

Education Programs for **SEPTEMBER 2023**

Online Education- Zoom (open for all areas)

| Group | Who is this for? | Day | Dates | Time | To Register |
|-----------------------------------|---|----------------------|---|-----------------|--|
| Getting Started | Join in for this brief overview of dementia and our services. This is open to all. | Monday | Sept. 5 th | 1:30pm-3:00pm | Click here to register |
| | | | | 6:30pm-8:00pm | Click here to register |
| Dementia Education Series | Families and friends of persons living with early stage dementia, or who are new to education and ready to learn about dementia | Mondays & Wednesdays | Sept. 11 th , 13 th , 18 th & 20 th | 6:30pm-8:30pm | Click here to register |
| Middle Stages | For families and friends of persons living with mid-stage dementia and have attended some education | Wednesdays | Sept. 20 th , 27 th , Oct 4 th & 11 th | 6:30pm-8:30pm | ☎ 1-800-565-4614 |
| Choices in Care | An overview of how to apply for LTC and RHs, reviews resources for considering the move and planning for the move. | Thursday | Sept. 21 st | 6:30pm-8:00pm | Click here to register |
| Preparing for Later Stages | For families and friends of persons living with late stage dementia | Wednesdays | Sept. 20 th & 27 th | 10:00am-11:30am | ☎ 1-800-565-4614 |
| Monthly Drop in Webinars: | | | | | |
| Toolbox Talk | Open to all: learn support techniques for dementia | Fridays | Sept. 22 nd Oct. 27 th Nov. 24 th Dec. 29 th | 11:00am-noon | Click here to register |
| Focus on Communication | Open to all: opportunities to explore communication strategies | Fridays | Sept 8 th Oct 13 th Nov 10 th Dec 8 th | 11:00am-noon | Click here to register |
| Caregiving from a distance | For families and friends of persons living with dementia who do not live with the person they are supporting | Fridays | Sept 15 th Oct. 20 th Nov 17 th Dec 15 th | 11:00am-noon | Click here to register |

posters and links can also be found on our website: www.alzda.ca (scroll down to the program calendars tab)

Education Programs for **SEPTEMBER 2023**

Brantford

| Group | Location | Dates | Day | Time | To Register |
|------------------------------------|---|---|----------|---------------------|------------------|
| Taking Control of our Lives | Brantwood 25 Bell Lane, Suite 100 | Sept. 19 th – Nov.14 th | Tuesdays | 10:30am- 12:30pm | ☎ 1-800-565-4614 |
| First Steps | Brantwood 25 Bell Lane, Suite 100 | <i>please call to be added to the interest list</i> | Tuesdays | afternoon | ☎ 1-800-565-4614 |
| Dementia Education Series | Brantwood 25 Bell Lane, Suite 100 | <i>please call to be added to the interest list</i> | Tuesdays | afternoon | ☎ 1-800-565-4614 |
| Middle Stages | Brantwood 25 Bell Lane, Suite 100 | <i>please call to be added to the interest list</i> | Tuesdays | afternoon | ☎ 1-800-565-4614 |

Thank you for considering learning about dementia

Knowledge is Power

(Francis Bacon, 1597)

For persons living with a diagnosis or the people in their lives, the benefits of attending learning programs about dementia and how to live well with brain changes include:

- ✓ a better understanding the journey ahead to make informed choices
- ✓ becoming more actively involved in decisions, including healthcare and finances
- ✓ learning about, and how, to navigate the supports available to you
- ✓ joining a community of others who understand your experiences