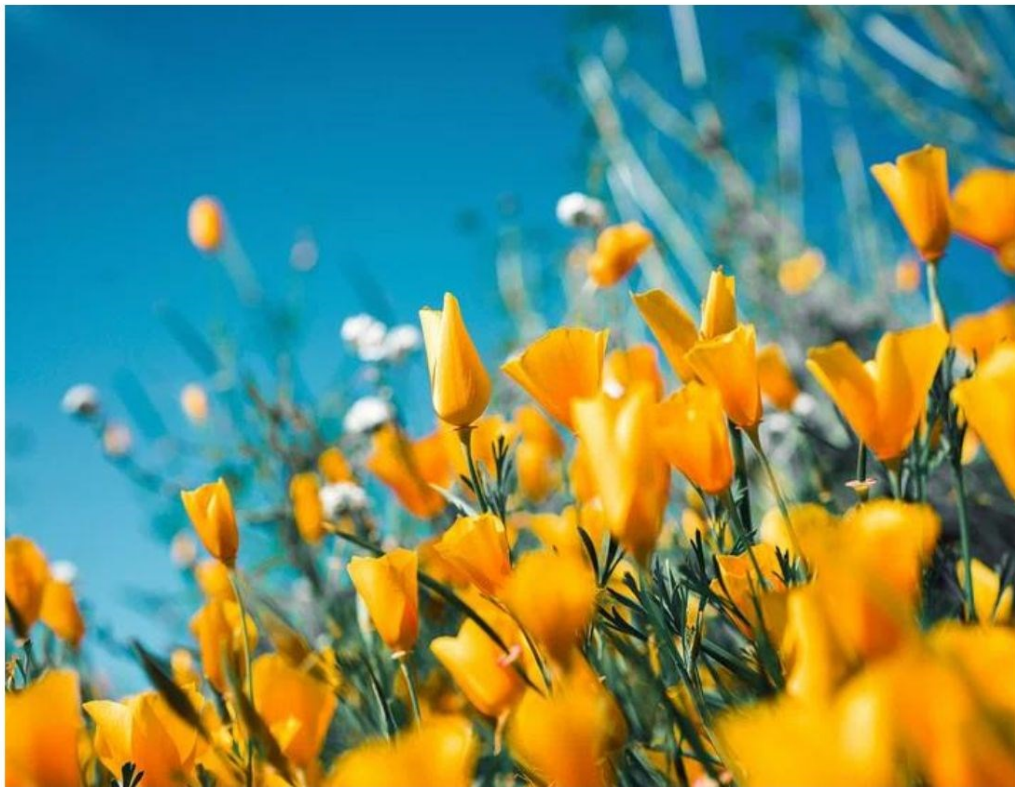


Alzheimer Society

SIMCOE COUNTY

Programs & Services Guide

APRIL - JUNE 2024



EDUCATION, SOCIAL RECREATION AND
SUPPORT PROGRAMS FOR PEOPLE LIVING
WITH DEMENTIA AND THEIR CARE
PARTNERS



Welcome

The staff and volunteers at the Alzheimer Society are committed to providing the highest quality programs and services that will help people living with dementia and their care partners live well and thrive in their community. Our programs and services are available to people of any age who are:

- living with a progressive dementia
- OR
- a care partner supporting a person living with a progressive dementia

We also offer a number of awareness programs for the general public and health professionals. Please review the information contained in this guide and contact us with any questions.

Contact Us

BY PHONE: 705-722-1066 or 1-800-265-5391

BY MAIL: P.O. Box 1414, Barrie, ON L4M 5R4

BY EMAIL: simcoecounty@alzheimersociety.ca

WEB: <https://alzheimer.ca/simcoecounty/en>

IN PERSON: 20 Anne Street South, Barrie

Monday—Friday 8:30am—4:30pm

25 Museum Drive (side entrance), Orillia

By appointment only, please call



 [AlzheimerSocietySimcoeCounty](https://www.facebook.com/AlzheimerSocietySimcoeCounty)

 [@alzheimersimcoe](https://twitter.com/@alzheimersimcoe)

 [@alzheimersimcoe](https://www.instagram.com/@alzheimersimcoe)



