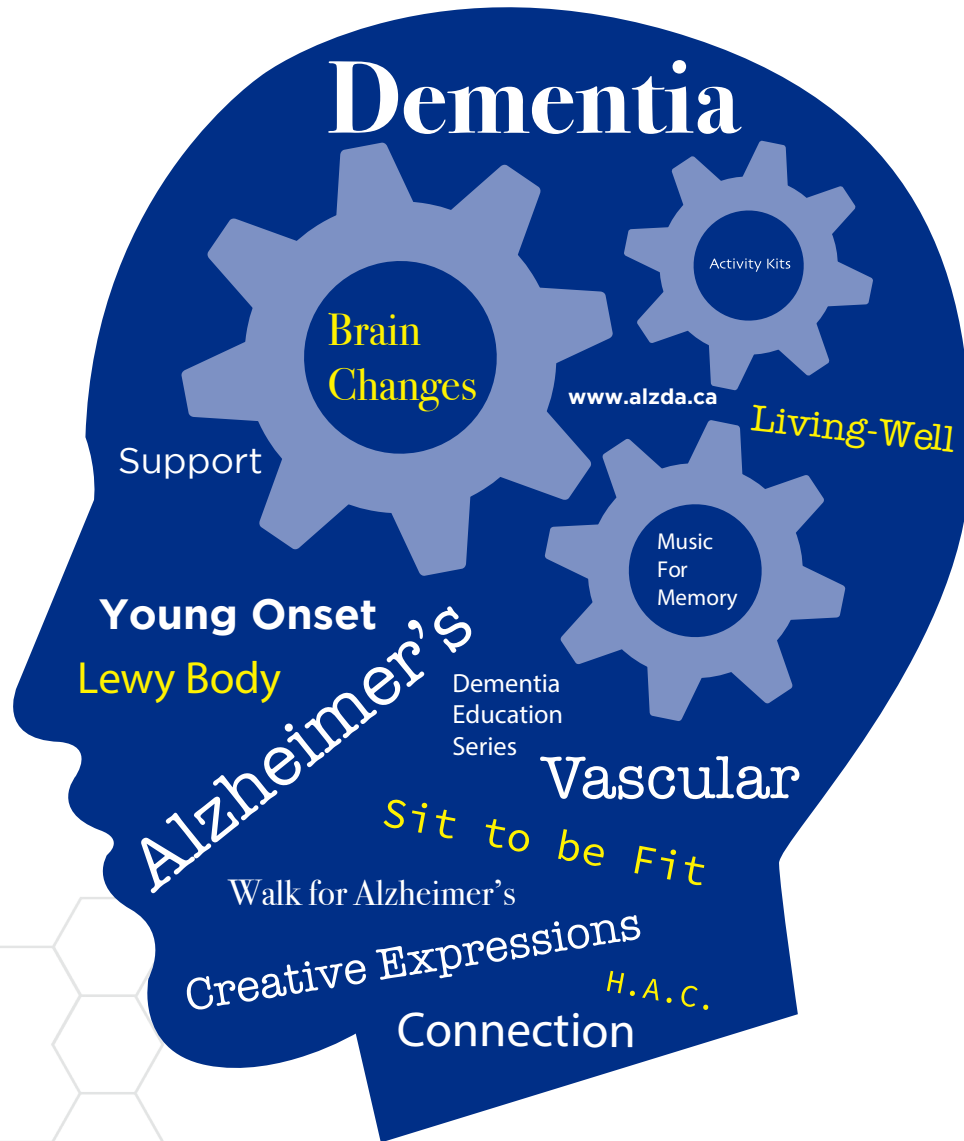


# Programs for Persons Living with Dementia, Caregivers & the General Public

DEMENTIA EDUCATION | SUPPORT & COUNSELLING | HEALTH & WELLNESS ACTIVITIES



*Société Alzheimer Society*

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

[www.alzda.ca](http://www.alzda.ca)

1-800-565-4614

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



*M Lewis*

**Michelle Lewis, CEO**

## WELCOME

Navigating the journey of Alzheimer’s or related dementias can be challenging, and we are here to stand by your side. This handbook is a resource crafted with care, designed to help you access the services, programs, and assistance you need. Our dedicated team is committed to providing compassionate care and fostering a sense of belonging.

