

Dementia Program Guide

Summer/Fall 2019

July - December

Supporting the
Dementia Journey in
London and Middlesex

Programs for Those Living with Dementia and Their Care Partners



Alzheimer Society
LONDON AND MIDDLESEX™



McCormick
Dementia
Services



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ASLM Artful Minds
Recreation Program

The Dementia Program Guide
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Cover photo:
Ross and Catherine
Photography: Tony Paul

Welcome to the Summer/Fall 2019 Dementia Program Guide

Having a diagnosis of dementia is a life-altering event. The challenges faced on the dementia journey are difficult – indeed some of the largest an individual and/or family will ever face. Understanding the challenges and emotions one encounters with a dementia diagnosis, the Alzheimer Society London and Middlesex (ASLM), McCormick Dementia Services, The Salvation Army and the VON Alzheimer Community Support Program are pleased to present this guide as a resource for support services designed to mitigate the many challenges of dementia.

Our organizations have come together to champion care and to provide hope, relief and support for people living with dementia – those diagnosed and their care partners and families. This guide is designed to provide a road map for the dementia journey where dementia care programs and services are clearly identified in a simple and easy to navigate format. Organized in four sections (education, support and recreation programs and featuring a new research participant opportunities section), the Guide features a navigation map that allows you to see available programs and services at a glance.

It is important to note that while this guide identifies those programs and services available at the specific organizations, social work support on an individual and/or family basis is available at the Alzheimer Society and McCormick Dementia Services with counselling also available in Middlesex County through the VON. As you and your family navigate through the dementia journey, refer to this guide frequently to learn more about the vital programs and service available to you in London and Middlesex County.

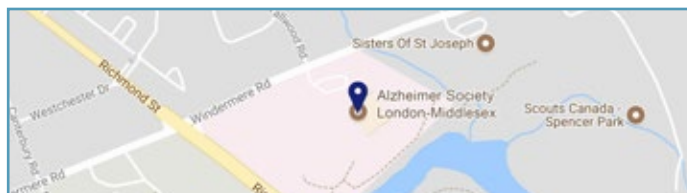
Alzheimer Society London and Middlesex

435 Windermere Road, London ON N5X 2T1

519-680-2404

www.alzheimerlondon.ca

info@alzheimerlondon.ca



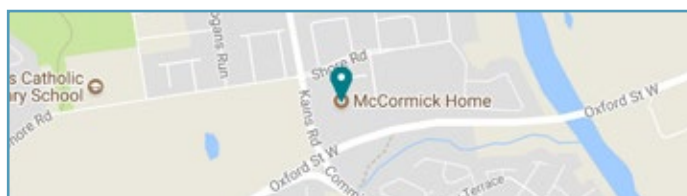
McCormick Dementia Services

2022 Kains Road, London ON N6K 0A8

519-439-9336

www.mccormickdementiaservices.ca

community.support@mccormickcare.ca



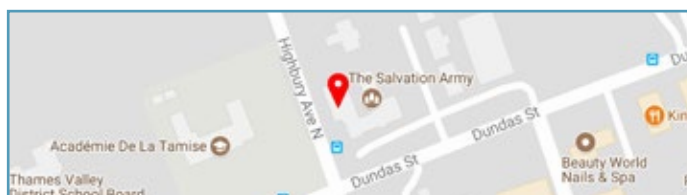
The Salvation Army Adult Day Program

1340 Dundas Street East, London, ON N5W 3B6

519-455-5177

www.salvationarmyvillage.ca

njohnston@salvationarmyvillage.ca



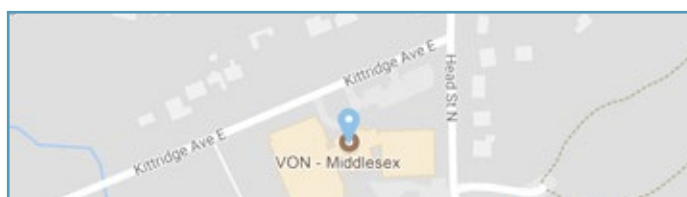
VON Alzheimer Community Support Program – Middlesex County

274 Head Street North, Strathroy ON N7G 4L7

519-245-3170

www.vonmiddlesexelgin.ca

lesley.latchford@von.ca



Navigation Map - How to Use This Guide

The Navigation Map allows you to jump straight to your corresponding stage, from Mild Cognitive Impairment to Late Stage dementia and includes specific pages of interest for the person with dementia and the care partner. Follow the navigation for listings and descriptions of the programs and services available at the VON, The Salvation Army, McCormick Dementia Services and the Alzheimer Society.

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The Aging Brain

I'm Worried About My Memory ... Do I Have Dementia?

As we age, particularly for those in their middle age, it becomes apparent our body is changing. It becomes harder to perform certain physical movements that were at one time easier and certainly, less painful.

Like your body, your brain is also going through an aging process. Your thinking process actually is slowing down much like the other physiological changes to your body. However, it is important to understand that an aging brain and the bothersome attributes that accompany it are not necessarily signs of dementia or even mild cognitive impairment. According to the Alzheimer Society of Canada, it is estimated that close to 40% of all Canadians 65 years and over experience memory loss. There is no underlying medical condition that causes this memory loss because it is normal or age-associated memory impairment. Brain diseases like Alzheimer's disease and other dementias are different. Age-associated memory impairment and dementia can be told apart in a number of ways.

Below are some examples.

Normal Aging	Dementia
Not being able to remember details of a conversation or event that took place a year ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things or events more frequently
Occasionally have difficulty finding words	Frequent pauses and substitutions when finding words
You are worried about your memory but your relatives are not	Your relatives are worried about your memory, but you are not aware of any problems

Source: Alzheimer Society of Canada

If you are worried about your memory, talk to your family doctor who can evaluate your situation (some Family Health Teams offer Memory Clinics for assessment and counselling) or refer you to Parkwood Institute's Aging Brain and Memory Clinic.

Note: the above should not be considered a diagnostic tool.

Interested in participating in research? See pages

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Education Programs for People with Mild Cognitive Impairment (MCI)

Mild Cognitive Impairment

People with mild cognitive impairment have problems with memory, language, thinking or judgment that are greater than the cognitive changes associated with normal aging. Family, friends and the person with MCI may notice these changes and they can be objectively measured in cognitive tests, but the changes in cognitive abilities are usually not serious enough to interfere with daily life and independence.

A person with MCI has an increased risk of developing Alzheimer’s disease or another dementia, but some people with MCI remain stable and others show improved cognitive abilities over time.

ASLM Learning the ROPES for Living with Mild Cognitive Impairment®

Learning the ROPES for Living with MCI® is a six-week program delivered by the Alzheimer Society London and Middlesex for those diagnosed with MCI and their care partners. It is facilitated by Registered Social Workers focusing on optimizing cognitive health through lifestyle choices, memory training and psychosocial support.

Fee: \$75.00 per person (Financial assistance is available) - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Monday	Oct. 21, 28, Nov. 4, 11, 18, 25	1:30 - 3:30 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

Following the completion of the sessions there is an opportunity to attend on-going “Learning the Ropes” alumni and/or MCI Spousal support groups (See page 16). There is no charge for these support groups.

