

# Programs and Services

As an organization, we provide hope and support as we partner with individuals and care partners throughout their journey with dementia. As your partner in dementia care across Elgin, Middlesex and Oxford counties, we offer a wide range of support programs and services for individuals in all stages of dementia, their care partners, families and healthcare providers.

## Client Education

- ☐ Learning the ROPES for MCI® (Mild Cognitive Impairment)
- ☐ First Steps
- ☐ Care Essentials
- ☐ Options for Care
- ☐ Care in the Later Stages
- ☐ Enhancing Care:TEACH Program
- ☐ Enhancing Care: CARERS Program
- ☐ Ambiguous Loss & Grief

## Support Groups

- ☐ General Care Partner Support Group
- ☐ Spousal Support Group
- ☐ Adult Child Support Group
- ☐ Long Term Care Support Group
- ☐ MCI Alumni Support Group
- ☐ Early-stage Care Partner Support Group
- ☐ Early-stage Person Living with Dementia Support Group
- ☐ Life After Dementia

## Therapeutic Recreation

- ☐ In-home Recreation
- ☐ The Social
- ☐ Minds in Motion®
- ☐ The Mixer

All programs and services are offered free of charge to our clients. To become a client, you do not need a diagnosis. However, some specialized programs may require/prefer one.

To register for a program/service or become a client, please call **1-888-495-5855** or visit **[alzswp.ca/self-referral](http://alzswp.ca/self-referral)**.

[alzswp.ca](http://alzswp.ca)

**Alzheimer***Society*  
S O U T H W E S T P A R T N E R S

Your **partner** in dementia care in Elgin, Middlesex and Oxford

# Support Groups

Making connections with others going through the dementia journey helps to lessen feelings of loneliness and isolation while also providing a much-needed support network. The Alzheimer Society Southwest Partners currently offers the following staff-led, peer support groups.

## MCI Alumni Support Group

Bi-monthly support group for persons living with mild cognitive impairment (MCI) and their care partners who have participated in the Learning the ROPES for MCI® client education course. New participants are admitted annually each September.

## General Care Partner Support Group

Monthly support group for care partners of those in any stage of Alzheimer's disease and other dementias. Daytime and evening options are available.

## Spousal Support Group

Monthly support group for spouses of those with any stage of Alzheimer's disease and other dementias. Only daytime options are available.

## Adult Child Support Group

Monthly support group for adult child care partners of those in any stage of Alzheimer's disease and other dementias. Only evening options are available.

## Long Term Care Support Group

Monthly support group for care partners of those living with Alzheimer's disease and other dementias in long-term care. Only daytime options are available.

## Early-stage Care Partner Support Group

Six-week bi-weekly series for care partners of those in the early stages of Alzheimer's disease and other dementias. Only daytime options are available.

## Early-stage Person Living with Dementia Support Group

Six-week support group for those in the early stages of Alzheimer's disease and other dementias. Only daytime options are available.

## Life After Dementia

Three weekly 2-hour sessions exploring the unique experience of living and grieving after the death of a person with dementia. Daytime and evening options are available.

 In-person  Virtual

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# Client Education

For both the person diagnosed and the care partner, education is an important part of any dementia care plan. The Alzheimer Society Southwest Partners currently offers the following client education sessions which may be hosted in person or virtually.

## Learning the ROPES for MCI® (Mild Cognitive Impairment) (Developed by Baycrest)

Six weekly 2-hour sessions focused on optimizing cognitive health through lifestyle choices, memory training and psychosocial support for people diagnosed with MCI and their care partners.

### First Link Learning Series

- **First Steps:** Four weekly 2-hour sessions for care partners and persons newly diagnosed with dementia to learn more about dementia, how to adapt to brain changes, manage risks and plan ahead.
- **Care Essentials:** Four weekly 2-hour sessions for care partners looking to understand the symptoms of mid-stage dementia and improve their communication skills when adapting to change. Participants also learn meaningful activities to support the person living with dementia.
- **Options for Care:** Three or six-part series providing care partners with information and resources to explore the following topics: help in the home, considerations for residential care options and moving to long-term care.
- **Care in the Later Stages:** Four weekly 2-hour sessions for care partners to discuss the quality of life in the late stage and at end of life for individuals living with dementia.

## Enhancing Care Program (Developed by the Reitman Centre, Sinai Health System)

- **TEACH Program:** Four weekly 1.5-hour interactive group sessions for care partners. Each session covers a unique theme central to caregiving, including self-care, healthcare system navigation, relationship changes and future planning.
- **CARERS Program:** Eight weekly 2-hour skills-based group program for care partners. The focus of this evidence-based program is on the practical skills and emotional support needed to care for people living with dementia, learning a structured approach to addressing problems, coaching care partners in communication skills and strategies for keeping a meaningful relationship with the person living with dementia.