Welcome to a community where you are not alone—where understanding and support are at the heart of everything we do.

## ABOUT US

The Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton (ASBHNHH) is the local community agency dedicated to **supporting families living with dementia**. We are part of a network of Alzheimer Societies operating across Ontario offering a variety of services in our region.

We focus our programs and services around our **three pillars of care** including:

- Dementia Education
- Counselling & Support Services
- Health & Wellness Activities

## MISSION

**People with dementia are at the centre of everything we do.** The Alzheimer Society leverages its own and community resources to deliver health promotion, advocacy, and support services to people with dementia, those at greatest risk of developing dementia and their care partners.

We embrace the Alzheimer Society of Canada’s mission to alleviate the personal and social consequences of Alzheimer’s disease and other dementias and to promote research.

## VISION

People affected by dementia live well as vital and integral members of their community.

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# **ABOUT OUR SERVICES**

## **Counselling and Support Groups**

Counsellors provide practical strategies for coping with the disease, assist with system navigation and support individuals and families with future planning.

## **Education Services**

Educators work with persons living with dementia and their care partners, to provide a comprehensive overview of dementia, coping strategies, resources and support systems.

## **Public Awareness Activities, Speakers & Presentations**

Presentations are available and tailored for any type of group, club or organization. Topics range from brain health, to warning signs of dementia to specific elements of the dementia journey.

## **Health & Wellness Activities**

A variety of programs that encourage healthy living and social opportunities in a dementia friendly environment. This includes exercise programs, group social activities, and in-home social recreation.

## **Behavioural Supports Ontario**

The Behavioural Supports Ontario Community Outreach Team provides short term supports to older individuals experiencing challenging behaviours due to an age-related cognitive impairment. Our Behavioral Outreach Workers help families develop tip sheets and strategies for dealing with challenging behaviours on an ongoing basis.

## **Responsive Behaviour Specialist**

The Responsive Behaviour Specialist supports residents with cognitive impairments and responsive behaviours in registered retirement homes in Hamilton & Burlington.

## **DREAM Team**

Dementia Resource Consultants are embedded in emergency departments (ED) to help support persons living with dementia and their care partners when brought to the ED. The team works with hospital staff and Ontario Health atHome Care Coordinators to avoid hospital admission.

## **Intensive Case Management**

Our Intensive Case Managers (ICMs) support people living with dementia who might be identified as higher risk to continue living safely in their community. Our ICMs support with safety planning, connecting with community support, education, and diverting hospitalizations. ICMs work in collaboration with community partners to support complex careplans.

## **Psychogeriatric Resource Consultants (PRC)**

PRC's support health care professionals who care for seniors with complex needs that have associated behaviours. Specialized education is provided for those working with persons living with dementia.

## **First Link Care Navigators**

Our care navigators support people living with dementia and/or care partners through education, system navigation, and care planning to initiate links to support and resources. Our care navigators connect with the community and physicians to review the benefits of early referral.

## **Services Other Languages**

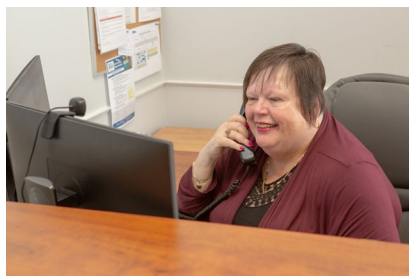
Some services can be provided in various languages by utilizing the resources of an external translation service.