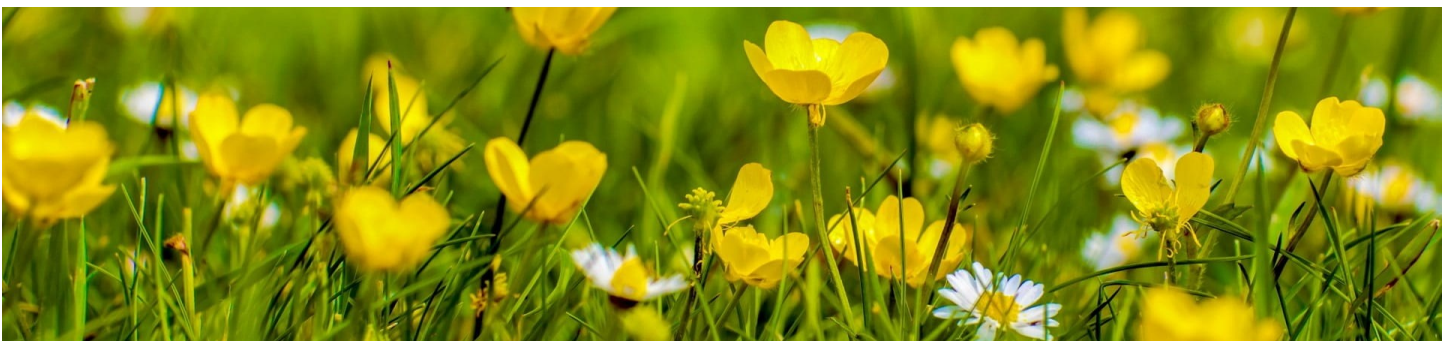
The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share that 100% of our staff team recently participated in Safer Spaces 2S-LGBTQ+ Cultural Competency training.

Tell us how we can best work with you!

Charitable Number: 11921 2116 RR0001

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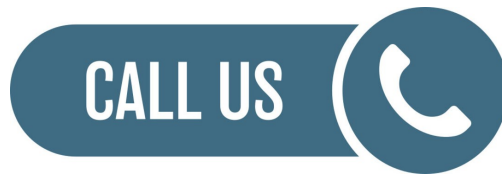


* Please note, due to volume and capacity to provide services across Simcoe County, clients may experience wait times to access some of our programs and services.*

Program Information

All of our programs require registration in order to ensure we are fully prepared with sufficient supplies and adequate space for everyone to safely and comfortably attend. Registration information will be listed with each program. Many programs and services are free. Fees are clearly noted where they are applicable.

We know that the best laid plans can go awry. **If you have registered for a program**, but are no longer able to attend, please contact the office to let us know that you will not be participating. Often there are waitlists for programs so you will be freeing up a space for another person to get the information they need! Thank you!



Program Cancellations

There are times when we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. The Alzheimer Society will make every effort to cancel a program in a timely manner.

When inclement weather is in the forecast, consideration is given to weather warnings, bus cancellations and projected deterioration of conditions. For day of program cancellations, registered program participants will be notified by phone.

Cancellation notices will also be placed on social media and sent to news outlets. The safety of our clients and staff is a top concern so it is never our expectation for you to drive in poor weather. Please use your discretion.



Health Connect Ontario

- Call 811
- Chat online
- Information in one location



After hours support for persons living with dementia and their care partners.

To be eligible for our services, you either must:

- be concerned about your memory,
- living with dementia,
- supporting someone living with dementia

AND have a connection to this region (e.g., you or the person you are supporting live in Simcoe County).
Some programs have additional eligibility criteria.

INFORMATION – Sharing information about dementia – signs and symptoms, progression, caregiving tips – in the form of brochures and information sheets.

EDUCATION – We run several workshops and sessions that address symptoms, care & coping strategies and future planning. We have one to two programs specifically for the person living with dementia (to learn more about symptoms and strategies to help live well).

Eligibility: *A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

CARE NAVIGATION – Provided to people who are newly diagnosed and/or with no connections to other services to help them get the support and services they need.

Eligibility: *A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

SUPPORTIVE COUNSELLING - 1:1 (or family) supportive counselling meant to provide opportunities for care partners and or persons living with dementia to speak with someone more in depth about their personal situation

Eligibility: *A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

SUPPORT GROUPS– Monthly support groups for care partners throughout the county. Support groups run in 3 month cycles – both online and in person.

Eligibility: *Care partners of a person living with dementia, regardless of living situation.*

ENHANCING CARE (CARERS/TEACH GROUPS) – Group programs for care partners who are looking for additional supports/caregiving strategies. The programs are designed for each groups current caregiving challenges and focuses on providing practical, skill-based strategies.

Eligibility: *Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group)*

SOCIAL RECREATION – Programs designed to provide stimulation and encourage social connections.