Interested in participating in research? See pages

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Education Programs for People with Dementia and their Care Partners

The Alzheimer Society (ASLM) First Link Learning Series

Learning that you or a loved one has dementia is a life changing experience. The changes experienced in the early stages can be particularly challenging and impact both the person diagnosed and their family. Gaining access to important dementia education and resources is vital. That's where the Alzheimer Society's First Link Learning Series comes in.

The series is comprised of five modules (First Steps for People with Dementia, First Steps for Care Partners, Care Essentials, Options for Care and Care in the Later Stages) each one building upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems.

Through the series, participants have the opportunity to learn and share with others who are living the same experience. The provincially standardized curriculum is designed to provide the right information at the right time with small group sizes allowing ample opportunity to apply the learning to an individualized situation. The First Link Learning Series is a free program.

A brief assessment with a Registered Social Worker must take place prior to participation.

Care for the person living with dementia is available at some sessions. To arrange that care, pre-registration is required.

The First Link Learning Series is generously supported by the South West Local Health Integration Network (LHIN)



Education Programs For the Person With Dementia

ASLM First Link Learning Series - First Steps for People with Dementia

For the person with dementia in the early stage

This four-week module of the First Link Learning Series helps individuals newly diagnosed with dementia understand their diagnosis and the changes they experience. This module will also offer participants an opportunity to share and connect with others embarking on a similar journey. The program is facilitated by registered health professionals who create a comfortable, failure free learning environment.

This First Steps module is for persons with dementia – the accompanying education program for care partners (First Steps for Care Partners) is offered multiple times a year and twice a year it runs concurrently with First Steps for People With Dementia.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Wednesday	Nov. 6, 13, 20, 27	2:00 - 4:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

VON From Stress to Strength - Caregiver Support Information Series

Fee: No Charge

Join VON for monthly caregiver information sessions offering a variety of topics to help you in your caregiver role. Each session is designed to provide information and strategies to help caregivers cope and features guest speakers on various topics. These sessions are open to anyone who is providing care and not limited to caregivers of individuals with dementia. Topics are TBD. Please call VON for more information.

Location	Address	Day	Date	Time
VON Office	274 Head Street North Strathroy	Tuesday	Sept. 10, Oct. 8, Nov. 12, Dec. 10	1:00 - 3:00 pm

Pre-registration is required. Please register by contacting the VON offices at 519-245-3170 or lesley.latchford@von.ca

Education Programs for the Care Partner

ASLM First Link Learning Series - First Steps for Care Partners

For the care partner of the person with dementia in the early stage

This four-week module of the First Link Learning Series provides an introduction to Alzheimer's disease and other dementias and is intended for the care partners, family members and friends of individuals with dementia. Facilitated by registered health professionals and utilizing expert guest speakers, topics covered include: types of dementia, changes in the brain, coping strategies, planning for the future, managing risks and community resources.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Wednesday	July 24, 31, Aug. 7, 14	10:00 - 12:00 noon
Alzheimer Society office	435 Windermere Road London	Monday	Sept. 16, 23, 30, Oct. 7	6:00 - 8:00 pm
Alzheimer Society office	435 Windermere Road London	Wednesday	November 6, 13, 20, 27	2:00 - 4:00 pm
Alzheimer Society office	435 Windermere Road London	Mondays and Wednesdays	Dec. 2, 4, 9, 11	6:00 - 8:00 pm

Indicates course runs concurrently at same location as First Steps for People with Dementia.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

Interested in participating in research? See pages

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Education Programs

ASLM First Link Learning Series - Condensed First Steps/Care Essentials

For the care partner of the person with dementia in the early to middle stage

The Alzheimer Society London and Middlesex provides a condensed six-week version of the First Link Learning Series (First Steps for the Care Partner and Care Essentials) in Strathroy.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
VON Strathroy office	274 Head Street North Strathroy	Wednesday	Sept. 25, Oct. 2, 9, 16, 23, 30	9:30 - 11:30 am

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

Powerful Tools For Caregivers

For the care partner of the person with dementia in any stage **Fee: No Charge**

This six-week workshop provides helpful tips and information for caregivers of people with dementia and addresses such areas as reducing personal stress, communicating effectively in challenging situations, caring for a spouse, managing transitions and making tough caregiving decisions. This course is delivered by McCormick Dementia Services social workers in cooperation with the South West Self-Management Program, and includes helpful instruction from an experienced caregiver of someone with dementia.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Monday	Oct. 21, 28, Nov. 4, 11, 18, 25	10:00 - 11:30 am

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.

Education Programs

McCormick Enhanced Caregiver Education: Practical Communication Strategies

For the care partner of the person with dementia in any stage **Fee: No Charge**

Communication is the most basic human connection and it has the tendency to evolve throughout the stages of dementia. This hands-on series actively engages participants and enables them to gain a more in-depth understanding of how dementia impacts the way a person communicates as well as how to recognize these changes in their loved one. Effective communication strategies can help reduce the stress and challenges of dementia for both the caregiver and their partner.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Tuesday	Sept. 10, 17, 24	6:30 - 8:30 pm

Pre-registration is required to participate and space is limited. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca. Completion of the ASLM First Link Learning Series - First Steps for Care Partners is highly recommended before taking this program.

McCormick Enhanced Caregiver Education: Supporting Behaviours with Practical Strategies

For the care partner of the person with dementia in any stage **Fee: No Charge**

Responsive behaviours in people with dementia can sometimes confuse and challenge caregivers. Gaining an understanding of these behaviours, what they are and why they are happening can assist caregivers not only to manage their own individual responses, but also to help navigate the difficulties that responsive behaviours can bring to the caregiving relationship. This hands-on series focuses on actively engaging participants to enhance the learning process.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Tuesday	Oct. 8, 15, 22	6:30 - 8:30 pm

Pre-registration is required to participate and space is limited. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca. Completion of the ASLM First Link Learning Series - First Steps for Care Partners is highly recommended before taking this program.

Education Programs

McCormick Enhanced Caregiver Education: Strategies for Meaningful Activity Engagement

For the care partner of the person with dementia in any stage **Fee: No Charge**

Engaging a person with dementia in meaningful activities can help maintain their sense of dignity and self-worth. A dementia diagnosis does not mean that the individual no longer has the interest or ability to contribute to and engage with the world around them. Learn more about how to make the most of your loved one's abilities and interests by focusing on their ongoing skills and strengths.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Tuesday	Nov. 5, 12	6:30 - 8:30 pm

Pre-registration is required to participate and space is limited. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca. Completion of the ASLM First Link Learning Series - First Steps for Care Partners is highly recommended before taking this program.

McCormick Enhanced Caregiver Education: Practical Strategies for Providing Personal Care

For the care partner of the person with dementia in any stage **Fee: No Charge**

Learning to adapt to the changes involved in managing the activities of daily living for someone with dementia can help reduce stress and relieve the challenges of caregiving. This series teaches strategies and techniques that can assist caregivers in helping their loved ones take care of themselves, such as dressing and bathing, and provides an opportunity for participants to actively participate in practicing these techniques in a safe and supportive setting.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Tuesday	Nov. 19, 26	6:30 - 8:30 pm

Pre-registration is required to participate and space is limited. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca. Completion of the ASLM First Link Learning Series - First Steps for Care Partners is highly recommended before taking this program.

