

Alzheimer Society

D U R H A M R E G I O N



Summer 2020 Online Program Guide

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By phone: 905-576-2567 | toll-free 1-888-301-1106
(see individual departments for extensions)



By web: asdr.eventbrite.ca



By email: (see individual departments for address)

Contact Us

Support Services and Groups

intake@alzheimerdurham.com

905-576-2567 ext. 5233



Education

information@alzheimerdurham.com

905-576-2567 ext. 5228



Social and Recreation

recreation@alzheimerdurham.com

905-576-2567 ext. 5238



Francophone Services

smukendi@alzheimerdurham.com

905-576-2567 ext. 5237



Events and Fundraising

information@alzheimerdurham.com

905-576-2567 ext. 5222



MINT Memory Clinic

spersuad@alzheimerdurham.com

905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: www.alzheimer.ca/durham



Support Services and Groups

Counselling and Consultation

Family and one-on-one dementia-specific counselling is provided to care partners and persons living with dementia both online and by phone. We provide education about the disease, coping techniques and therapeutic counselling for care partners. Our First Link® Care Navigators and Counsellors are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey. Our support staff are highly experienced in dementia care and offer expert knowledge and skills for both the care partner and person living with dementia.

Respite Reimbursement Program

Funds from our Respite Reimbursement Program will support care partners of persons living with dementia, who experience barriers in accessing programs and services at the Alzheimer Society of Durham Region (ASDR). Ask one of our support staff about accessing our respite program today. (Please note, ASDR itself does not provide in-home care.)

“The Friendly Place” — Young Onset Adult Day Program

For persons diagnosed with dementia prior to age 65, our online Adult Day Program provides opportunities to participate in social and recreational programming, including creative arts, exercise, music and games. Pre-screening required.

Please contact the Program Lead for space availability at 905-576-2567 ext. 5259.

MINT Memory Clinic Services

MINT Memory Clinics (previously Primary Care Collaborative Memory Clinics) help family doctors care for their patients by completing specialized memory assessments and plans for care. The mobile interprofessional (MINT) team based out of the Alzheimer Society of Durham Region consists of Social Workers, Occupational Therapists and Behavioural Supports Ontario (BSO) Nurses. This team works together with specially trained physicians to provide early diagnosis, treatment and support for daily challenges associated with memory concerns. Our team assists with the most challenging aspects of dementia care and works with the Alzheimer Society’s First Link® program to connect clients with the resources and supports they need.

Who should be referred for a MINT Memory Clinic assessment? Adults or older adults, not previously assessed by another memory clinic or service, who are experiencing symptoms of memory loss that may or may not be affecting daily functions. Referrals for the Memory Clinic are accepted from primary-care providers and local GAIN teams.

For information about the MINT Team, phone 905-576-2567 ext. 5235 or email spersuad@alzheimerdurham.com



Support Services and Groups

Men's Breakfast

Men's Breakfast group provides online peer-to-peer support for male care partners in a casual, comfortable setting. For more information, contact Support Services and Groups intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online	Wednesdays	May 6, 13, 20, 27 June 3, 10, 17, 24 July 8, 15, 22, 29	9 a.m. - 11 a.m.

Weekly Online Care Partner Social

This gathering is intended to offer support, share and navigate available resources and provide social interaction. Sessions are hosted by Family Support staff. Each session is limited to 15 participants and will be hosted via Zoom. Please register at asdr.eventbrite.ca or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online	Wednesday	May 6, 13, 20, 27 June 3, 10, 17, 24 July 8, 15, 22, 29	1 p.m. - 2:30 p.m.

General Online Care Partner Support Group

A safe online forum to learn and understand how to cope more effectively. Groups are led by trained and competent family support staff through a secure online platform. There is no charge to attend our support groups or to access counselling and care navigation services. Each session is limited to 10 participants and will be hosted via Zoom. Registration required. To register, please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online	Fridays	May 8, 22 June 5, 19 July 3, 17	9:30 a.m. - 11 a.m.

Support Services and Groups

Care Partner Support Group for Those Supporting Residents in Long-Term Care and Retirement Homes

This online support group offers a safe forum to learn and understand how to cope more effectively. This group is led by trained and competent staff and specifically focuses on topics that affect those supporting residents in LTC/RH homes. There is no charge to attend our support groups. Each session is limited to 10 participants and will be hosted via Zoom.

Registration required via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online	Tuesdays	May 12, 26 June 9, 23 July 7, 21	1:30 p.m. - 3 p.m.

