
Programs Inventory

A guide to the Alzheimer Society of Toronto's available Workshops, Webinars, E-Learning, Creative Therapy courses and Support Groups

Updated January 1, 2017

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This document will allow you to review the workshops, support groups and events available to the general public, caregivers, and professionals working with people with dementia or caring for people with dementia. The Alzheimer Society of Toronto also offers tailored workshops and interactive educational sessions. Sessions on other dementias and related topics may be requested.

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- U-First!™

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- Executive Functions
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Workshops for the General Public

Presentations and workshops to groups and organizations in Toronto such as faith groups, community centres, libraries, retirement homes, senior centres, schools, employee lunch and learns, and wellness events. Please contact the Alzheimer Society of Toronto's Public Education Coordinators to discuss and plan a session to meet your needs.

Advanced Care Planning

Brief Description

This general talk discusses the importance of understanding a Substitute Decision Maker's role for health care decisions and communicating the participant's wishes in the case where they become mentally incapable of making those health care decisions.

Learning Objectives

- Recognize that a person can only Advance Care Plan for themselves when mentally capable
- Understand substitute decision makers cannot Advance Care Plan
- Define what Mentally Capable means in Ontario
- Demonstrate that Advanced Care Planning is a voluntary process

Target Audience

General public and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Individual self reflection exercises

Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Brain Health

Brief Description

This presentation will better the participant's understanding of the risk factors of dementia and improving and maintaining the health of the brain.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Apply strategies to reduce risk of developing dementia

Target Audience

General public and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Brain Health (Presented in Chinese)

Brief Description

This presentation will better the participant's understanding of the risk factors of dementia and improving and maintaining the health of the brain.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Illustrate strategies to reduce risk of developing dementia

Target Audience

Chinese speaking health care professionals and the general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators
(Cantonese/Mandarin)

Cost

Free

Brain Health (Interactive)

Brief Description

This presentation aims to increase participants' understanding of factors that may reduce the risk for developing dementia and that may help maintain brain health. It will include interactive games and exercises to illustrate key principles of brain health and activities that will aid individuals in identifying, applying and sustaining personally relevant strategies.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Apply strategies to reduce risk of developing dementia

Target Audience

General public and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 to 2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Dementia Basics for Kids

Brief Description

This presentation will provide children with a basic understanding of the brain and dementia, how it may affect the people in their lives and how to support a person with dementia.

Learning Objectives

- Understand that sensory changes with aging will impact how well an older adult can engage in activities of daily living
- Define what is dementia in age-appropriate terms
- Recall the brain-body link
- Recall how dementia may impact the person
- Identify ways to spend time with someone who has dementia and helping them focus on their remaining strengths.

Target Audience

Kindergarten to grade 3 children

Method of Delivery

- Children's book(s) on dementia as a primer to presenter coming in
- Letter to child's parent/guardian
- Aging simulation Activity name is *Which is Easier?*
- Handouts (Brain maze for SK kids)
- Oral discussion
- Resource package for parents

Duration

30 minutes to 45 minutes

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way

Brief Description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Review resources available to prepare for and prevent a missing incident

Target Audience

General public, family caregivers and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way (Presented in Chinese)

Brief description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Increase their knowledge on resources available to prepare for and prevent a missing incident

Target audience

Chinese speaking health care professionals, family caregivers, and the general public

Method of delivery

Lecture-style PowerPoint presentation with videos

Duration

1 to 1.5 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators
(Cantonese/Mandarin)

Cost

Free

Overview of Alzheimer's disease and Other Dementias

Brief Description

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Target Audience

General public, health care professionals and volunteers

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Overview of Alzheimer's Disease and Other Dementias (Presented in Chinese)

Brief Description

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Target Audience

Chinese speaking public and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators
(Cantonese/Mandarin)

Cost

Free

Overview of Dementia and Promoting Brain Health (Presented in Tamil)

Brief Description

This interactive education session is for the Tamil community with a focus on increasing awareness and understanding on reducing the risk of developing dementia and improving and maintaining the brain health.

