

Public Education for September - December 2024

(please note: our offices are closed on September 2nd, October 14th, November 11th, December 25th and December 26th, 2024)

Virtual Education Programs – Open to All Areas				
Program Name	Program Description	Dates	Time	How To Register
Getting Started <i>Open to the public</i>	This session is for anyone. It provides an overview of dementia and is for people who are at the beginning of a dementia journey; whether newly diagnosed or new to learning about dementia. It is also an opportunity to learn about the programs and services provided by the Alzheimer Society.	Monday September 30 th	1:30pm-3:00pm	Click here
		Monday October 28 th	6:30pm-8:00pm	Click here
		Monday November 25 th	6:30pm-8:00pm	Click here
		Monday December 30 th	1:30pm-3:00pm	Click here
Dementia Education Series <i>Open to the public</i>	A 4-part series for families and friends of persons living with early-stage dementia, or	Thursdays September 5 th , 12 th , 19 th & 26 th	6:30pm-8:30pm	Click here

**For more information
and to register:**

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	who are new to education and ready to learn more about dementia.	Wednesdays November 6th, 13 th , 20 th & 27 th	6:30pm-8:30pm	Click here
First Steps <i>Open to registered clients. Program is for persons with early-stage dementia and their care partner</i>	A 4-part series which encourages persons living with early-stage dementia and their care partner to meet others, develop communication strategies and gain knowledge in a positive dementia friendly environment.	Mondays December 2 nd , 9 th , 16 th , & 23 rd	1:30pm-3:30pm	☎ Madison 1-800-565-4614 Ext. 509
Middle Stages <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia</i>	A 4-part series designed for care partners which increases awareness of changes typical of middle stage. This series allows care partners to practice communication techniques and hands-on care tools and encourages care partners to explore stress coping strategies.	Fridays November 8 th , 15 th , 22 nd , & 29 th	1:30pm-3:30pm	☎ Cait 1-800-565-4614 Ext. 314
Focus on Communication <i>Open to the Public</i>	Topic: Anosognosia and Dementia Description: Learn about what anosognosia is, how it differs from denial, and some communication strategies that care partners can implement when the person they are supporting is experiencing anosognosia.	Friday September 13 th	11:00am- 12:00pm	Click here

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	<p>Topic: Stress Management / Caregiver Stress Description: Learn about what caregiver stress can look like and the negative effect it can have on your body, as well as looking at strategies to balance stress management.</p>	Friday October 11 th		
	<p>Topic: Communicating with Healthcare Professionals Description: Learn about the importance of advocacy in dementia care, how to effectively advocate for the person you are supporting, and strategies for communicating with healthcare professionals on behalf of a person living with dementia.</p>	Friday November 8 th		
	<p>Topic: Therapeutic Fibbing Description: Learn about the goals of therapeutic fibbing, when it is appropriate to be used, and how it can be effectively implemented into the care of a person living with dementia.</p>	Friday December 13 th		
<p>Toolbox Talks <i>Open to the Public</i></p>	<p>Topic: Mealtime Changes and Strategies Description: Learn about mealtime changes that may occur with dementia including changes in appetite, behaviour, and cognition, and how to help the person you are supporting to find more success while eating.</p>	Friday September 27 th	11:00am-12:00pm	Click here

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	<p>Topic: Who do I ask: Healthcare Roles in Dementia Care</p> <p>Description: Discuss the different healthcare roles that are commonly utilized in dementia care, what they are responsible for, and who to go to when you have concerns.</p>	Friday October 25 th		
	<p>Topic: Meaningful Activities</p> <p>Description: Learn about what various meaningful activities can look like with a goal of continuing to spend quality time together by identifying and drawing on the person’s remaining strengths.</p>	Friday November 22 nd		
<p>Dementia Information Sessions <i>Open to the Public</i></p>	<p>Topic: Mild Cognitive Impairment (MCI) Information Session</p> <p>Description: This session will provide participants with an overview of mild cognitive impairment and strategies to support the person.</p>	Friday September 6 th	11:00am-12:00pm	Click here
	<p>Topic: Lewy Body Dementia Information Session</p> <p>Description: This session will provide participants with an overview of Lewy Body dementia and strategies to support the person living with dementia.</p>	Friday October 18 th	11:00am-12:00pm	Click here

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	<p>Topic: Young Onset Dementia Information Session</p> <p>Description: This session will provide participants with an overview of Young Onset dementia and strategies to support the person living with dementia.</p>	Friday November 15 th	11:00am- 12:00pm	Click here
<p>Finding Your Way <i>Open to the Public</i></p>	<p>Topic: Medic Alert and Dementia Safety</p> <p>Description: Join us to learn about Medic Alert, what they do, and how they might be able to play a part in your role as a caregiver for someone who is living with dementia. *This is a re-run of a previously presented session for those who were unable to attend*</p>	<p>Monday September 30th</p>	10:00am- 11:00am	Click here
			3:30pm-4:30pm	Click here
	<p>Topic: Managing the Risk of Going Missing for Persons Living with Dementia</p> <p>Description: This presentation introduces a toolkit designed to manage the risk of persons living with dementia going missing. Join us to learn how to enhance safety and prevent instances of going missing.</p>	<p>Monday October 28th</p>	10:00am- 11:00am	Click here
			3:30pm-4:30pm	Click here
<p>Topic: Dementia Friendly Communities</p>	Monday November 25 th	10:00am- 11:00am	Click here	