Education Programs

ASLM First Link Learning Series - Care Essentials

For the care partner of the person with dementia in the middle stage

Care Essentials provides information pertinent to the middle stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This four-week program is facilitated by registered health professionals and utilizes expert guest speakers. Topics covered include: communication strategies, activities of daily living, how to manage responsive behaviours, safety and security of the home environment and caring for yourself. **Care for the person living with dementia is available at some sessions. Please inquire.**

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Salvation Army	1340 Dundas Street East London - Day Care Building	Monday	Sept. 16, 23, 30, Oct. 7	1:30 - 3:30 pm
Alzheimer Society office	435 Windermere Road London	Monday	Nov. 4, 11, 18, 25	6:00 - 8:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

ASLM First Link Learning Series - Options for Care

For the care partner of the person with dementia in the middle stage

The Options for Care module of the First Link Learning Series provides information pertinent to the middle to late stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This three-week module is facilitated by registered health professionals from the Alzheimer Society London and Middlesex, with topics including: where to turn to when care needs are increasing, how the long term care system works and coping with change. **Care for the person living with dementia is available at some sessions. Please inquire.**

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Wednesday	August 14, 21, 28	6:00 - 8:00 pm
Alzheimer Society office	435 Windermere Road London	Thursday	October 17, 24, 31	1:30 - 3:30 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

ASLM First Link Learning Series - Care in the Later Stages

For the care partner of the person with dementia in the late stage

The Care in the Later Stages module of the First Link Learning Series provides information pertinent to the late stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This three-week program is facilitated by registered health professionals. Topics covered include: understanding changes in the later stages, providing comfort, working through grief and celebrating life. **Care for the person living with dementia is available at some sessions. Please inquire.**

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Friday	November 8, 15, 22,	10:00 - 12:00 noon

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. A brief assessment with a Registered Social Worker must take place prior to participation.

ASLM First Link Learning Series Presentation: Dementia: The Basics With Dr. Michael Borrie

For care partners and family members

Join us for this special presentation to learn more about dementia including the diseases (e.g. Alzheimer's disease, Lewy body dementia, Vascular dementia etc.) that can cause a broad range of symptoms. Find out when a visit to the doctor may be warranted and what to expect.

Dr. Borrie is a Geriatrician at Parkwood Institute, St. Joseph's Health Care London. He is the Medical Director of the Aging Brain and Memory Clinic and researcher with the Cognitive Clinical Research Group.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Tuesday	July 9	6:30 - 8:30 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Programs

Support groups for all stages of the dementia journey

This section features important information about support groups for the person diagnosed with dementia as well as for their care partner. The benefits of attending a support group include making connections with others who are living the same experience, helping to alleviate feelings of loneliness and isolation and providing a much needed support network.

MCI Support Groups

ASLM MCI Alumni Support Group

For people who have taken the Learning the ROPES course

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	1 st Thursday	July 4, Aug. 1, Sept. 5, Oct.3, Nov. 7, Dec. 5	1:30 -3:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM MCI Spousal Support Group

For the spouse of a person diagnosed with MCI who has completed the Learning the ROPES course

(Note: this course is also open to spouses of people with early stage dementia)

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Thursday	July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec.12,	10:00 - 11:30 am
Alzheimer Society office	435 Windermere Road London	4th Tuesday	July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17*	1:30 - 3:00 pm

Generously supported by Tim Hortons

***Date changed due to holidays**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Groups for the Person With Dementia

Learning that you have dementia and experiencing the changes involved in its early stages can be a particularly challenging experience. Early Stage Support Groups bring together people who share this unique journey and who provide a vital support network for each other. Comprised only of people with early dementia symptoms, these groups build a strong sense of connection between participants, address problem solving and adapting techniques and provide enhanced practical skill development activities to make the most of their abilities.

McCormick Early Stage Support Group

For the person diagnosed with early stage dementia **Fee: No Charge**

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Thursday	Ongoing	1:00 - 2:15 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.

ASLM Circle of Friends Support Group

For people in the early stage of dementia

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Thursday	July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec. 12	10:00 - 11:30 am
Alzheimer Society office	435 Windermere Road London	4th Tuesday	July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17*	1:30 - 3:00 pm

***Date changed due to holidays**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerslondon.ca.

Support Programs

VON Moments and Memories

For people in the early stage of dementia **Fee: No Charge**

A support group for individuals with the early stages of dementia. Interested individuals will require an assessment completed by the Program Coordinator prior to participating. Pre-registration is required.

Location	Address	Day	Date*	Time
VON Office	274 Head Street North Strathroy	2nd Friday	July 12, Aug. 9, Sept. 13, Oct. 11 Nov. 8, Dec. 13	9:30 - 11:00 am

***Note: Dates can change due to unforeseen circumstances or at Coordinators discretion therefore pre-registration is required. Moments and Memories is not a drop in support group.**

Please call the VON offices at 519-245-3170 to register or for more information.

Support Groups for the Care Partner

Making connections with other care partners of people with dementia helps to alleviate feelings of loneliness and provides a much-needed support network. Participants learn from each other and share their challenges and successes in a safe, confidential setting. Participants often find that the group provides a helpful way to problem solve around the challenges that occur from being a care partner of someone with dementia.

McCormick Caregiver Support Group **Fee: No Charge**

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	1st Wednesday	Ongoing (No sessions in August)	7:00 - 8:30 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.

Support Programs

ASLM Early Stage Spousal Support Groups

For spouses of the person diagnosed with early stage dementia

(Note: this group is also open to spouses of people with MCI)

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Thursday	July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec. 12	10:00 - 11:30 am
Alzheimer Society office	435 Windermere Road London	4th Tuesday	July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 17*	1:30 - 3:00 pm

Generously supported by Tim Hortons

***Date changed due to holidays**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM Care~2 Support Group

For care partners of persons with middle stage dementia

The Care~2 Support Group is being offered to allow the home-bound caregiver to attend a support group facilitated by an Alzheimer Society Registered Social Worker, while their loved one with dementia can be in attendance at a concurrently run social recreation program.

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Arbor Trace Memory Care Centre	120 Chelton Road London	4th Monday	July 22, Aug. 26, Sept. 23, Oct. 28, Nov. 25, Dec. 16*	1:30 - 3:00 pm

***Date changed due to holidays**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca. Care for the person with dementia can be provided with prior arrangement.

Interested in participating in research? See pages

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Support Programs

ASLM Wednesday Evening Adult Child Support Group

For adult child care partners of early, middle and late stage persons with dementia

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Wednesday	July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 11	6:00 - 7:30 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM Thursday Afternoon Support Group - Salvation Army Location

For care partners of early, middle and late stage persons with dementia

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Salvation Army	1340 Dundas Street East London - rear entrance, Cottage #4	3rd Thursday	July 18, Aug. 15, Sept. 19, Oct. 17, Nov. 21, Dec. 19	1:00 - 2:30 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM Saturday Morning Support Group

For care partners of early, middle and late stage persons with dementia

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	3rd Saturday	July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 21	10:00 - 11:30 am

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Programs

ASLM Young Care Partner Support Group

For care partners under the age of 35

Fee: No charge - Pre-registration is recommended but not required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	3rd Saturday	July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 21,	10:00 - 11:30 am

VON Support Groups for Care Partners in Middlesex County

Fee: No Charge

Location	Address	Day	Date	Time
Prince George Retirement Residence	139 Main Street Lucan	2nd Thursday	July 11,* Sept. 12, Oct. 10, Nov. 14, Dec. 12	10:00 - 11:30 am
Sprucedale Care Centre Chapel	96 Kittridge Ave East Strathroy	3rd Monday	July 15,* Sept. 16, Oct. 21, Nov. 18, Dec. 16	1:30 - 3:00 pm
Sprucedale Care Centre Chapel	96 Kittridge Ave East Strathroy	4th Thursday	July 25,* Sept. 26, Oct. 24, Nov. 29, Dec. 19 (3 rd Thurs.)	9:30 - 11:00 am

***Please Note: There are no groups in August at all three locations.**

These are not drop in support groups.