Learning Objectives

- Identify and understand the risk factors associated with dementia
- Illustrate that lifestyle changes/improvements can reduce the risk of developing any form of dementia
- Recognize that keeping the brain “fit” is as important as keeping the body fit

Target Audience

Tamil speaking public and family caregivers

Method of Delivery

PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Tamil speaking Alzheimer Society of Toronto Social Worker

Cost

Free

Supportive Communication

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Describe how dementia affects a person's ability to communicate
- Illustrate strategies recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Demonstrate why body language is very important when communication with a person with dementia

Target Audience

General public, health care professionals and volunteers

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Supportive Communication (Presented in Chinese)

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Identify how dementia affects a person's ability to communicate
- Illustrate techniques recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Analyze why body language is very important when communication with a person with dementia

Target Audience

Chinese speaking health care professionals, volunteers and the general public

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators
(Cantonese/Mandarin)

Cost

Free

Understanding Dementia and Supportive Communication

Brief Description

This workshop covers an overview of Alzheimer's disease and other dementias and ways to improve communication with a person with dementia, using a person-centred approach.

Learning Objectives

- Define dementia
- Recognize signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Identify how dementia affects a person's ability to communicate
- Describe some strategies that will support communication with a person with dementia

Target Audience

General public, volunteers, and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Young Onset Dementia

Brief Description

This workshop will provide caregivers an overview of Young Onset Dementias, the impact on the person and the family and a brief glimpse into the genetic component.

Learning Objectives

- Distinguish Young Onset Dementia (YOD) from Late Onset Dementia
- Develop a basic understanding of the genetic component in YOD
- Recognize the impact of YOD on the person and their family
- Develop an understanding of supportive strategies
- Explore the unique challenges associated with access support services

Target Audience

Family caregivers and general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Workshops for Family Caregivers & Friends

Programs and workshops are provided by the Alzheimer Society of Toronto's Social Workers and Education Coordinators on a regular basis on topics pertaining to Alzheimer's disease and other dementias. Please contact the Alzheimer Society of Toronto's Social Workers to discuss and plan a session to meet your needs.

The 7As of Dementias

Brief description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on providing an overview of dementia and the 7 A's as an aid to understanding the changes in brain functions that can occur in dementia.

Learning objectives

- Increase knowledge of dementia and the 7As as they relate to specific changes in brain functions
- Explore behaviours and strategies for responding
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Alzheimer Society of Toronto – A Place to Begin

Brief Description

This presentation will allow participants to learn about the programs and services provided by the Alzheimer Society of Toronto, including counselling and support groups, education programs, Finding Your Way, the iPod Project, and First Link.

Learning Objectives

- Establish an understanding of the counselling, support groups, and education sessions available at the Alzheimer Society of Toronto
- Coordinate use of the resources available that can help to prepare for, and possibly prevent a missing incident
- Discern the benefits that personalized music may have for people with dementia and their care partners
- Discuss how to make a referral to the Alzheimer Society through First Link

Target Audience

Family caregivers and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation, with videos and handouts
Oral, didactic and interactive discussions

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinators and First Link Coordinator

Cost

Free

Alzheimer Society Music Project

Brief Description

This session provides an overview of the inspiration, eligibility and functions of the music project.

Learning Objectives

- Understand the benefits of personalized music
- Attain program materials
- Clarify the eligibility criteria
- Review the application process

Target Audience

Family caregivers, health care professionals and community stakeholders

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

30 minutes

Facilitator

Music Project Coordinator

Cost

Free

Brain Game- Myths and Facts

Brief Description

This workshop discusses myths and facts of Alzheimer's disease and dementia. This workshop is intended for both general public and family members. It is an interactive workshop that provides the opportunity for open discussion and questions regarding dementia

Learning Objectives

- Understand what are myths and facts about dementia
- Understand signs and symptoms of dementia
- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia

Target Audience

General public, health care professionals and volunteers

Method of Delivery

Oral, didactic and interactive discussions
PowerPoint presentation with handouts

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Bringing Choices to Future Care

Brief Description

This educational group is for caregivers of people in the mid to late stages of dementia, with a focus on the physical, social and ethical issues associated with the late stages. Caregivers are encouraged to attend Dementia 101 and Understanding Behaviour and Communication Strategies prior to attending this workshop.