INTERACTIVE GROUP PROGRAM
FOR CARE PARTNERS OF
PEOPLE LIVING WITH DEMENTIA

THE REITMAN CENTRE
TEACH PROGRAM
Training, Education, and Assistance for Caregiving at Home

Ontario

Sinai Health System
THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

The Reitman Centre TEACH Group

(TEACH — Training, Education and Assistance for Caregiving at Home)

Currently being offered online, the TEACH program is a four-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners. Please contact the program lead at 905-576-2567 ext. 5227 to register.

Other Reitman Centre programs including CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) and Tele-Mindfulness are also currently available online. Please contact the program lead for more details.

First Steps Workshop

This two-hour introductory workshop is for persons living with dementia and their care partners. Participants will receive information and have an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias, and the impact of receiving the diagnosis. They will also be encouraged to explore and build on coping skills and strengths. Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online	Wednesday Tuesday	May 20 June 9	10 a.m. - 11:30 a.m. 1 p.m. - 2:30 p.m.

Next Steps for Family and Friends

This four-part, online series offers family care partners an opportunity to learn the basics about dementia in an interactive and supportive atmosphere.

Register for the session(s) you like at asdr.eventbrite.ca or email information@alzheimerdurham.com

Next Steps Series for Family and Friends: Understanding the Disease

First in our four-part series, this session will provide an overview of the common types of dementia and how the changes can affect the person living with dementia. We will discuss treatment options and Alzheimer Society of Durham Region programs and services.

Location	Day	Date	Time
Online	Wednesday	June 3 June 17	10 a.m. - 11:30 a.m. 6:30 p.m. - 8 p.m.

Next Steps Series for Family and Friends: Understanding Communication and Behaviour Change

Second in our four-part series, this session offers care partners practical strategies for responding to behaviour change.

Location	Day	Date	Time
Online	Wednesday	June 10 June 24	10 a.m. - 11:30 a.m. 6:30 p.m. - 8 p.m.

Education

Next Steps Series for Family and Friends: Supporting Daily Activities

Third in our four-part series, this session for care partners will consider ways to support a person living with dementia through meaningful activity. This includes adapting leisure activities and responding to challenges with care activities.

Location	Day	Date	Time
Online	Wednesday	May 6 June 17 July 8	10 a.m. - 11:30 a.m. 10 a.m. - 11:30 a.m. 6:30 p.m. - 8 p.m.

Next Steps Series for Family and Friends: Managing Caregiver Stress

Positively

Fourth in our four-part series, this session will explore the impact of caregiving. We will discuss coping strategies and local community resources available to support you during the caregiving journey.

Location	Day	Date	Time
Online	Wednesday	May 13 June 24 July 15	10 a.m. - 11:30 a.m. 10 a.m. - 11:30 a.m. 6:30 p.m. - 8 p.m.

Meaningful Online Activities for Persons Living with Dementia

Gain new ideas around how to find engaging and accessible activities online. We will cover low tech options, games, apps and gadgets to have fun. This workshop is for persons living with dementia and their care partners. Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online	Wednesday	May 27	10 a.m. - 11:30 a.m.

Options for Care

This two-part series for care partners will explore options when care needs are changing. We will discuss available supports within the community and how to access and navigate the health-care system. Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online	Tuesday	May 19 and May 26	10 a.m. - 11:30 a.m.



Social and Recreation

Minds in Motion®

Join us for a six-week online Minds in Motion® class. We will be doing 30 minutes of gentle exercise followed by a 30-minute social. This program is designed for persons living with dementia and care partners to attend together and is geared to benefit all involved.

Pre-registration required.

Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5238 for more information.

Location	Day	Date	Time
Online	Monday	May 25 June 1, 8, 15, 22, 29	1:30 p.m. - 2:45 p.m.



Francophone

Premier Lien

Session d'initiation visant à améliorer la compréhension d'un diagnostic de trouble cognitif et les changements pouvant être expérimentés.

L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

Emplacement	Jour	Date	L'heure
En ligne	jeudi	7 mai	13h à 14h30

Premier Lien Aidant

Session éducative sur les stratégies pratiques pour faire face au changement de comportement et à la gestion positive du stress pour proches aidants.

L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

Emplacement	Jour	Date	L'heure
En ligne	jeudi	21 mai	13h à 14h30

Survole Sur Le Trouble Neurocognitive

Session de sensibilisation aux troubles cognitifs plus particulièrement la maladie d'Alzheimer. L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

Emplacement	Jour	Date	L'heure
En ligne	lundi	25 mai	10h30 à 12h

La Sante Du Cerveau

Session de sensibilisation sur la santé du cerveau.