Dates can change due to unforeseen circumstances or at Coordinators discretion therefore pre-registration is required.

Please call the VON offices at 519-245-3170 to register or for more information.

Interested in participating in research? See pages

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Support Programs

McCormick Spousal Support Group - Living with a Spouse at Home

Fee: No Charge

Living with a spouse who has dementia brings with it the unique challenges of incorporating a caregiving role into the spousal relationship. This group has helped many to manage their spouse's dementia journey, while enabling couples to maintain the relationship through its varying stages. Group sessions help promote advanced knowledge and skills in dementia care and provide an environment that is supportive, educational, and social, and one that celebrates the successes in caregiving. It consists of a combination of formal and informal group meetings.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	2nd/4th Wednesday	Ongoing (No sessions in August)	10:00 - 11:30 am
McCormick Dementia Services	2022 Kains Road London	2nd/4th Wednesday	Ongoing (No sessions in August)	1:00 - 2:30 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.



ASLM clients Carol and Gerry

Support Programs

McCormick Spousal Support Group - Living with a Spouse in Long-Term Care

Fee: No Charge

If your spouse has been moved into long-term care, you may find it helpful to connect with others who are facing the same situation. A spousal support group is offered at McCormick Home by the Home's social worker to support caregivers not only through the transition to long-term care, but also for ongoing support. The group is open to all caregivers who have a spouse with or without dementia placed in any long-term care home in the community.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	2nd/4th Monday	Ongoing (No sessions in August)	2:30 - 3:45 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-432-2648 ext. 2369 or home@mccormickcare.ca.

McCormick Frontotemporal Dementia (FTD) Caregiver Support Group

Fee: No Charge

Caregivers of someone who has frontotemporal dementia will benefit from understanding the unique challenges and opportunities that arise from connecting with others in similar situations. This evening group provides a monthly forum to share successes and problem solve around the particular challenges that occur with being a caregiver of someone with this lesser-known form of dementia. In addition to group discussions, presentations by specialist physicians are also incorporated into the meetings.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	1st Wednesday	Ongoing (No sessions in August)	7:00 - 8:30 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.

Interested in participating in research? See pages

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Support Programs

McCormick Lewy Body/Parkinson's Dementia Caregiver Support Group

Fee: No Charge

This group addresses the particular challenges of caring for someone with Lewy body/Parkinson's disease dementia, which differs in many ways from the treatment approaches used for the more common types of dementia, such as Alzheimer's disease. Professional social workers guide these helpful and supportive discussions that are informed by medical and behavioural experts.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	3rd Wednesday	Ongoing (No sessions in August)	1:00 - 2:30 pm

Pre-registration is required to participate. Please register by contacting a social worker at 519-439-9336 or community.support@mccormickcare.ca.

ASLM Teleconnect Support Program

Fee: No charge - Pre-registration is required

Delivered by the Alzheimer Society London and Middlesex, the Teleconnect Friendly Visiting Program uses trained volunteers who make regular telephone calls to clients. These outreach calls provide practical tips and a friendly listening ear to isolated caregivers and a check-in on the safety of clients living alone. Our highly trained volunteers have access to our Registered Social Work staff if more intensive support is needed.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



McCormick Dementia Services Counselling and Support

Support Programs

Enhancing Care for Ontario Care Partners Program

Delivered in partnership with the Sinai Health System Reitman Centre

Delivered by the Alzheimer Society London and Middlesex, the Enhancing Care (EC) Program offers therapeutic skills training to family or other unpaid care partners who are giving care to individuals living with dementia. The EC Program includes an online network and two small group sessions.

The Enhancing Care Program was made possible through funding from the Ontario Ministry of Health and Long-Term Care

Reitman Centre Programs in London

CARERS Program

For care partners of early, middle and late stage persons with dementia

The 8-Week CARERS Program (Coaching Advocacy Respite Education Relationship Simulation)
An 8-session skills-based therapy program for care partners living in the community. The program focuses on problem solving and practical skills to improve communication and manage dementia-related behaviours. Care partners have the chance to process their emotional reactions to caregiving. New skills are practiced by simulating specific challenging situations encountered at home.

The **Care Recipient Program** runs concurrently with the CARERS Program and is intended for the individual living with dementia whose care partner is attending CARERS. This is a social recreation program facilitated by a Therapeutic Recreation Specialist.

TEACH Program

For care partners of early, middle and late stage persons with dementia

The TEACH (Training Education and Assistance for Caregiving at Home) Program is offered in a series of four sessions. Each session has a defined theme (Session 1. Self-care skills; Session 2. System navigation skills; Session 3. The Changing Relationship – hands-on care skills and communication skills; Session 4. Planning for the future).

Fee: No charge (for both programs) Pre-registration is required.

Contact the Enhancing Care Counsellor at 519-680-2404 ext. 246 or info@alzheimerlondon.ca

For more information on all Enhancing Care programs (including the Online Dementia Care Partner Network), visit
www.dementiacarers.ca



Recreation Programs

Social stimulation for both the person with dementia and the care partner is important throughout the continuum of the disease. Programs that promote and enhance social connections, engagement and intellectual stimulation are essential tools for those living with dementia whether it is the person diagnosed or the care partner.

Social recreation programs are available through the Alzheimer Society London and Middlesex and the Alzheimer Community Support Program of the VON which also features an Adult Day Program for Middlesex County. Adult Day Programs are also offered at McCormick Dementia Services and the Salvation Army Adult Day Program, where clients participate in social recreation programs in a safe and secure environment that also offers valuable respite for care partners.

Social Recreation for the Person with Dementia

ASLM Artful Minds

For people with early to middle stage dementia

Artful Minds is an art appreciation program where participants work creatively with colour, shape and texture while being inspired by art work examples provided by the art expert facilitator. Assisted by ASLM's volunteers, participants can experience benefits that artistic creation evokes including expression, accomplishment, communication, engagement and socialization. No art experience necessary.

Fee: No charge - Pre-registration is required - Max: 8 clients per session

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Monday	July 8, Aug. 12, Sept. 9, Oct. 7*, Nov. 11, Dec. 2*	10:00 - 12:00 noon
Alzheimer Society office	435 Windermere Road London	3rd Monday	July 15, Aug. 19, Sept. 16, Oct. 21*, Nov. 18, Dec. 9*	10:00 - 12:00 noon
Alzheimer Society office	435 Windermere Road London	4th Monday	July 22, Aug. 26, Sept. 23, Oct. 28*, Nov. 25, Dec. 16*	10:00 - 12:00 noon

Generously supported by the City of London and the Sifton Family Foundation

***Date changed due to holidays**

Clients may only attend one session per month.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Recreation Programs

ASLM Food for Thought

For people with dementia in early to middle stage

A monthly cooking program where participants and trained volunteers collaboratively work with a culinary specialist to prepare, cook and enjoy a meal together. The program is a great way for clients to socially connect while keeping active and engaged. While this program may be of more interest to people who have enjoyed cooking, no experience is required.