Learning Objectives

- Recognize the symptoms of the late and end stages of dementia
- Understand the types of ethical dilemmas that may arise in end of life care planning
- Identify current medical options for end of life care
- Develop strategies for approaching decision making
- Create an avenue to express and discuss concerns about future care with caregivers and the chance to learn from others

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Building Caregiver Resilience

Brief description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on exploring the concept of resilience and ways to build caregiver resilience.

Learning objectives

- Describe the concept of resilience and why it is important for family caregivers
- Recognize existing sources of resilience
- Explore ways to build caregiver resilience
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Caregiver Stress

Brief Description

This workshop is to help caregivers identify their sources of stress and develop coping strategies.

Learning Objectives

- Explore the different types of stress caregivers may experience and develop coping strategies to deal with the stress
- Increase awareness of the importance of self care for the caregiver
- Develop an understanding of supportive services in the community and where to seek those services

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for interaction

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

CARERS – Training for Family Caregivers

Brief Description

CARERS is a 10 - week program of the Sinai Health System Reitman Centre. It introduces the innovative use of Standardized Persons - actors trained to simulate real-life situations - so that caregivers, guided by expert clinical coaches, will learn how to deal with common challenging situations.

Note: There may be a concurrent arts-based group for the family member living with dementia.

Learning Objectives

- Enhance practical skills for caregivers
- Improve caregivers' coping and problem-solving skills
- Enhance caregivers' confidence in dealing with challenges
- Improve caregivers' social interaction and social support

Target Audience

Family caregivers

Method of Delivery

In – person

Duration

1.5 hours / week

Facilitator

Alzheimer Society of Toronto Social Worker
Simulated Persons

Cost

Free

Creativity in Caregiving

Brief Description

This interactive workshop teaches family caregivers how they can incorporate music, drama, visual art, storytelling and imagination into their relationships with persons who have dementia. Participants learn creative activities and exercises that they can do, and will leave with a deep understanding of the benefits of creativity and art.

Learning Objectives

- Discuss the dehumanizing effects of negative perceptions of dementia and develop a more nuanced and complex view of living with dementia
- Learn about the benefits of creative engagement for older adults and persons living with dementia using an ecological framework
- Discuss the importance of imagination
- Explore how to incorporate various art forms into our professional practice, including:
 - Music
 - Visual art
 - Theatre and Improvisation
 - Storytelling
- Practice arts-based activities and exercises
- Learn about the creative programs and services at the Alzheimer Society of Toronto and in the Toronto area

Target Audience

Family caregivers of persons with dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Individual and large group creative exercises
Oral, didactic and interactive discussions

Duration

2-2.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Dementia 101

Brief Description

This workshop will provide caregivers with an overview of dementia focusing on the importance of early diagnosis and illustrates the progression of the disease.

Learning Objectives

- Gain a greater understanding of the process of diagnosis
- Review medications available
- Develop a better, over-all understanding of dementia
- Increase knowledge of the stages and progression of Alzheimer's Disease
- Better the caregiver's insight into the person with dementia (PWD)
- Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Developmental Disabilities and Dementia: An Overview

Brief description

This presentation explains how advances in medical science and social care have led to a significant increase in the life expectancy for both the general population and those with developmental disabilities. Participants will learn that as dementia becomes more common with increasing age, an understanding of the effects of aging and dementia is important so better supports can be given to them.

Learning objectives

- Clarify the prevalence of developmental disabilities and dementia in Canada and the world
- Compare the incidence rates and relationships between those with dementia and developmental / learning disabilities or Down's Syndrome
- Describe different dementias that can occur in both the general population and those with developmental disabilities
- Increase understanding of Alzheimer's Disease, its causes / risk factors and its effects on the brain, cognition, and behaviour
- Identify warning signs of dementia among adults with Down Syndrome and issues in diagnosing dementia among adults with Down Syndrome
- Apply general supportive strategies for communicating and working with people with developmental disabilities and dementia

Target audience

Family caregivers and health care professionals in developmental disabilities sector

Method of delivery

Lecture-style PowerPoint presentation, with videos and handouts
Oral, didactic and interactive discussions
Case analysis

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Emergency Planning and Dementia

Brief Description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on exploring ways to prepare for, cope through, and recover from an unexpected emergency.