Minds in Motion – An 8-week community exercise and cognitive stimulation/social program for persons living with dementia and their care partners.

Musical Memories - A 6- week music program held online, facilitated in partnership with Music Therapists from Music Therapy Services of Simcoe County.

Creative Spark - A multi-week art program held in conjunction with MacLaren Art Centre in Barrie

Eligibility: *Persons living in the community, including within retirement homes, with early - mid stage dementia & their care partners.*

IN-HOME RECREATION – Suitable participants receive 12 weekly in-home visits designed to provide meaningful engagement and opportunities for the person living with dementia to stay social, as well as providing a little bit of respite for the care partner. Suitability is based on meeting the eligibility requirements of the program and in-home assessment for interest, ability, and engagement levels.


Eligibility: *Persons living in the community* with early - mid stage dementia who does not require personal support during the visit and has no known behavioural concerns.*

**living in the community does not include persons living in Retirement Home or Long Term Care.*

EDUCATION PROGRAMS for Persons Living with Dementia

First Steps

This is a 4-week introductory series for persons living with dementia and their care partners. It serves as an opportunity to learn more about symptoms, adapting to changes, strategies and planning ahead.

Format	Location	Day	Date	Time	Contact to Register
Online		Tuesdays	April 9—30	6—8pm	Alyssa Pereira 705-722-1066 ext. 226

Taking Control of Our Lives

This 8-week series helps people newly diagnosed with dementia and their care partners understand their diagnosis and the changes they experience.

Topics covered include:

- Adapting to Changes; Finding Meaning & Purpose; Communication; Safety, Independence, & Decision-Making; Emotional Wellness; Building & Keeping Connections


Format	Location	Day	Date	Time	Contact to Register
In-Person	ASSC Barrie 20 Anne St S	Thursdays	April 11—May 30	1—3pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS For Care Partners

Next Steps

This is a 3-part series for care partners covering the following topics:


- Symptoms of dementia
- Adapting to changes
- Planning for the future & creating a circle of support

Format	Location	Day	Date	Time	Contact to Register
In-Person	ASSC Barrie 20 Anne St S	Tuesdays	April 9, 16 & 30 (omit 23)	1—3pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Thursdays	May 16—30	10am— 12pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	ASSC Orillia 25 Museum Dr	Thursdays	June 13-27	1—3pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	Alliston Matthews House 131 Wellington St E	Tuesdays	June 11—25	10am— 12pm	Alyssa Pereira 705-722-1066 ext. 226

Care Essentials On-Demand

Care Essentials is offered as a series of four videos which care partners can watch at their own pace and in their own time. The focus is on communication changes and strategies, understanding responsive behaviour and supporting daily activities.

Video links and workbook will be emailed to care partners the week prior.

Format	Location	Day	Date	Time	Contact to Register
Online		Tuesdays	May 7 & 21	7— 8pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS For Care Partners

Care Essentials

This is a 3-week education series for care partners supporting a person in mid to late stage of dementia. The focus is on communication changes and strategies, understanding responsive behaviour and supporting daily activities.


Format	Location	Day	Date	Time	Contact to Register
In-Person	ASSC Orillia 25 Museum Dr	Wednesdays	April 10—24	10am— 12pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	Penetanguishene Bayfield House 5 Beck Blvd	Wednesdays	May 8—22	1—3pm	Alyssa Pereira 705-722-1066 ext. 226

Options for Care

Options for Care consists of three stand-alone courses. They are:

1. Help in the home: Creating a plan for support.
2. Considering residential care options: Joined by two experts from Home and Community Care Support Services – Jennifer Houston, Manager of Patient Services, and Terri Beck, Placement Coordinator.
3. Moving to Long-Term Care: Before, during and after.

Note: Week 2 previously called “Navigating the Long-Term Care Journey” - same details will be provided.


Format	Location	Day	Date	Time	Contact to Register
Online		Tuesdays	June 4—18	1—3pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS For Care Partners

U-First! For Care Partners

This 3-part program is for care partners who are providing direct support to someone experiencing behaviour changes as a result of dementia. This program is designed to help you:

- Enhance well-being.
- Reduce responsive behaviours by using the U-First!® framework.
- Improve collaboration among all team members through a common knowledge, language and approach to care.

Format	Location	Day	Date	Time	Contact to Register
Online		Wednesdays	June 5—19	1—3pm	Alyssa Pereira 705-722-1066 ext. 226

Ambiguous Loss & Grief


The issue of loss and grief is one of the most significant underlying issues that care partners experience when supporting people living with dementia. This workshop is designed to help care partners identify and work through the losses and grieving that occurs in different ways at all stages in the dementia caregiving journey.