Fee: No charge - Pre-registration is required - Max: 6 clients per session

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	2nd Wednesday	July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 4*	11:30 am - 1:30 pm
Alzheimer Society office	435 Windermere Road London	3rd Wednesday	July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 11*	11:30 am - 1:30 pm
Alzheimer Society office	435 Windermere Road London	4th Wednesday	July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 27, Dec. 18*	11:30 am - 1:30 pm
Seasons Retirement Residence	3230 Napperton Drive Strathroy	2nd Thursday	July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec. 12	11:30 am - 1:30 pm

Generously supported by the Lutheran Social Services (London), the City of London and the Sifton Family Foundation

***Date changed due to holidays**

Clients may only attend one session per month.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Interested in participating in research? See pages 37 - 39

Recreation Programs

ASLM Garden Club (Seasonal: May - September)

For people with dementia in early to middle stage

A monthly garden and nature-based program where clients experience beneficial social interaction, physical activity, accomplishment and enjoyment as they collaborate in the creation of garden and nature projects. When the seasonal weather is appropriate, sessions are held outside in the Stewart and Lorraine Geddes Therapeutic Gardens at the Alzheimer Society.

Fee: No charge - Pre-registration is required - Max: 12 clients per session

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	1st Tuesday	July 2, Aug. 6, Sept. 3	10:00 - 12:00 noon
Alzheimer Society office	435 Windermere Road London	3rd Tuesday	July 16, Aug. 20, Sept. 17	10:00 - 12:00 noon

Generously supported by the Lutheran Social Services (London)

Clients may only attend one session per month.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerylondon.ca.

VON's "Walk with Me"

For people with early stage dementia **Fee: No Charge**

A 6 week social recreation program offered in the Spring and Fall for individuals in the early stages of dementia. Volunteers and clients come together for a leisurely nature walk, while exploring local flora and fauna. Following the walk is a lively discussion and snack to maximize on the group bonding experience. Participants must be a registered client with the VON Alzheimer Community Support Program.

Pre-registration is required.

Location	Address	Day	Date	Time
VON Office	274 Head Street North Strathroy	Monday	September 9, 16, 23, 30 October 7, 21	4:15 - 5:30 pm

Pre-registration is required. Please call the VON offices at 519-245-3170 to register or for more information.

Recreation Programs

VON Mixed Media Art Program for Care Partners (NEW)

Fee: No Charge

Mixed media means any artwork using more than one medium. This includes any combination of paints, recycled material like junk mail and magazines cut-outs, ribbon, stencils, markers, stamps etc... Project can include collage, altered objects or books, cards, tags, and journals. Still can't picture it? Come check it out for yourself and see some amazing samples to get you inspired. This monthly program is taught by one of our talented volunteers. No previous art experienced required.

Location	Address	Day	Date	Time
VON Office	274 Head Street North Strathroy	Wednesday	Sept. 25, Oct. 23, Nov. 27, Dec. 18,	1:00-3:00 pm

Pre-registration is required. Please call the VON office at 519 245-3170 to register or for more information.

VON Volunteer Respite Visiting Program

For people with early to middle stage dementia **Fee: No Charge**

Offered by the Alzheimer Community Support Program of the VON, the Volunteer Respite Visiting program matches trained volunteers with individuals in the community allowing for companionship for the person with dementia as well as respite for caregivers. **Offered only in Middlesex County.**

For more information or to register contact the VON Coordinator at 519 245-3170 or 1-800-265-7058.



ASLM clients Sandy and Ron

Recreation Programs

Social Recreation for the Person with Dementia and their Care Partner

ASLM Games Galore

For people with early to middle stage dementia and their care partner

Games Galore is a mix between physical games, seated table card games and other activities. Games Galore will provide social interaction during a morning or afternoon session of fun and friendly competition. This program offers variety and choice in a welcoming and inclusive atmosphere. Bring a friend or your spouse!

Fee: No charge - Pre-registration is required - Max: 10 clients per session

Location	Address	Day	Date	Time
Carling Heights Optimist Community Centre	656 Elizabeth Street London	1st Friday	July 5*, Aug. 2*, Sept. 6, Oct. 4, Nov. 1, Dec. 6 *At ASLM Office	1:30 - 3:30 pm
East London Public Library	2016 Dundas Street London	2nd Tuesday	July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10	10:00 - 12:00 noon

Generously supported by the City of London

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Recreation Programs

ASLM Intergenerational Choir Program

For people with early to middle stage dementia and their care partner

The Alzheimer Society London and Middlesex, in partnership with the Sisters of St. Joseph and the Medway High School music program, is pleased to offer the Intergenerational Choir Program. Led by Medway's choral director, the music reaches out to clients to help bring back memories and socially engage and enliven them with contact with a younger generation. The Intergenerational Choir meets weekly (school activities will sometimes impact the weekly schedule) to sing with a social time to mingle after each rehearsal. The session culminates with a concert for family and friends.

Fee: No charge - Pre-registration is required - Max: 40 clients and care partners

Location	Address	Day	Date	Time
Sisters of St. Joseph	485 Windermere Road London	Thursday	Sept. 26, Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 21	3:00 - 4:00 pm
Oakridge Presbyterian Church	970 Oxford Street West London	Thursday	Intergenerational Choir Concert Nov. 28	3:00 - 4:00 pm

*Generously supported by the City of London, Dr. Jennie Wells, Wilma Lambert and the late Garth Lambert
Intergenerational Concert is generously supported by RBC Wealth Management Dominion Securities*

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM Summer Sing-Along

For people with early to middle stage dementia and their care partner

Starting this July and running every other Thursday for a total of 5 sessions, the Summer Sing-Along program is back. This informal gathering brings clients and care partners voices together for an enjoyable (and therapeutic) musical session.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Alzheimer Society office	435 Windermere Road London	Thursday	July 4, 18, Aug. 1, 15, 29	3:00 - 4:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Recreation Programs

ASLM Canada Life Interactive Memory Tour

For people with early to middle stage dementia and their care partner

The Alzheimer Society London and Middlesex offer this program which involves clients and care partners taking day trips to various locations. Guided trips leave by bus from the Alzheimer Society office and typically run for 3-4 hours.

Fee: No charge - Pre-registration is required

Date	Leaving From	Stop 1	Returning To
Aug. 6, 2019	Alzheimer Society (Leaving at 12:00 noon) <i>See Notes below</i>	Relaxed performance of ' <i>Billy Elliot</i> ', Stratford Festival,	Alzheimer Society (arriving by approximately 6:00 pm)
Oct. 8, 2019	Alzheimer Society (leaving at 12:30 pm) <i>See Notes below</i>	Fanshawe Pioneer Village, London	Alzheimer Society (arriving by approximately 4:30 pm)

Generously supported by Canada Life

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Notes:

The 'Billy Elliot' musical in August has a maximum of 54 people (clients, care partners, volunteers and staff). A box lunch will be served on the bus as it travels to Stratford.

The Fanshawe Pioneer Village tour has a maximum of 40 people (clients, care partners, volunteers and staff). Upon arrival, the group will be split into two groups. One group will experience a wagon ride tour of the village while the second group receives a historical presentation of local and Canadian history. Once complete, the groups will switch to the other activity. Participants are encouraged to bring water bottles with them.