# HOW TO ACCESS OUR SERVICES

## FIRST LINK® – Connecting you to information, support and services

Whether you are living with any form of dementia (e.g. Alzheimer’s disease, Lewy Body), Mild Cognitive Impairment, or are supporting someone who is, First Link® connects you to health services and information in your community, from the time of diagnosis throughout the progression of the disease. First Link® will help you and your family make informed choices so you can live better with dementia at every stage.

Registration for some programs is open to the general public but many require being a registered client. Becoming a client is easy and you don’t need a diagnosis.



1-800-565-4614



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



[www.alzda.ca](http://www.alzda.ca)



Scan here to visit [www.alzda.ca](http://www.alzda.ca)

### General Public

Contact us by phone and one of our Intake Coordinators will lead you through the process and help determine which of our programs and services will be beneficial to you or visit our website and select the make a referral button at the top of the page.

### Health Care Provider

Fill out the online referral form on our website by selecting health care professionals tab or the make a referral button. You can also fax the First Link® referral form.

### Services En Français

Un diagnostic de la maladie d’Alzheimer ou d’une démence apparentée marque le début d’un parcours long et complexe, qui ne devrait jamais se faire seul. À ce titre, la Société Alzheimer s’engage à guider les personnes touchées par la perte de mémoire, ainsi que les membres de leur famille.

Vous demandez quels services seraient nécessaires dans votre situation?

1-800-565-4614 ext. 879

[aide@alzda.ca](mailto:aide@alzda.ca)

## MAKING A REFERRAL

BRANT	HALDIMAND NORFOLK	HAMILTON	HALTON
Intake Coordinator 519-759-7692 EXT 404 Fax: 519-759-8353	Intake Coordinator 519-428-7771 EXT 501 Fax: 519-428-2968	Intake Coordinator 905-529-7030 EXT 209 Fax: 905-529-3787	Intake Coordinator 289-837-2310 EXT 319 Fax: 289-210-6160

## GENERAL INQUIRIES

BRANT	HALDIMAND NORFOLK	HAMILTON	HALTON
519-759-7692	519-428-7771	905-529-7030	289-837-2310

# EDUCATION FOR REGISTERED CLIENTS

Our Education team hosts a variety of workshops, and training sessions for people living with dementia, care partners, health care professionals and community partners.

They also provide education for those caring for people living with dementia to help understand their diagnosis, the changes they will experience, problem solving strategies, approaches for communication, and available avenues for support.



## Dementia Education Series\*

A 4 part series that aims to build knowledge and awareness, allows care partners to meet others and be better informed of the Alzheimer Society and Community Resources.

Audience	Frequency	Delivery Method
Care partners of those in early stages	4 part series 2 hour sessions	In-person or Online

*\*Also open to the public*



## First Steps

A 4 part series which encourages people living with dementia and care partners to meet others, develop communication strategies and gain knowledge in a positive dementia friendly environment.

Audience	Frequency	Delivery Method
Persons living with early-stage dementia and their care partner	4 part series 2 hour sessions	In-person or Online



## Middle Stages

A 4 part series which increases awareness of changes typical of middle stage, allows care partners to practice communication techniques and hands-on care tools and allows care partners to explore stress coping tools.

Audience	Frequency	Delivery Method
Care partners caring for someone in middle stage	4 part series 2 hour sessions	In-person or Online

# EDUCATION FOR REGISTERED CLIENTS

## Options in Care

A 3 part series which explores help in the home, considering residential care and moving to long term care.

Audience	Frequency	Delivery Method
Care partners	3 part series 2 hour sessions	In-person or Online

## Care in the Later Stage

A 3 part series which helps a care partner to better understand the physical, cognitive and emotional changes and needs unique to people living with dementia in the late and end stages of dementia. Care partners will explore methods to retain their relationship with the person living with dementia and be supported to find meaning in the later stages of the disease.