Format	Location	Day	Date	Time	Contact to Register
Online		Monday	April 29	6—8pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	Penetanguishene Bayfield House 5 Beck Blvd	Tuesday	June 4	10am— 12pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS For Care Partners & General Public

Welcome to ASSC/Dementia 101

A presentation that provides general knowledge and awareness of a variety of related dementias, communication tips as well as the services and programs offered at your local Alzheimer Society.

Format	Location	Day	Date	Time	Contact to Register
Online		Monday	April 15	1—3pm	Alyssa Pereira 705-722-1066 ext. 226

Support Services

We provide free dementia support to anyone impacted by any type of dementia, whether you are a person living with dementia or their family member, friend, or care partner.

Our Support Services Team are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey.

Our Supportive Counselling and Navigation services are offered over the phone, by email, video conference and in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home.

Supportive Counselling

Our team of Family Support Coordinators provide safe, confidential counselling where you can talk about your experience, gain insight and practical coping strategies to help you manage circumstances and build resiliency. Staff can help you plan for the future and get connected to other local services.

First Link[®] Care Navigation

Get the assistance you need connecting to various dementia support and services. Our highly experienced First Link Care Navigator can help get you started, create a support plan and link you with dementia supports in the community.



To access our supportive counselling or navigation services, please contact our office at 705-722-1066 to begin the intake process.




Support Services—Enhancing Care

TEACH (*Training, Education and Assistance for Caregiving at Home*)

4-week interactive group program for care partners, in partnership with the Reitman Centre.


- Focuses on common caregiving themes including:
 - Self-care; Healthcare System Navigation; Relationship Changes; Future Planning
- Coaches care partners in practical communication and coping skills.
- Provides opportunity to share and learn from other care partners.

Format	Location	Day	Dates	Time	To Register
In-Person	Wasaga Beach 14 Ramblewood Dr	Wednesdays	May 15— June 5	10— 11:30am	Kelly Hutton 705-722-1066 ext. 233
Online		Thursdays	May 2—23	10— 11:30am	Kelly Hutton 705-722-1066 ext. 233
In-Person	ASSC Barrie 20 Anne St S	Thursdays	June 6—27	1—2:30pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	ASSC Orillia 25 Museum Dr	Tuesdays	April 9—30	10— 11:30am	Kelly Hutton 705-722-1066 ext. 233

CARERS (*Coaching, Advocacy, Respite, Education, Relationship, Simulation*)

8-week interactive and skills-based group program for care partners.

- Focuses on practical skills and emotional supports to care for people living with dementia.
- Teaches Problem Solving Techniques, a structured approach to address problems.
- Coaches care partners in communication skills through the use of Patient Simulation.
- Strategies for keeping a meaningful relationship with the person living with dementia.

Format	Location	Day	Dates	Time	To Register
Online		Tuesdays	April 23— June 11	6—8pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	ASSC Barrie 20 Anne St S	Wednesdays	May 29— July 17	1—3pm	Kelly Hutton 705-722-1066 ext. 233

Support Services—Support Group

In-Person

These groups are for care partners of persons with dementia in early, middle and late stages regardless of their living arrangements.

Support groups are time-limited and run for a period of 3 months. Registration is required.

Location	Day	Dates	Time	Contact to Register
Alliston St. John's United Church 56 Victoria St. E	3rd Monday	April 15 May 27 June 17	10—11:30am	Sanju Hirji 705-722-1066 ext. 223
Barrie—ASSC 20 Anne St S	3rd Tuesday	April 16 May 21 June 18	10—11:30am	Melissa Martinson 705-722-1066 ext. 227
Bradford Elden Retirement Home 3131 8th Line	3rd Tuesday	April 16 May 21 June 18	10—11:30am	Sanju Hirji 705-722-1066 ext. 223
Innisfil Innisfil Public Library 967 Innisfil Beach Rd	3rd Thursday	April 18 May 16 June 20	1:30—3pm	Sanju Hirji 705-722-1066 ext. 223
Orillia Leacock Care Centre 25 Museum Dr.	1st Wednesday	April 3 May 1 June 5	1—2:30pm	Susan Nagy 705-329-0909 ext. 3803
Orillia Leacock Care Centre 25 Museum Dr.	3rd Thursday	April 18 May 16 June 20	7—8:30pm	Susan Nagy 705-329-0909 ext. 3803
Penetanguishene Bayfield House 5 Beck Blvd	Last Wednesday	April 24 May 29 June 26	1—2:30pm	Meredith Joy 705-715-8625
Wasaga Beach United Church 380 Zoo Park Rd	1st Wednesday	April 3 May 1 June 5	10—11:30am	Dana Bessette 705-722-1066 ext. 225



Support Services—Support Group

Online

These groups are for care partners of persons with dementia in early, middle and late stages regardless of their living arrangements.