Learning Objectives

- Understand tips and strategies on how to prepare for, cope through and recover from an emergency
- Recognize three concepts relevant to emergency planning: Preparation, responding and recovery

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

The Family Dynamics of Caregiving

Building on Family Dynamics in Coping with Dementia

Brief description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on exploring significant sources of conflict for families dealing with dementia and strategies for assisting families, building on strengths and resilience.

Learning objectives

- Identify family dynamics and their effects on families
- Explore significant sources of conflict for families dealing with dementia
- Explore strategies for assisting families, building on strengths and resilience
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Finding Joy and Humour in Caregiving

Brief Description

This educational workshop is for caregivers of individuals living with dementia with a focus on looking at the lighter side of caregiving.

Learning Objectives

- Explore looking and living beyond the diagnosis
- Create opportunities for joy and look at the lighter side of caregiving
- Evaluate the benefits of humor and having a positive outlook
- Assess the strategies and approaches for incorporating joy and humour into caregiving

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Finding Your Way

Brief Description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Review resources available to prepare for and prevent a missing incident

Target Audience

Family caregivers, general public and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way (Presented in Chinese)

Brief description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Increase their knowledge on resources available to prepare for and prevent a missing incident

Target audience

Chinese speaking health care professionals, family caregivers, and the general public

Method of delivery

Lecture-style PowerPoint presentation with videos

Duration

1 to 1.5 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators
(Cantonese/Mandarin)

Cost

Free

First Link Learning Series: First Steps

Brief Description

This four session workshop is for people in the early stages of dementia and their family caregivers.

Learning Objectives

- Session One
 - Describe what is needed for a safe learning environment
 - Connect current view of dementia with some additional facts
 - Decide what about being diagnosed with dementia would be helpful to discuss
 - Develop and share strategies for sharing the diagnosis
 - Create strategies for taking medication effectively
- Session Two
 - Connect symptoms that are experienced with changes in the brain
 - Identify ways to adapt to dementia and evaluate the effectiveness of those adaptations
 - Choose at least 2 new strategies for adapting to change
 - Decide what changes will maximize brain health
- Session Three
 - Review ways to determine the level of risk and to discuss risks with those closest
 - Decide what steps to take to advance care plan
 - Develop a plan for managing finances/supporting the person with dementia to manage their own finances
 - Decide what steps to take to plan ahead for the management of finances
- Session Four
 - Identify emotional and physical signs of stress and triggers
 - Develop strategies for managing stress
 - Review steps to seeking support and barriers to seeking support
 - Determine what kind of support would be most useful
 - Learn about community services and supports

Target Audience

Family caregivers and persons with early stage dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Four 2-hour sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

First Link Learning Series: Next Steps

Brief Description

This four session workshop is for family caregivers of people in the early to late stage of dementia.

Learning Objectives

- Session One
 - Describe what is need for a safe learning environment
 - Relate noticed symptoms to 10 warning signs of dementia
 - Generate ideas for supporting the person with dementia to have their needs met
 - Name strengths as a care partner
- Session Two
 - Connect symptoms that are experienced with changes in the brain
 - Identify ways to adapt to dementia and evaluate the effectiveness of those adaptations
 - Create strategies to support person with dementia to take medications effectively
 - Review ways to maximize brain health
- Session Three
 - Review ways to determine level of risk and to discuss risks with those closest
 - Practice having conversations about risk
 - Identify role in supporting person with dementia to advance care plan and in health care decision making
 - Develop a plan for supporting the person with dementia to manage their finances
- Session Four
 - Identify emotional and physical signs of stress and triggers
 - Develop strategies for managing stress
 - Review steps to seeking support and barriers to seeking support
 - Determine what kind of support would be most useful
 - Learn about community services and supports

Target Audience

Family caregivers of those in the early to late stage of dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Four 2-hour sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

First Link Learning Series: Care Essentials

Brief Description

This four session workshop is for family caregivers.