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	<p>Description: Learn more about what a dementia friendly community is and how you can be a part of creating one in your surrounding community. *This is a re-run of a previously presented session for those who were unable to attend*</p>		3:30pm-4:30pm	Click here
	<p>Topic: Driving and Dementia Description: This presentation will address the critical topic of driving and dementia. We will explore how dementia affects driving abilities, discuss safety assessments, and consider alternative transportation options.</p>	<p>Monday December 30th</p>	10:00am-11:00am	Click here
			3:30pm-4:30pm	Click here
<p>Virtual Public Lectures & Other Specialty Education Sessions – Open to All Areas</p>				
<p>Public Lecture: Real Estate Considerations <i>Open to the Public</i></p>	<p>Description: Join Gordon McVay, Sales Representative with the MacKey and McCormick Team of Royal LePage as he discusses considerations of downsizing, the right time to sell and more!</p>	<p>Wednesday September 18th</p>	7:00pm-8:00pm	Click here
<p>Public Lecture: Wills & Estate Planning <i>Open to the Public</i></p>	<p>Description: Join Adam Strain, RBC Financial Planner as he discusses the importance of planning for the future.</p>	<p>Tuesday November 5th</p>	1:30pm-3:30pm	Click here

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<p>Preparing for the Holidays <i>Open to the Public</i></p>	<p>Description: Learn how to prepare for the holiday season with strategies to navigate changes in behaviour, mobility, and cognition.</p>	<p>Wednesday December 4th</p>	<p>6:30pm-7:30pm</p>	<p>Click here</p>
		<p>Friday December 6th</p>	<p>1:30pm-2:30pm</p>	<p>Click here</p>
<p>Visiting a Person Living with Dementia in Long-Term Care <i>Open to the Public</i></p>	<p>Description: Learn strategies to help make your visits meaningful when visiting someone living in long-term care.</p>	<p>Tuesday December 10th</p>	<p>1:30pm-2:30pm</p>	<p>Click here</p>
<p>Late Day Restlessness <i>Open to the Public</i></p>	<p>Description: Learn about what late day restlessness is, explore potential rationales as to what might be causing this effect, and discuss some suggestions for how to support people living with dementia who are experiencing it.</p>	<p>Wednesday December 18th</p>	<p>1:30pm-2:30pm</p>	<p>Click here</p>
<p>Non-verbal Communication <i>Open to the Public</i></p>	<p>Description: This session will go over the importance of non-verbal communication and provide an opportunity to learn about different strategies to support non-verbal communication in person’s living with dementia.</p>	<p>Friday December 20th</p>	<p>1:30pm-2:30pm</p>	<p>Click here</p>

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In Person – Brantford

Group	Description	Location	Date	Time	To Register
Dementia Education Series	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	ASBHNHH Brantford Office (25 Bell Lane)	Tuesdays October 1 st , 8 th , 15 th & 22 nd	1:30pm- 3:30pm	☎ Madison 1-800-565-4614 Ext. 509

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In Person – Haldimand Norfolk




Group	Description	Location	Date	Time	To Register
Dementia Education Series	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Dunnville – True Experience (201 Forest St. E)	Wednesdays September 11 th , 18 th , 25 th & October 2 nd	1:30pm-3:30pm	☎ Madison 1-800-565-4614 Ext. 509
		Simcoe – ASBHNNH Simcoe Office (645 Norfolk St. N)	Thursdays November 7 th , 14 th , 21 st & 28 th	1:30pm-3:30pm	
Brain Fit	Learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises that you can do at home!	Haldimand Public Library – Hagersville Branch (13 Alma St. N)	Thursday September 12 th	1:30pm-2:30pm	☎ Hagersville Public Library 289-674-0400
MIND Diet	An opportunity to learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.	Haldimand Public Library – Dunnville Branch (317 Chestnut St, Dunnville)	Wednesday September 25 th	10:30am-11:30am	☎ Dunnville Public Library 289-674-0400

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In Person - Hamilton



Group	Description	Location	Dates	Time	To Register
Dementia Education Series	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	550 Fennell Ave. E (Hamilton Office)	Wednesdays October 2 nd , 9 th , 16 th , & 23 rd	1:30pm- 3:30pm	 Katharine 1-800-565-4614 Ext. 211
Memory Forgetfulness & Aging	An opportunity to learn about memory changes in aging as well as risk factors for dementia and some tips for brain health.	Sackville Hill Seniors Recreation Centre	Monday October 7 th	2:15pm- 3:15pm	 Katharine 1-800-565-4614 Ext. 211
Preparing for the Holidays	Learn how to prepare for the holiday season with strategies to navigate changes in behaviour, mobility, and cognition.	Sackville Hill Seniors Recreation Centre	Monday November 25 th	2:15pm- 3:15pm	 Katharine 1-800-565-4614 Ext. 211

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In Person - Halton

Group	Description	Location	Date	Time	To Register
Brain Fit	Learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises that you can do at home!	Halton Hills Public Library (9 Church St, Georgetown)	Monday September 9 th	2:00pm- 3:00pm	No Registration Required
Dementia Education Series	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Wednesdays October 9 th , 16 th , 23 rd , 30 th	1:30pm- 3:30pm	 Cait 1-800-565-4614 Ext. 314
MIND Diet	An opportunity to learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.	Milton Public Library (945 Fourth Line, Milton)	Thursday September 12 th	6:30pm- 7:30pm	Click here OR  905-875-2665

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