Support groups are time-limited and run for a period of 3 months. Registration is required.

Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.

Location	Day	Dates	Time	Contact to Register
	1st Tuesday	April 2 May 7 June 4	7—8:30pm	Melissa Martinson 705-722-1066 ext. 227
	2nd Wednesday	April 10 May 8 June 12	10—11:30am	Meredith Joy 705-715-8625

Long Term Care Support Group –Online

The Alzheimer Society of Simcoe County has introduced an online support group for caregivers of people who are living with dementia and residing in long term care settings.

Support groups are time-limited and run for a period of 3 months. Registration is required.

Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.





Location	Day	Dates	Time	Contact to Register
	2nd Thursday	April 11 May 9 June 13	10—11:30am	Dana Bessette 705-722-1066 ext. 225

Social/Recreation Programs

Virtual Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

To find out more or to register in any of the following sessions, please contact Vanessa via email at vbarnes@alzheimersarnia.ca

Format	Location	Day	Date	Time
Virtual		Thursdays	April 25—June 13	10—11:30am
Virtual		Mondays	May 27—July 22	10—11:30am
Virtual		Tuesdays	June 4—July 23	1—2:30pm
Virtual		Thursdays	July 4—August 2	10—11:30am



Social/Recreation Programs

Creative Spark

In partnership with MacLaren Art Gallery

A 6-week art program for people living with early stage dementia and their care partners. If attending an online session, art supplies will be delivered to registered participants ahead of the first class.

Please note— registration is mandatory to attend sessions.



To register, please contact our main line 705-722-1066.

Format	Location	Day	Date	Time
In-Person	Barrie MacLaren Art Gallery 37 Mulcaster St	Thursdays	April 4—May 9	1—3pm
In-Person	Barrie MacLaren Art Gallery 37 Mulcaster St	Thursdays	May 16—June 20	1—3pm

Music Project

The Music Project provides a FREE music player and personalized music to improve the quality of life of those living with dementia.

The music package includes:

- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support



If you or someone you know would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form with the person living with dementia.

www.musicproject.ca/apply

IN HOME RECREATION THERAPY

This program offers personal visits from a Therapeutic Recreation Specialist or trained volunteer, who will facilitate a variety of person-centered recreation and leisure-based activities, in the comfort of your own home. It consists of weekly visits for a duration of 12 weeks, providing social connection for the person living with dementia and brief respite for the care partner.



PROGRAM ELIGIBILITY

- Person must be diagnosed with dementia and living in their own home within Simcoe County.
- Person must be willing and able to participate in the recreation plan.

Acceptance into the program is based on a suitability assessment.

If interested, contact our office to be connected to an In-Home Recreation Coordinator for an assessment.
705-722-1066



SAVE THE DATE

The 26th Annual IG Wealth Management Walk for Alzheimer's
Sunday, May 26th, 2024, from 9am to 1pm

Register your team today and begin walking 11,500 steps to show your support for the 11,500 people living with dementia in Simcoe County.

The IG Wealth Management Walk for Alzheimer's Society of Simcoe County is the largest awareness and fundraising event. It calls on participants of all ages and abilities to take action—walk, honour, and help support people living with dementia. All funds raised stay in Simcoe County to help people living with dementia and their care partners access programs and services for free.

To register, visit www.walkforalzheimer.ca

If you have any questions,
please contact Kelly Luvisotto at 705-722-1066 ext. 230

Alzheimer *Society*

SIMCOE COUNTY

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

Alzheimer Society
SIMCOE COUNTY

Location & Contact Information



Alzheimer Society of Simcoe County

Main Office—Barrie

20 Anne Street South
Barrie, ON
L4N 2C6



705-722-1066 OR 1-800-265-5391

www.alzheimer.ca/simcoecounty

Simcoecounty@alzheimersociety.ca

Location & Contact Information



Alzheimer Society of Simcoe County Satellite Office—Orillia

25 Museum Drive,
Suite 175
Orillia, ON
L3V 7T9



Open by appointment only.

705-329-0909

www.alzheimer.ca/simcoecounty

Simcoecounty@alzheimersociety.ca