Learning Objectives

- Session 1
 - Apply the 8 A's of dementia to the symptoms of the person with dementia
 - Create a strength inventory for the person with dementia
- Session 2
 - Identify changes in communication that the person with dementia is experiencing
 - Understand the importance of non-verbal communication
 - Practice strategies for enabling person with dementia to understand and respond to what is being said
 - Create a plan for communicating effectively with person with dementia
- Session 3
 - Describe the person with dementia as a whole person
 - Discuss examples of responsive behaviours in dementia
 - Review the ABC and PIECES/U-First!™ problem-solving models and identify what is helpful about each
 - Apply problem solving model to change what person with dementia is experiencing in order to identify possible causes and develop effective solutions
- Session 4
 - Name activities that are meaningful to person with dementia by using that person's unique personality, interest and skills
 - Plan ways to adapt an activity to continue having the person with dementia be involved
 - Develop strategies for responding to difficulty with a care activity
 - Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Four 2-hour sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

First Link Learning Series: Care in the Later Stages

Brief Description

This three session workshop is for family caregivers of people in the late stage of dementia.

Learning Objectives

- Session 1
 - Review some of the changes that happen in the late and end of life stages
 - Explore what impact these changes will have as a caregiver
 - Consider what decisions might need to be made in the late and end of life stages and how to approach making these changes
 - Decide on self-care strategies
- Session 2
 - Explore care strategies for the later stages
 - Determine ways to recognize pain and discomfort in person with dementia
 - Plan how to provide physical, emotional and spiritual comfort to person with dementia
- Session 3
 - Explore the significance of grief for caregivers of persons with dementia
 - Decide on new self care strategies
 - Identify caregiver strengths and abilities and name how these will help continue the caregiving journey

Target Audience

Family caregivers of those in the late stage of dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Three 2-hour sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Introduction to Improv

Brief Description

This session is for people in the early stage of dementia and their friends or family. It is an opportunity to experience the joys of improvisational theatre and storytelling – in the moment.

Learning Objectives

- Provides an opportunity for persons with early dementia and their friends or family to connect through improvisational theatre exercises and creative storytelling
- Teaches improvisation techniques, particularly the concept of “yes and”, which can be used to improve communication in day to day life
- Encourages relationship and community building in a fun, creative and social environment
- Focuses on strengths (imagination) rather than on deficits (memory)

Target Audience

People in the early stage of dementia and their family caregivers

Method of Delivery

Interactive improvisational exercises and games guided by facilitator
Physical activity adapted to the needs of the group

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker (who has a background in Theatre)

Cost

Free

Learning to Live with Ambiguous Loss

Brief Description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on exploring this unique type of loss and concepts for learning to live with Ambiguous Loss.

Learning Objectives

- Describe the concept of Ambiguous Loss
- Recognize the uniqueness and complexity of Ambiguous Loss
- Explore concepts for learning to live with Ambiguous Loss
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of Delivery

Lecture-style Powerpoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Living Well with Dementia

Brief Description

This workshop offers people in the early stage of dementia and their family caregivers an overview of the progression of the disease.

Learning Objectives

- Increase participants overall understanding of the progression of dementia
- Develop greater insight with the person with dementia
- Learn strategies in caring for a person with dementia
- Learn about community services and supports

Target Audience

Family caregivers of those with early stage dementia and/or people with early stage dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Long Distance Caregiving

Brief Description

This workshop will provide strategies for family caregivers who are providing care and support from a distance.

Learning Objectives

- Explore the unique challenges and issues that can arise when caring from a distance
- Learn about practical steps in preparing for a visit
- Discuss a variety of ways to be involved in the care of the participant's family member from a distance
- Link participants to chapters in other cities for local supports

Target Audience

Family caregivers who are caring from a distance (geographic)

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Long-Term Care Planning

Brief Description

This interactive education session is for caregivers caring for a family member with dementia and considering long-term care.