ASLM Canada Life Interactive Memory Tour



McCormick Day Program

Recreation Programs

ASLM Memory Cafés

For people with early to middle stage dementia and their care partner

An informal, safe and accepting environment where clients, care partners and family members can come together for mutual engagement, fellowship, recreation, support and brain health education. A series of 'Healthy Brain' activities will be led by a facilitator who can answer questions about brain health, as well as familiarize you with local community resources and support. For individuals living with memory issues, cognitive change or dementia as well as care partners, friends and family.

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Family Centre Argyle	1990 Royal Crescent (Within Lord Nelson School) London	1st Wednesday	July 3, Aug. 7, Sept. 4, Oct. 2, Nov. 6, Dec. 4	1:00 - 3:00 pm Max. 25
Four Counties Health Services	1824 Concession Drive Newbury	3rd Tuesday	July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 17	1:00 - 3:00 pm Max. 25
Trillium Village Senior Homes	400 Dominion Street Strathroy	1st Thursday	July 4, Aug. 1, Sept. 5, Oct. 3, Nov. 7 Dec. 5	1:00 - 3:00 pm Max. 25
Byron Library	1295 Commissioners Road W London	2nd Tuesday	July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10	1:00 - 3:00 pm Max. 25

Generously supported by the City of London and The Ontario Trillium Foundation

***Date changed due to holiday.**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Interested in participating in research? See pages

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Recreation Programs

ASLM Minds In Motion

For people with early to middle stage dementia and their care partner

Minds in Motion® is an 8 week program that incorporates physical and mental stimulation for people with early to middle stage Alzheimer's disease and other dementias as well as their care partner. Participants engage in an hour of seated exercises followed by an hour of social activity. **Please bring a water bottle and wear comfortable clothing and footwear.**

Minds in Motion is presented in partnership with the YMCA

Fee: No charge - Pre-registration is required

Location	Address	Day	Date	Time
Stoney Creek YMCA	920 Sunningdale Road East London	Monday	May 13, 27*, June 3, 10, 17, 24 July 8*, 15	1:30 - 3:30 pm Max: 25
Bostwick YMCA	501 Southdale Road West London	Monday	July 22, 29 Aug. 12*, 19, 26, Sept. 9*, 16, 23	2:30 - 4:30 pm Max: 25
Stoney Creek YMCA	920 Sunningdale Road East London	Monday	Sept. 30, Oct. 7, 21*, 28, Nov. 4, 11, 18, 25	1:30 - 3:30 pm Max: 25

Generously supported by Sunningdale Golf & Country Club

***Date changed due to holiday.**

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

ASLM In-Home Recreation* (NEW)

(*Formerly In-Home Therapeutic Recreation and Volunteer Companion program)

For people with early to middle stage dementia

Fee: No charge - Assessment with a social worker required for referral to program

In-Home Recreation offers a recreation and leisure assessment with a Certified Therapeutic Recreation Specialist (CTRS) to create personalized activities for clients living with dementia. After the development of the personalized plan, the CTRS will provide a carefully selected volunteer, who has completed specialized training and rigorous screening, to facilitate the activities and provide social and cognitive stimulation to the client through ongoing weekly visits. This program will also empower care partners by teaching a variety of activities, educational opportunities and support in the comfort of their own home.

In-Home Recreation is generously supported by the Congregation of the Sisters of St. Joseph

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Adult Day Programs

Adult day programs provide a much-needed opportunity for mental stimulation for participants and respite time for the caregiver, who may appreciate the time to rest or take care of their own needs. Participants also benefit from interaction with their peers and having an opportunity to engage in both individualized and social activities. **All day program referrals go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.**

McCormick Day Program



Living with dementia does not mean that quality of life no longer matters. The McCormick Day Program provides a diverse and stimulating range of activities based on the personal needs and backgrounds of clients, including art therapy and research-informed garden programming. In addition, caregivers can enjoy a sense of reassurance that their loved one is well taken care of so that they can have some often much-needed time for themselves. Clients are involved in small and large group programs based on their interests and abilities, where the goal is always to have clients succeed in whatever activity they choose to participate. Each client's social-recreational history is obtained upon admission and is used to guide the staff in developing a person-centred, individualized program.

Programs are offered seven days a week and take place at McCormick Dementia Services, 2022 Kains Road, London.

Fees: \$11.00/day **Extended Hours Program:** \$9.00/day

Admission Process

All referrals to the McCormick Day Program go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

McCormick Day Program Transportation

Transportation to and from the McCormick Day Program is available from the Boys' and Girls' Club seniors transit service, which shuttles clients within the London city boundary. This service is arranged by McCormick Dementia Services and confirmed by calling the applicant's contact person. Caregivers/family members may also choose to bring the day program client to the program on their own.

Fees: \$11.00/Round trip

Overnight Respite

Because caregivers may occasionally need to have their loved one in care for a longer period of time, an extended respite opportunity can provide some much-needed time for themselves. Dates and times vary and require advanced booking.

Fee: Starts at \$17.00/overnight McCormick Dementia Services Overnight Respite, 2022 Kains Road, London

For more information call 519-439-9336 or e-mail community.support@mccormickcare.ca.

Adult Day Programs

The VON Adult Day Program



The VON Adult Day Program provide social, recreational and therapeutic activities for older adults and adults with disabilities. Three overnight respite beds are available for registered clients (four times per month, Strathroy site only). The day program helps to support family caregivers who provide day to day care. Nutritious snacks and noon time meal provided as well as medication monitoring and assistance. Bathing available for an additional fee.

Fees: \$11.00/day

VON transportation, including wheel-chair accessible transportation, is available to and from the program.

Fees: \$11.00.

The overnight respite program allows for caregivers to have up to 30 continuous hours to themselves. Clients are cared for in a home like setting by Personal Support Workers with whom they are familiar. The staff are able to provide individualized activities that focus on the clients interests and that will create a safe and comfortable night. The overnight respite program is for clients who are currently registered in the Adult Day Program. **Fees:** \$35.00/night - Advance booking is required.

Referrals to all day programs go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

VON Strathroy Adult Day Program, 274 Head St. N., Strathroy, 519-245-3170 – Hours of operation: Monday 2pm-7pm and Tuesday – Friday 9:30-2:30 pm

VON Dorchester Adult Day Program, 2066 Dorchester Rd. Dorchester, 519-268-7028- Hours of operation: Monday-Friday 9:30-2:30 pm

The Salvation Army Adult Day Program



Spaces now available in the new blended program days.

Designed specifically to support individuals living with dementia, the Adult Day Program is located at

The Salvation Army London Village, 1340 Dundas Street East, London ON 519-455-5177

Fee: \$11.00/day

Days Open: Monday – Saturday

Hours: 11 am – 4:30 pm

The Salvation Army Adult Day Program provides dementia specific and blended programs which provide an opportunity for participants to engage in a variety of age appropriate, failure-free, social, spiritual, creative, physical and mind stimulating activities. Beautiful outdoor garden areas, the shallow in-ground pool and close proximity to the day-care centre add to unique experiences provided at this location. Recliner chairs and beds provide comfortable rest areas. Mechanical lifts are available and the environment is secure. Qualified Staff assist with personal care, meals, medications, and recreational activities while providing ongoing supervision and support. Fee schedules for optional bathing and foot care services are provided at the time of registration.