Audience	Frequency	Delivery Method
Care partners caring for someone in late stage	3 part series 2 hour sessions	In-person or Online

## Taking Control of Our Lives

This 8 week program is for people living with dementia and their care partners. Taking Control of Our Lives is intended to help a person living with dementia develop the skills to increase their confidence. Participants will feel empowered to take control of their life by talking with and learning from others that may be experiencing some of the same things that they are. Care partners are invited to learn strategies to best support someone living with dementia and their ability to self-manage.

Audience	Frequency	Delivery Method
Persons living in the early stages of dementia and their care partner	8 part series 2 hour sessions	In-person

## Community Presentations *Request a public education session for your group!*



Presentations are available in person or online with a flexible schedule and can be tailored to meet the specific needs of your organization or business.

Request a session to enhance understanding and promote healthy living in our communities.

### Topics:

- Brain Health
- Memory, Forgetfulness and Aging
- Dementia Overview

# EDUCATION FOR THE COMMUNITY

Participants can register using the zoom link on the program calendar located on the website.



## Getting Started

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.

Audience	Frequency	Delivery Method
General public	1.5 hour session	Online



## Focus on Communication

Learn about the importance of communication change needs in dementia. Some of the topics covered are: "Understanding Responsive Behaviours", "Communicating with Healthcare Professionals", and "Approaching Difficult Conversations". Topics change monthly.

Audience	Frequency	Delivery Method
General public	Once a month 1 hour session	Online



## Toolbox Talks

Learn about a variety of dementia care practice approaches. Some of the topics covered are: "Sleep and Dementia", "In the Kitchen: Involving the Person Living with Dementia", and "Meaningful Activities". Topics change monthly.

Audience	Frequency	Delivery Method
General public	Once a month 1 hour session	Online



## Finding Your Way

Learn about topics such as way finding, safety in the community and environmental considerations when caring for a person living with dementia. Topics change monthly.

Audience	Frequency	Delivery Method
General public	Once a month 1 hour session	Online



# EDUCATION FOR PROFESSIONALS

We offer a variety of professional development opportunities to individuals working in health care and within the community. Participants will learn about the dementia experience and how to ensure a person-centred approach and techniques to provide appropriate care.

## Gentle Persuasive Approach

GPA Basics is an innovative dementia care education curriculum based on a person-centred care approach. Designed for interdisciplinary point of care staff across healthcare sectors, this course guides participants to fully understand responsive behaviours in order to be able to respond effectively and appropriately in a workplace setting. GPA Basics also includes respectful self-protective and gentle redirection technique for use in situations of risk.

Audience	Frequency	Delivery Method
Health Care Professionals	8 hour session	In-person

*GPA workbook fee: \$27.00*

## Dementia Experience

This experiential program is designed to help health care professionals or students develop a greater understanding of dementia. By building empathy and awareness, the ultimate goal of the program is to improve care provided to persons living with dementia.

Audience	Frequency	Delivery Method
Health Care Professionals, Secondary and Post Secondary Students	2 hour session	In-person

## P.I.E.C.E.S.

P.I.E.C.E.S. is a holistic, evidence-informed, Team approach to shared assessment and supportive care with older persons at risk or living with complex chronic conditions.

Team always begins with the Person and Care Partner, and includes all Team members working in collaboration to achieve shared goals, within and across care settings.

Audience	Frequency	Delivery Method
Health Care professionals who provide assessments	2 full days	In-person or Online

# IS YOUR BUSINESS DEMENTIA FRIENDLY?

Schedule a free training session today!

## DEMENTIA FRIENDLY COMMUNITIES

People living with dementia are valued members of our community, shopping and engaging with local businesses. The Alzheimer Society provides free dementia training to help businesses become more inclusive and supportive.

### Dementia Friendly Communities Education

This tier of the program provides an education session on Dementia Friendly Communities. Organizations will learn about dementia and how to better support their customers/patrons who are living with dementia or supporting a person with living dementia.