Learning Objectives

- Recognize and explore the dilemmas in making the decisions
- Explore options in the home, long-term care and other housing options
- Identify the benefits and limitations of making the decisions
- Develop strategies for adjusting to long-term care
- Illustrate strategies for visiting person with dementia in long-term care

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Meaningful Activities

Brief Description

This workshop will help family caregivers of a person with dementia to develop and participate in meaningful activities. The goal is to provide practical ideas on how family members can spend quality time together by identifying and drawing upon the person's remaining strengths.

Learning Objectives

- Understand of the importance of meaningful activities for their family members
- Demonstrate importance of sensory stimulation for their family member
- Employ additional strategies and resources for creating meaningful activities for their family member

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Moving to Long-Term Care Series

Brief Description

This set of three educational workshops aims to give family caregivers an overview of issues related to long-term care (LTC). The goal is for caregivers to learn about how the decision for LTC could have an impact on them, understand the application process and to learn to cope with the transition. Family members may choose to attend any or all three sessions.

Learning Objectives

- Session 1: Decisions and Choices
 - Review and discuss the dilemma for making the decision
 - Explore caregiving options in the home, LTC and retirement home
 - Identify the benefits and limitations of making the decision
 - Develop strategies in assessing a LTC home
- Session 2: Applying to Long-Term Care
 - Learn about possible issues and decisions related to long-term care placement and caregiving options
- Session 3: Adjustments and day-to-day life in Long-Term Care
 - Learn strategies to prepare for the move into LTC and ways to adjust to their family member moving into LTC
 - Review how the system works within a LTC facility. This includes steps to seeking support, advocacy and their own barriers to seeking support within the LTC facility
 - Determine what kind of support would be most useful for them and discuss resident rights
 - Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Family members may choose to attend any or all three sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Navigating the Dementia Care System

Brief Description

This workshop will provide caregivers with an overview of services available for people with dementia and their caregivers. Services reviewed include dental care, housing, some OHIP covered services, CCAC, respite services, financial assistance and tax credits.

Learning Objectives

- Identify medical and emergency services covered by OHIP
- Recognize the different housing options available to people with dementia
- Describe the role of the CCAC in dementia care
- How to find home help in your community
- Financial subsidies

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Overview of Dementia and Promoting Brain Health (presented in Tamil)

Brief Description

This interactive education session is for the Tamil community with a focus on increasing awareness and understanding on reducing the risk of developing dementia and improving and maintaining the brain health.

Learning Objectives

- Identify and understand the risk factors associated with dementia
- Illustrate that lifestyle changes/improvements can reduce the risk of developing any form of dementia
- Recognize that keeping the brain “fit” is as important as keeping the body fit

Target Audience

Tamil speaking caregivers and general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Tamil speaking Alzheimer Society of Toronto Social Worker

Cost

Free

Preparing for Late Stage Dementia – in collaboration with HPCO

Brief Description

This session will give participants a view of caring for an individual in the final stages of dementia which can be very challenging. Taking the opportunity to prepare and avoid making decisions in crisis is an important cornerstone of a palliative approach to living with and dying from dementia.

Learning Objectives

- Develop an understanding of what palliative care is and what it can offer
- Explore expected health issues, situations and options in late/end stage dementia
- Understand the importance of advance care planning and goals of care
- Consider and understand the consequences of choices made
- Recognize the impact of family stress and grief
- Share experiences and learn new coping skills
- Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Condensed version: 1-2 hours
Full length: 5.5 hours

Facilitator

Hospice Palliative Care Ontario facilitator (HPCO) and Alzheimer Society of Toronto Social Worker

Cost

Free

Reducing Caregiver Stress during the Holiday Season

Brief Description

The session will explore and discuss some of the challenges caregivers may face during the holidays.

Learning Objectives

- Develop strategies and communication for celebrating holidays at home or in a long-term care home or abroad
- Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Responding to Behaviours – in collaboration with Baycrest

Brief Description

This interactive workshop facilitated by Alzheimer Society of Toronto and Baycrest is for family caregivers of those in the middle stage of dementia. The workshop explores understanding behaviours, strategies for responding to behaviours, activities for persons with dementia and support services.