### Ambiguous Loss & Grief

Three weekly 2-hour sessions for care partners to better understand how loss and grief can affect them and how they can stay connected to the person living with dementia and remain healthy and resilient.

Additional online educational webinars can be found at [alzeducate.ca](https://alzeducate.ca)

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# Therapeutic Recreation

Social stimulation for both the person living with dementia and the care partner is important throughout the journey of the disease. Programs are suitable for individuals with early- to mid-stage Alzheimer's disease or other dementias. To participate, individuals must be registered as a client and undergo a brief assessment. The Alzheimer Society Southwest Partners currently offers the following therapeutic recreation programs.

## In-home Recreation

A 12-week person-centred recreation and leisure-based program that features activities delivered for up to 2 hours weekly, on a consistent day and time, by a Therapeutic Recreation Specialist or trained volunteer in the comfort of your own home.

After program completion, the client and care partner will be provided with leisure education opportunities and/or further recreation opportunities within the Alzheimer Society Southwest Partners.

## Minds in Motion®

Minds in Motion® is an 8-week evidence-based program that includes physical activity, and social and mind-stimulating activities for people living with dementia and their care partners. Each session, whether virtual or in-person, consists of 45 minutes of seated or standing exercise and 45 minutes of brain games. In-person sessions offer an additional 30 minutes of social time. It offers a great environment to establish new friendships with others who are living with similar experiences.

## The Social

The Social offers an opportunity for weekly engagement, stimulation and socialization for the attending client, while also offering the care partner consistent weekly respite time for individual needs. The activities offered within the group are focused on stimulating the six domains of well-being which include: cognitive, emotional, social, spiritual, vocational, and physical. Clients attend the same day and time each week and each three-hour session is led by a Therapeutic Recreation Facilitator, with the support of trained volunteers.

## The Mixer

The Mixer offers a variety of different virtual recreation activities that change weekly, keeping participants actively engaged and guessing what fun they'll have week-to-week. Don't worry, there will always be time each week for the following favourite activities: word games, trivia and reminiscing.

 In-person  Virtual

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# Public Education

At the Alzheimer Society Southwest Partners, education is one of our top priorities. Our public education sessions include general information about Alzheimer's disease and other dementias as well as risk reduction strategies. Spreading awareness helps to reduce stigma and provides an opportunity to connect people with additional education and support from the Society. Keep an eye out for one of the following free public education sessions in your community or reach out to book a session for your own organization or group.

## Dementia Friendly Communities

A Dementia Friendly Community is a one that pays attention to the social and physical needs of the person living with dementia, so they and their care partners feel welcomed, included and supported. This presentation provides an understanding of dementia and the lived experience, explores common signs of dementia, identifies ways to provide appropriate support and highlights the importance of the physical environment.

## Reducing the Risk

Over the course of three two-hour sessions, you will learn about the various dementia risk factors and the important lifestyle tips and strategies that can reduce the risk of dementia. A wide range of brain health topics are covered including brain exercises, healthy eating, physical activity, managing stress and much more. It's never too early or too late to start taking steps towards a healthier lifestyle!

## Learning About Memory Loss

Are you worried about your own or someone else's memory? The presentation covers topics including normal changes in memory and thinking, understanding risk factors, mild cognitive impairment and early-stage dementia, recognizing the symptoms, getting a diagnosis, and planning ahead.

## Heads Up for Healthier Brains

Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. Adopting healthy behaviours, staying socially active, avoiding head injury and challenging our thinking are some of the ways we can keep our brain healthy as we age.

Additionally, the presentation provides an overview of Alzheimer's disease and other dementias, their impact on the brain and on a person's behaviour.

## AlzEducate

AlzEducate offers high-quality, best-practice dementia education for all. Its goal is to empower people to live well with dementia or care for someone living with dementia. AlzEducate offers education for everyone, including persons living with dementia, care partners and those working in healthcare. Visit [alzeducate.ca](https://alzeducate.ca) to register.

## Other ways we can connect

**Displays** – Invite us to your community event!

**Custom Presentations** – Have a specific topic of interest? Let us know and we'll work with you to create the best experience for your audience.

Find out what Public Education sessions are up coming by signing up for our monthly newsletter. Scan QR code to sign up!



For more information about our public education programs, please email [dfc@alzswp.ca](mailto:dfc@alzswp.ca) or call 1-888-495-5855.

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