<b>Audience</b>	<b>Frequency</b>	<b>Delivery Method</b>
Any organization interested in learning about Dementia Friendly Communities	One session 2 hours	In-person

### Dementia Friendly Communities Supporter Program

This tier of the program is an ongoing partnership between the business/organization/group and the Alzheimer Society. Organizations agree to have 75% of their public-facing staff educated and will develop goals to better support persons living with dementia and their care partners. Dementia Friendly Communities Supporter organizations receive a decal that can be posted at the entrance of their organization.

<b>Audience</b>	<b>Frequency</b>	<b>Delivery Method</b>
Any organization interested in becoming a Dementia Friendly Supporter!	4 part series 2 hours	In-person



# SUPPORT WHEN YOU NEED IT MOST

The Alzheimer Society is here to help you navigate the journey of living with dementia or caring for a person living with dementia.

Support Groups are available both online and in-person.

*Find Connection  
Share Experiences  
Learn Coping Strategies*

**Join a community that understands.**

### **For Care Partners:**

- General Care Partner Support Group
- Spousal Support group
- Adult Child Support Group
- Long-term Care Support Group
- Young-Onset Carers Support Group
- Men's Support Group
- Women's Support Group
- 2SLGBTQ+ Care Partners Support Group

### **For People Living With Dementia or Cognitive Impairment:**

- Early-Stage Support Group
- Mild Cognitive Impairment Support Group
- Young-Onset Support Group

### **Condition-Specific Support Groups:**

- Frontotemporal Dementia Support Group
- Lewy Body Dementia Support Group

### **Special Focus Support Groups:**

- Self-Care for the Caregiver
- Understanding Grief and Loss During the Dementia Journey Support Group
- Self-Care for the Bereaved Caregiver

# HEALTH AND WELLNESS

Our Health & Wellness programs welcome individuals living with dementia and their care partners. These programs promote physical and emotional well-being, fostering increased confidence, and meaningful social and intellectual connections through new experiences and interactions.

## Minds in Motion

Minds in Motion is one of our most popular health & wellness programs. This 2 hour program is held weekly in-person or online and is available to individuals living with early-stage dementia and their guest. The guest can be a care partner, or it could be a friend or neighbour. Led by a certified exercise facilitator, participants will be able to engage in physical fitness and mentally stimulating activities. Being a part of Minds in Motion helps participants establish new friendships with others who are living the same experience.

Audience	Frequency	Delivery Method
Persons Living with Early to Mid-stage Dementia and their Care Partners	Weekly 2 hour session	In-person

## Creative Expressions



Creative Expressions is an art-therapy group based on the Meet Me at MOMA program that was designed by the Museum of Modern Art in New York. The goal is not the product of artwork, but the process and the connection with other participants.

This weekly program is held in-person and you must attend with a guest.

Audience	Frequency	Delivery Method
Persons Living with Early to Mid-stage Dementia and their Care Partners	Weekly 2 hour session	In-person

## Teleconnect

Teleconnect offers care partners or persons living with dementia an opportunity for social connection, reduced isolation and increased independence through outreach telephone calls made by trained volunteers.

Audience	Frequency	Delivery Method
Persons Living with Early Stage Dementia or Care Partners	Weekly	Telephone

# HEALTH AND WELLNESS

## Social Cafe

Social Cafe provides an opportunity for persons living with dementia and care partners to connect with others in a welcoming and supportive environment while engaging in a variety of activities thoughtfully designed to enhance social, cognitive, and physical well-being. From stimulating conversations and brain-boosting games or light physical activities, there's something for everyone to enjoy.

What makes this program truly unique is its participant-led structure, empowering attendees to take an active role in shaping the experience, sharing their talents, and fostering a collaborative atmosphere that encourages mutual learning, fun, and connection.



Audience	Frequency	Delivery Method
Persons Living with early to mid-stage Dementia and their Care Partners	Weekly 1.5 hour session	In-person

*Can't make in person? Join us online!*

## Online Social Club

Similar to Social Cafe, this program provides an opportunities for people living with dementia and care partners to connect with others from the comfort of their own homes. Participants may engage in a variety of activities that are participant led.

