

## **Public Education for September - December 2024**

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

<b>Virtual Education Programs – Open to All Areas</b>				
<b>Program Name</b>	<b>Program Description</b>	<b>Dates</b>	<b>Time</b>	<b>How To Register</b>
<b>Getting Started</b> <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 October 28 <sup>th</sup>	6:30pm-8:00pm	Click <a href="#">here</a>
		Monday November 25 <sup>th</sup>	6:30pm-8:00pm	Click <a href="#">here</a>
		Monday December 30 <sup>th</sup>	1:30pm-3:00pm	Click <a href="#">here</a>
<b>Dementia Education Series</b> <i>Open to the public</i>	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.	Wednesdays November 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>	6:30pm-8:30pm	Click <a href="#">here</a>

**For more information  
and to register:**

**1-800-565-4614**

**[help@alzda.ca](mailto:help@alzda.ca)**

<p><b>First Steps</b> <i>Open to registered clients. Program is for persons with early-stage dementia and their care partner</i></p>	<p>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.</p>	<p>Mondays December 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, &amp; 23<sup>rd</sup></p>	<p>1:30pm-3:30pm</p>	<p>☎ Madison 1-800-565-4614 Ext. 509</p>
<p><b>Middle Stages</b> <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia</i></p>	<p>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 tools.</p>	<p>Fridays November 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, &amp; 29<sup>th</sup></p>	<p>1:30pm-3:30pm</p>	<p>☎ Cait 1-800-565-4614 Ext. 314</p>
<p><b>Focus on Communication</b> <i>Open to the Public</i></p>	<p><b>Topic:</b> Communicating with Healthcare Professionals <b>Description:</b> 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>	<p>Friday November 8<sup>th</sup></p>	<p>11:00am-12:00pm</p>	<p>Click <a href="#">here</a></p>
	<p><b>Topic:</b> Therapeutic Fibbing <b>Description:</b> Learn about the goals of therapeutic fibbing, when it is appropriate to be</p>	<p>Friday December 13<sup>th</sup></p>		

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	used, and how it can be effectively implemented into the care of a person living with dementia.			
<b>Toolbox Talks</b> <i>Open to the Public</i>	<b>Topic:</b> Who do I ask: Healthcare Roles in Dementia Care <b>Description:</b> 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.	Friday October 25 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>
	<b>Topic:</b> Meaningful Activities <b>Description:</b> 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.	Friday November 22 <sup>nd</sup>		
<b>Dementia Information Sessions</b> <i>Open to the Public</i>	<b>Topic:</b> Lewy Body Dementia Information Session <b>Description:</b> This session will provide participants with an overview of Lewy Body dementia and strategies to support the person living with dementia.	Friday October 18 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>

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	<p><b>Topic:</b> Young Onset Dementia Information Session</p> <p><b>Description:</b> 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 <sup>th</sup>	11:00am- 12:00pm	Click <a href="#">here</a>
<p><b>Finding Your Way</b> <i>Open to the Public</i></p>	<p><b>Topic: Managing the risk of going missing for persons living with dementia</b></p> <p><b>Description:</b> 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>	Monday October 28 <sup>th</sup>	10:00am- 11:00am	Click <a href="#">here</a>
			3:30pm-4:30pm	Click <a href="#">here</a>
	<p><b>Topic: Dementia Friendly Communities</b></p> <p><b>Description:</b> 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>	Monday November 25 <sup>th</sup>	10:00am- 11:00am	Click <a href="#">here</a>
			3:30pm-4:30pm	Click <a href="#">here</a>
<p><b>Topic: Driving and Dementia</b></p>	Monday December 30 <sup>th</sup>	10:00am- 11:00am	Click <a href="#">here</a>	

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	<b>Description:</b> 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.		3:30pm-4:30pm	Click <a href="#">here</a>
<b>Virtual Public Lectures &amp; Other Specialty Education Sessions – Open to All Areas</b>				
<b>Public Lecture: Wills &amp; POA’s</b> <i>Open to the Public</i>	<b>Description:</b> Join Senior Financial Planner Adam Strain from RBC to learn about wills, power of attorney (POA) and planning for the future.	Tuesday November 5 <sup>th</sup>	1:30pm-3:00pm	Click <a href="#">here</a>
<b>Public Lecture: Fall Prevention</b> <i>Open to the Public</i>	<b>Description:</b> Join Registered Kinesiologist, Skye from the VON to learn about risk factors for falls and how to prevent them.	Thursday November 21 <sup>st</sup>	11:00am- 12:00pm	Click <a href="#">here</a>
<b>Preparing for the Holidays</b> <i>Open to the Public</i>	<b>Description:</b> Learn how to prepare for the holiday season with strategies to navigate changes in behaviour, mobility, and cognition.	Wednesday December 4 <sup>th</sup>	6:30pm-7:30pm	Click <a href="#">here</a>
		Friday December 13 <sup>th</sup>	1:30pm-2:30pm	Click <a href="#">here</a>

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<p><b>Visiting a Person Living with Dementia in Long-term Care</b> <i>Open to the Public</i></p>	<p><b>Description:</b> Learn strategies to help make your visits meaningful when visiting someone living in long-term care.</p>	<p>Tuesday December 10<sup>th</sup></p>	<p>1:30pm-2:30pm</p>	<p>Click <a href="#">here</a></p>
<p><b>Late Day Restlessness</b> <i>Open to the Public</i></p>	<p><b>Description:</b> 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 18<sup>th</sup></p>	<p>1:30pm-2:30pm</p>	<p>Click <a href="#">here</a></p>
<p><b>Non-verbal Communication</b> <i>Open to the Public</i></p>	<p><b>Description:</b> 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 20<sup>th</sup></p>	<p>1:30pm-2:30pm</p>	<p>Click <a href="#">here</a></p>

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## In Person – Brantford

Group	Description	Location	Date	Time	To Register
<b>Dementia Education Series</b>	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.	ASBHNNH Brantford Office (25 Bell Lane)	Tuesdays October 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup>	1:30pm- 3:30pm	☎ Madison 1-800-565-4614 Ext. 509

## In Person – Haldimand Norfolk


Group	Description	Location	Date	Time	To Register
<b>Dementia Education Series</b>	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 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & October 2 <sup>nd</sup>	1:30pm- 3:30pm	☎ Madison 1-800-565-4614 Ext. 509
		Simcoe – ASBHNNH Simcoe Office (645 Norfolk St. N)	Thursdays November 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup>	1:30pm- 3:30pm	

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## In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
<b>Dementia Education Series</b>	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 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , & 23 <sup>rd</sup>	1:30pm- 3:30pm	 Katharine 1-800-565-4614 Ext. 211

## In Person - Halton

Group	Description	Location	Date	Time	To Register
<b>Dementia Education Series</b>	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 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	1:30pm- 3:30pm	 Cait 1-800-565-4614 Ext. 314

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