Transportation may be provided to and from the program by family members/care partners. However, staff can arrange transportation service through the Boys' and Girls' Club transit program. Transit vehicles are climate controlled and wheelchair accessible. **Fee:** \$11.00/day round trip

Referrals to all day programs go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

Research Participation Opportunities

Participating in Research

Research can positively impact the lives of people with dementia, their families and caregivers. Research studies are undertaken to help researchers investigate several things, including:

- If treatments or care practices are safe
- If treatments have any side effects
- If new treatments are better than available treatments
- How best to provide care and support
- How the disease affects different areas of the brain
- How people can control their symptoms and improve their quality of life

The knowledge we gain through research studies helps improve the ways we can prevent, diagnose and treat dementia. Because of this, many people with dementia and their caregivers are interested in participating in research projects.

To learn more about participation in research visit the Alzheimer Society of Canada website where you will find a comprehensive section on research, what you should know about participation, the different types of studies, questions you should ask before participating and much more. You will find this information at: www.alzheimer.ca/en/Home/Research/participating-in-research

Featured Research Studies



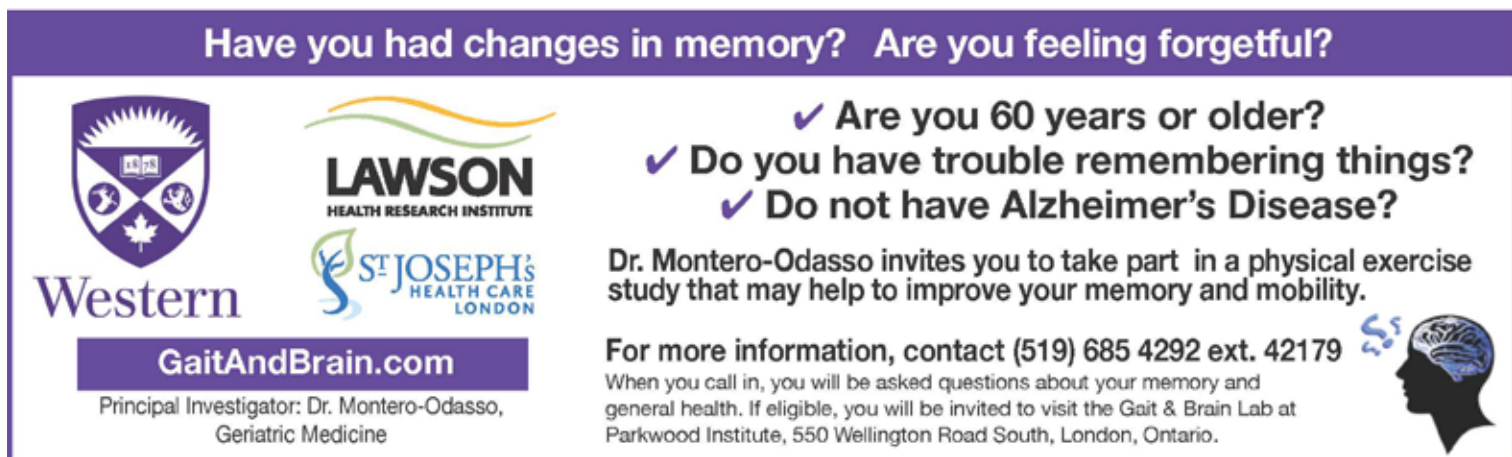
OurBrainsCAN

You are invited to join Western's new participant research registry. Participants of all ages and in all degrees of health are needed.




Register today!

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Western  **BrainsCAN**
Transforming brain research.



Have you had changes in memory? Are you feeling forgetful?



GaitAndBrain.com


Principal Investigator: Dr. Montero-Odasso, Geriatric Medicine

✓ **Are you 60 years or older?**
✓ **Do you have trouble remembering things?**
✓ **Do not have Alzheimer's Disease?**

Dr. Montero-Odasso invites you to take part in a physical exercise study that may help to improve your memory and mobility.

For more information, contact (519) 685 4292 ext. 42179

When you call in, you will be asked questions about your memory and general health. If eligible, you will be invited to visit the Gait & Brain Lab at Parkwood Institute, 550 Wellington Road South, London, Ontario.



Research Participation Opportunities

Seeking Individuals with Alzheimer's Disease Who Experience Agitation

The Escitalopram for Agitation in Alzheimer's Disease (S-CitAD) study is a 24-week study of psychosocial counseling with or without Escitalopram taking place at Parkwood Institute Mental Health Care Building

The S-CitAD Study is looking for volunteers who:

- Have been diagnosed with Alzheimer's disease
- Experience feelings of irritability, restlessness, frustration or anger
- Have a partner who can participate in the study

All participants receive:

- Compensation for travel and parking at each visit
- Psychosocial counseling provided to ALL eligible participants whether on the study medication or not
- All visit procedures administered at no cost



For more information, please call: (519) 646-6100 ext. 48170

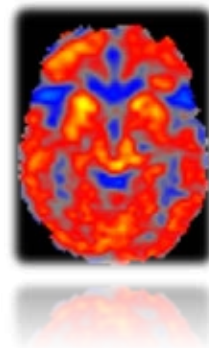


RESEARCH OPPORTUNITIES FOR HEALTHY VOLUNTEERS AND PATIENTS

If you are a healthy individual or a person with:

- Frontotemporal dementia (FTD)
- Primary Progressive Aphasia (including semantic dementia)
- Progressive Supranuclear Palsy
- Corticobasal Syndrome
- Lewy Body Disease and Parkinson's Disease

You may be eligible to participate in our clinical research studies that aim to improve understanding of symptoms related to these conditions, to improve diagnosis and develop treatments.



For more information please contact Dr. Elizabeth Finger's Parkwood Institute research team at: **519-646-6000 x64852** or cognitiveneurology@sjhc.london.on.ca

Clinical Trial of Ambroxol in Parkinson's Disease Dementia

This study will investigate whether a drug called Ambroxol can improve the course of Parkinson's disease dementia.

Participants should be:

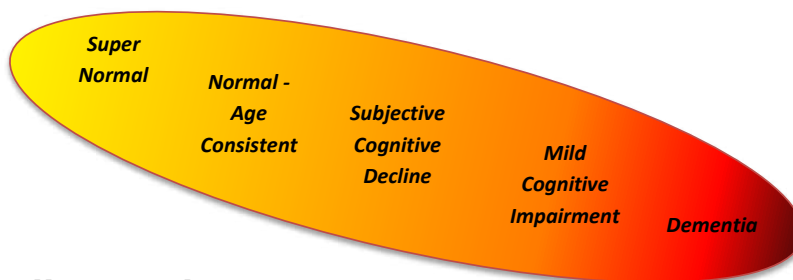
- Over 50
- Have a diagnosis of Parkinson's Disease with cognitive impairment (e.g. forgetfulness)
- Have a caregiver
- Be able to perform memory, movement (e.g. walking) and laboratory tests (e.g. blood draw)

For more information,
please contact:

Carolina Silveira
Clinical Trial Coordinator
(519) 646-6100 ext. 42367



Memory or Thinking Concerns?