Audience	Frequency	Delivery Method
Persons Living with early to mid-stage Dementia	Weekly 1 hour session	Online

## Sit to be Fit

Sit to be Fit is a low impact workout for seniors. The program is designed to promote health and fitness for seniors and those wishing to increase strength, balance, flexibility, and endurance. All these components help to improve and maintain daily living skills.



Audience	Frequency	Delivery Method
Older Adults	Weekly 1 hour session	In-person or Online




# H.A.C.

Health, Activity, Community

42 MAIN STEET S., HAGERSVILLE, ONT.

The H.A.C. is a community-based service of the Alzheimer Society that provides **health and wellness programs free of charge** that are **open to everyone.**



 905-768-4488 ext. 100

 [www.hac.alzda.ca](http://www.hac.alzda.ca)

 [hac@alzda.ca](mailto:hac@alzda.ca)

**A PROGRAM OF THE:**

*Société Alzheimer Society*

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON



[www.hac.alzda.ca](http://www.hac.alzda.ca)

# WAYS TO SUPPORT

Today, we are at a tipping point. The number of people living with dementia, including Alzheimer's disease, is growing rapidly, due primarily to our aging population. Ontario Health is the primary funder for the Alzheimer Society, but it is not enough to meet the needs of families living with dementia.

Donations are used to bridge the funding gap and provide services that do not receive any government support.

To learn more about how you can make a difference in your community, contact our Foundation team at **1-800-565-4614**

or visit **[www.alzheimersocietyfoundation.ca](http://www.alzheimersocietyfoundation.ca)**

Alzheimer Society Foundation CRA# 894537984 RR0001

**Alzheimer Society**  
**FOUNDATION**  
BRANT HALDIMAND NORFOLK  
HAMILTON HALTON



## MAKE A GIFT

Join our monthly giving program, give in honour of a loved one, or consider a give of stock.



## LEAVE A LEGACY

Continue your giving with a bequest in your will.



## SUPPORT AN EVENT

IG Wealth Management Walk for Alzheimer's, David Hearn Foundation Charity Classic Golf Tournament, Forget Me Not Golf Tournaments.



## PLAN YOUR OWN EVENT

To get started planning your event visit: <https://alzda.ca/anything>

## VOLUNTEER WITH US

At the Alzheimer Society, our mission and goals are best achieved through the participation of our volunteers. Our volunteers are vital to supporting health promotion, advocacy, and support services to people with dementia, those at greatest risk of developing dementia, and their care partners.

At each location, our volunteers are met with a welcoming environment to contribute their time and talents through both in-person and virtual spaces.

Help us provide vital programs and services for people living with dementia and their care partners.



# Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

**Toll-Free Phone:** 1-800-565-4614

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

**Website:** [www.alzda.ca](http://www.alzda.ca)

**Services en Français:** 1-800-565-4614 ext. 879



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**Ontario  
Health**

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FOUNDATION**  
BRANT HALDIMAND NORFOLK  
HAMILTON HALTON

## Accredited by:



**Canadian Centre for Accreditation**  
*Excellence in community services*  
**Centre canadien de l'agrément**  
*L'excellence en matière de services communautaires*

## Offices



### **Branford & Brant County**

519-759-7592

100 - 25 Bell Ln. Brantford, ON N3T 1E1



### **Norfolk County**

519-428-7771

645 Norfolk St. N. Simcoe, ON N3Y 3R2



### **Haldimand County**

905-768-4488

42 Main Street S. PO Box 940 Hagersville, ON N0A 1H0



### **Hamilton**

905-529-7030

205 - 550 Fennell Ave. E. Hamilton, ON L8V 4S9



### **Halton**

289-837-2310

8 - 4391 Harvester Rd. Burlington, ON L7L 4X1

**CHARITABLE REGISTRATION NUMBER: 825692866 RR0001**

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