

# Learning Series



If you or your friend or family member is affected by Alzheimer's disease or a related dementia, the Alzheimer Society of Windsor Essex can help. The First Link   Learning Series offers you the opportunity to learn about the disease and its management as the journey progresses.

**FIRST STEPS:** a 4 week series specially designed to provide the *person with the early stage of the disease and the family/friend caregiver* information about dementia.

**The next four sessions are designed for the family/friend caregiver only:**

**NEXT STEPS:** this 4 week series provides an introduction to the disease and its management for *family/friend caregiver* of someone with dementia in the **early stage**.

**CARE ESSENTIALS:** as the disease progresses into the **middle stage**, this 4 week series assists the *family/friend caregiver* strengthen their ability to provide care.

**OPTIONS FOR CARE:** a one-day workshop to help the *family/friend caregiver* learn about the disease in the **more advanced stages**, discussing changes and options.

**CARE IN THE LATER STAGES:** a one-day workshop focusing on dementia in the *late and end-of-life stages* of the disease, discussing ways to enhance quality of life.

**There is no cost to attend a session, but  
registration is required as seating is limited.**

To register for a session, please call  
**519- 974-2220 ext. 231**