If you or a family member are:

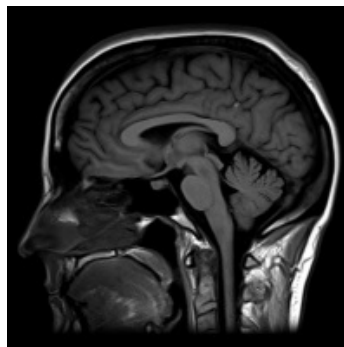
- Over 55 years of age
- Have not had a stroke or untreated depression
- Have early cognitive concerns, a family history of dementia, or have been diagnosed by a family doctor or specialist with:
 - Mild cognitive impairment (MCI)
 - Early dementia due to Alzheimer's Disease (AD)

and are interested in participating in research for

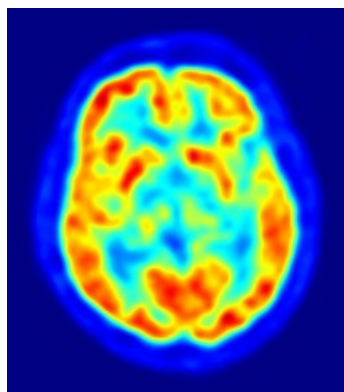
- **Observational brain imaging studies**

OR

- **Drug trials for people with MCI or AD**



Brain
MRI
scan



Brain
PET
scan

Please call Parkwood Institute: 519-685-4292 ext 46600

or

Email: memory@sjhc.london.on.ca

Other Community Dementia Support Resources

Behavioural Supports Ontario

southwest.behaviouralsupportsontario.ca
519-455-5110 Ext. 47379

Brain Health Network

www.brainhealthnetwork.ca
(519) 642-4539

brainXchange

www.brainxchange.ca/public/home

Canadian Centre for Activity and Aging

www.uwo.ca/actage/
519-661-1603

Caregiver Exchange

www.caregiverexchange.ca
519-660-5910 ext. 5929

Finding Your Way

www.findingyourwayontario.ca

Health Services in South Western Ontario

<http://www.southwesthealthline.ca>
519-660-5910

Home and Community Care South West Local Health Integration Network

www.healthcareathome.ca/southwest/en
1-800-811-5146

Meals on Wheels

www.meals-on-wheels.ca
519-660-1430

Medicalert Safely Home

www.medicalert.ca/safelyhome
1-855-581-3794

Southwestern Ontario Stroke Network

www.swostroke.ca
519.685.8500 x32462

Specialized Geriatric Services

www.sjhc.london.on.ca/specializedgeriatrics
519-685-4000 ext. 44028

Third Age Outreach Program

www.thirdageoutreach.ca
519-661-1621 or 519-661-1620



MedicAlert
FOUNDATION CANADA

in partnership with

Alzheimer
Society



Help bring a
person with
dementia

safely home.

**REGISTER THEM
TODAY.**

MedicAlert.ca/SafelyHome
1.855.581.3794

We're Here To Help

The Alzheimer Society London and Middlesex, McCormick Dementia Services, the VON Alzheimer Community Support Program and the Salvation Army assist families living with dementia in London and Middlesex County.

We strive to provide a seamless and simple navigation of the dementia journey as we deliver programs and services including support, counselling, education, advocacy, information and resources.

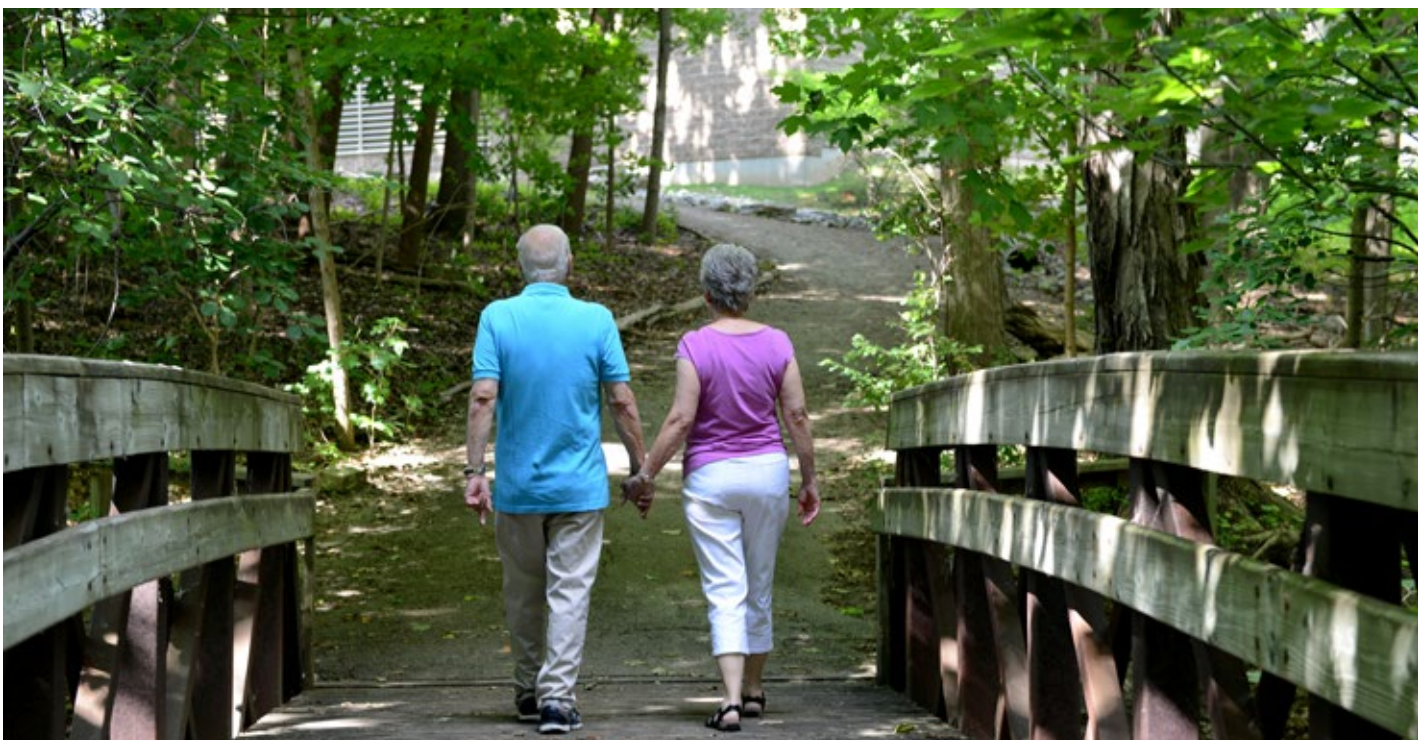
These vital dementia care services are delivered at little or no cost to the public thanks to the support of the Government of Ontario, granting organizations, sponsors, donors and our large collective team of volunteers.

**On behalf of the thousands of clients we serve,
we are grateful for their support.**

Alzheimer Society
LONDON AND MIDDLESEX™



**McCormick
Dementia
Services**





the empty fridge

a sign your aging loved one needs help

 **Home
Instead**
SENIOR CARE®
To us, it's personal.

You can't always be there. But we can.

With Home Instead Senior Care, caring for an aging loved one doesn't have to be a struggle. It's why we offer everything from individualized help around the house to advanced Alzheimer's care—to keep them safe and sound at home, instead of anywhere else.

Take the first step.
Call us at 519.913.1662 or
visit HomeInstead.com/London

When you love someone with dementia
and home is no longer possible...
Highview Residences

Secure, loving, resident-centred care
Private bedroom and bathroom
Peaceful homelike setting



**Highview
Residences**
Exceptional Dementia Care

highviewres.com

1-844-700-3734
London & Kitchener
info@highviewres.com