

# Alzheimer Society

S O U T H W E S T P A R T N E R S

“The Social” Recreation Program was created in 2021 to provide opportunity for clients to engage in positive and meaningful activity within a group atmosphere at the Alzheimer Society Southwest Partners, currently at the London office location. This program offers opportunity for engagement, stimulation, and socialization for the attending client, while also offering the care partner time for individual needs. The programs offered within the group are focused on stimulating the six domains of wellbeing which include: cognitive, emotional, social, spiritual, vocational, and physical.

“The Social” runs Monday to Friday, two sessions a day. The morning session runs from 9:00am until 12:00pm. The afternoon session runs from 1:00pm to 4:00pm. Each session includes various activities to focus on the domains of wellbeing such as seated chair exercise, physical activity (ex. indoor bowling), conversation club, a project or craft, and a cognitive interactive group game (ex. Jeopardy). There are two Therapeutic Recreation Facilitators on site, as well as volunteers to interact and assist with the activities.

Currently, clients are able to sign up for one session a week. Once you choose that session, that spot is held for you every week unless you decide to leave the program, are discharged from the program, or need a different session time (if available). The Therapeutic Recreation Facilitators do their best to create groups of clients that would mesh well.

Those who **are appropriate** for The Social:

- looking for social stimulation
- able to engage in group activities
- enjoy interacting with others
- interested in participating in recreation activities
- early to mid dementia diagnosis

“The Social” has been described as one step before an Adult Day Program, so there are some differences.

- Not Secured - we are not a locked facility.
- Clients attending need to be independent with ADL's - we cannot support people in the washrooms if there are incontinence difficulties present.

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- No Meals - we do not offer breakfast or lunch. There may be times that a light, individually wrapped snack is provided, but clients are required to bring their own snacks and drinks.
- Time frame - we are not offering a full day of programming. We only offer 3-hour sessions in the morning and the afternoon.
- No transportation - clients are responsible for finding their own travel to and from the program.

“The Social” program adheres to all COVID-19 policies and procedures.