Learning Objectives

- Understand changes in normal ageing process
- Define what are responsive behaviours
- Learn strategies to understanding and managing behaviours
- Learn about community services and supports

Target Audience

Family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

3 hours including time for discussions

Facilitator

Baycrest facilitator (CBSOT) and Alzheimer Society of Toronto Social Worker

Cost

Free

Understanding Behaviour and Communication Strategies

Brief Description

This is a workshop for family caregivers providing care for a person in the middle stages of dementia. The primary focus of the workshop is to provide caregivers with the necessary tools and education to respond to changes in communication and responsive behaviours. The workshop is a safe environment to express and discuss their concerns and learn from each other.

Learning Objectives

- Understand the progression of dementia and areas of the brain impacted
- Recognize how dementia impacts communication and possess strategies that can be employed to compensate for the changes that are occurring
- Investigate why responsive behaviours occur and recognize how to tailor an appropriate intervention

Target Audience

Family caregivers for people in the middle stage of dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Unpacking Denial in Dementia

Brief description

This workshop is for caregivers of individuals living with dementia. The focus of the session will be on exploring the concept of denial, how it impacts persons with dementia and their care partners, and strategies for assisting families.

Learning objectives

- Explore the concept of denial
- Identify how denial impacts persons with dementia and their care partners
- Explore behaviours and strategies for responding
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours including time for questions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Workshops for People with Dementia

Programs and workshops are provided by The Alzheimer Society of Toronto's Social Workers and Education Coordinators on a regular basis on issues pertaining to Alzheimer's disease and other dementias. For more information please contact the Alzheimer Society of Toronto's Social Workers.

First Link Learning Series: First Steps

Brief Description

This four session workshop is for people in the early stages of dementia and their family caregivers.

Learning Objectives

- Session One
 - Describe what is needed for a safe learning environment
 - Connect current view of dementia with some additional facts
 - Decide what about being diagnosed with dementia would be helpful to discuss
 - Develop and share strategies for sharing the diagnosis
 - Create strategies for taking medication effectively
- Session Two
 - Connect symptoms that are experienced with changes in the brain
 - Identify some ways to adapt to dementia and evaluate the effectiveness of those adaptations
 - Choose at least 2 new strategies for adapting to change
 - Decide what changes will maximize brain health
- Session Three
 - Review ways to determine the level of risk and to discuss risks with those closest
 - Decide what steps to take to advance care plan
 - Develop a plan for managing finances/supporting the person with dementia to manage their own finances
 - Decide what steps to take to plan ahead for the management of finances
- Session Four
 - Identify emotional and physical signs of stress and triggers
 - Develop strategies for managing stress
 - Review steps to seeking support and barriers to seeking support
 - Determine what kind of support would be most useful
 - Learn about community services and supports

Target Audience

Persons with early stage dementia and family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

Four 2-hour sessions

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Living Well with Dementia

Brief Description

This workshop offers people in the early stage of dementia and their family caregiver an overview of the progression of the disease.

Learning Objectives

- Increase participants overall understanding of the progression of dementia
- Develop greater insight with the person with dementia
- Learn strategies in caring for a person with dementia
- Learn about community services and supports

Target Audience

People with early stage dementia and family caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Living well with HIV and Memory Changes – in collaboration with Casey House

Brief Description

Casey House and the Alzheimer Society of Toronto offer a four-week group to provide participants with an opportunity to share their experiences with others and to develop tools to help them live well with HIV and memory changes.

Learning Objectives

- Understand memory changes associated with HIV
- Learn strategies for adapting to brain changes
- Explore how to plan ahead
- Discover how to build a circle of support

Target Audience

Persons with memory changes

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

2 hours including time for questions, over a 4 week series

Facilitator

Casey House facilitator and Alzheimer Society of Toronto Social Worker

Cost

Free

Creative Therapies

Programs and workshops are provided by the Alzheimer Society of Toronto's Social Workers and Education Coordinators on a regular basis on issues pertaining to Alzheimer's disease and other dementias. Please contact the Alzheimer Society of Toronto's Social Workers to discuss and plan a session to meet your needs.