L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

Emplacement	Jour	Date	L'heure
En ligne	lundi	15 juin	10h30 à 12h

Parlons à Cœur Ouvert – Groupe Sociale

Un rassemblement hebdomadaire facilité par le personnel de soutien aux familles qui se tiendra deux fois par mois en ligne pour les partenaires de soins. Ce rassemblement est destiné à offrir un soutien, partager et parcourir les ressources disponibles et fournir des interactions. Chaque session est limitée à 10 participants et sera offerte sur la plateforme Zoom. Enregistrement requis. Veuillez-vous inscrire à asdr.eventbrite.ca ou par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 | sans frais au 1-888-301-1106.

Emplacement	Jour	Date	L'heure
En ligne	Sessions matinal: vendredi Sessions après-midi; vendredi	15 mai, 19 juin, 17 juillet 29 mai, 26 juin, 31 juillet	10h30 à 12h 13h30 à 15h



Notez sur votre agenda! Une première – la Marche pour l'Alzheimer IG Gestion de patrimoine en ligne aura lieu le dimanche 31 mai! Pour le moment, nous ne pouvons marcher ensemble mais nous pouvons nous rassembler virtuellement et nous amuser en tant que groupe! Dansez, montez des escaliers, sautez à la corde, faites le tour de votre pâté de maison. Lancez un défi à vos amis, votre famille, vos voisins et collègues afin qu'ils se joignent à vous—montrons au monde que nos liens sociaux comptent.

Le 31 mai, nous verrons à renforcer notre communauté et à offrir l'espoir à ceux qui sont isolés et seuls. C'est le moment, face à l'isolement physique, de se soutenir par la solidarité. Plus que jamais, les liens que nous avons tissés sont importants. Joignez-vous à nous et inscrivez-vous aujourd'hui.

Faites un don

En faisant un don, vous nous aidez à offrir soutien, les programmes d'éducation, social et récréatif et services aux personnes atteintes de troubles cognitifs et leurs aidants à travers le region de Durham.

Events and Fundraising



The IG Wealth Management Walk for Alzheimer's is going online!

While we can't physically walk together right now, we can still connect virtually and have fun as a group. That's why, we have decided to go VIRTUAL! Climb the stairs, jump rope, try yoga or Tai Chi, dance in the livingroom or walk around the house or the block. Challenge friends, family, neighbours and co-workers to join you, and let's show the world that our connections matter.

Here's how:

- Register online at www.alzgiving.ca/durham
- Let us know what your move is and whether you are connecting solo or as a team on social media using the hashtags #igwalkforalz and #ourconnectionsmatter
- We'll send you an email with instructions on how to organize your solo or team activity, and we'll help you "show your true colours for Alzheimer's" with a fun and meaningful activity that everyone can do.
- Over the coming weeks, we will be sharing exciting new programs and activities that we can do together virtually in preparation for our first virtual IG Wealth Management Walk for Alzheimer's.
- On May 31, 2020, together we will move in our own way to show support and awareness for Alzheimer's disease across Canada.

Spread the Word! Please reach out and connect with friends, family and neighbours. Every move you make and share can help a caregiver, person living with dementia, health-care worker or support person. We will be sharing exciting updates and online events in the coming weeks.





Events and Fundraising

Donate in Memory and in Honour

Memorial donations to the Alzheimer Society of Durham Region (ASDR) are a significant way to pay tribute to a relative, friend or co-worker who has passed away. You are honouring a special life by helping us improve the quality of life of people living with Alzheimer's disease and other dementias and their care partners.

You can also honour or remember your loved one as part of a celebration gift to the ASDR. You can commemorate any special occasion, including birthdays, anniversaries, graduations, retirements or weddings with a gift to the ASDR. Please contact us directly and we'll customize a package for you.

Donate in memory or honour or contact us for more information:

Email information@alzheimerdurham.com

Phone 905-576-2567 ext. 5222 | toll-free at 1-888-301-1106



Durham Region COVID-19 Community Support Line

1-888-332-3133

Community Support Service agencies have come together to provide support to the Durham Region community during the COVID-19 Pandemic.

Residents at risk can access support services by calling 1-888-332-3133.



Get the help you need

- Grocery and pharmacy delivery
- Meals on Wheels
- Transportation services
- Dementia support services
- Telephone safety checks
- Respite



If you require this information in an accessible format, please contact 1-888-332-3133.