Art in the Moment: AGO Tour

Brief Description

A guided, interactive tour of the Art Gallery of Ontario for people in the early stages of dementia and their family caregivers. Tours are facilitated by trained volunteers and are geared to the needs and abilities of persons with dementia. They are followed by a one hour informal support group.

Learning Objectives

- Socialize and interact with other caregivers and people living with dementia
- Share a meaningful activity with caregiver and person with dementia
- Participate in a one hour informal support group

Target Audience

People in the early stages of dementia and their family caregivers

Method of Delivery

Participants to meet at the Art Gallery of Ontario for the guided tour followed by an informal support group

Duration

Monthly; One hour for the tour and one hour of the support session

Facilitator

Art Gallery of Ontario docent and Alzheimer Society of Toronto Social Worker

Cost

Free

Alzheimer Society of Toronto Choir

Brief Description

This 10-week group offers individuals with early stage dementia and family caregivers an opportunity to participate in a singing choir, conducted by an Accredited Music Therapist.

Learning Objectives

- Relax during and after attending the choir
- Decrease overall levels of stress
- Provide an activity which individuals with dementia and family caregivers can enjoy together
- Appreciate the support and feel part of a community
- Enhance the person with dementia's sense of purpose and independence

Target Audience

People in the early stages of dementia and their family caregivers

Method of Delivery

In-person group at a Music Therapy Centre

Duration

1 hour weekly for 10 consecutive weeks

Facilitator

Accredited Music Therapist from the Music Therapy Centre and Alzheimer Toronto Social Worker

Cost

Free

Alzheimer Society Music Project

Brief Description

This session provides an overview of the inspiration, eligibility and functions of the music project.

Learning Objectives

- Understand the benefits of personalized music
- Attain program materials
- Clarify the eligibility criteria
- Review the application process

Target Audience

Family caregivers, health care professionals and community stakeholders

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

30 minutes

Facilitator

Music Project Coordinator

Cost

Free

Creative Therapy Overview

Brief Description

This presentation provides overview of the types of Creative Therapy sessions offered by the Alzheimer Society of Toronto.

Learning Objectives

- Understand the types of creative therapies offered at the Alzheimer Society of Toronto
- Share the benefits of involvement in these sessions for both family caregivers and those with dementia
- Emphasize the importance of socialization for caregivers and those with dementia

Target Audience

People with early stage dementia, family caregivers and general public

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

30 minutes

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Creativity in Caregiving

Brief Description

This interactive workshop teaches caregivers how to incorporate drama, art, and imagination into their relationships with family members who have dementia. Participants learn creative activities and exercises that they can do with family members, and will leave with a deep understanding of the benefits of creativity and play.

Learning Objectives

- Learn creative activities and exercises that caregivers and persons with dementia can do together
- Improve communication by applying arts-based philosophies and improvisation techniques into everyday interactions
- Engage in individual and group activities to understand the benefits of creativity, play, and imagination
- Increase awareness of existing creative and arts-based programming and services at the Alzheimer Society of Toronto and across the GTA

Target Audience

Family caregivers of persons with dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Individual and large group creative exercises
Oral, didactic and interactive discussions

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Dance Therapy

Brief Description

This session is for people in the early stage of dementia and their caregivers. It is an opportunity to experience the joy of dance and music. This session is led by a certified dance therapist.

Learning Objectives

- Provides an opportunity for individuals in the early stage of dementia and their family caregivers to connect through music and dance
- Enjoy safe and appropriate physical exercise
- Encourages social interaction
- Reduce isolation and stress
- Socialize and interact with other caregivers and people living with dementia

Target Audience

People in the early stage of dementia and their family caregivers

Method of Delivery

Sessions take place in a spacious room with seating provided

Duration

1 hour

Facilitator

Certified Dance Therapist and Alzheimer Society of Toronto Social Worker

Cost

Free

Dine and Dance in the Afternoon

Brief Description

This social event is for people in the early stage of dementia and their family caregivers to enjoy a wonderful day out filled with music, dancing and a catered lunch.

Learning Objectives

- Enjoy quality time together with either the person with dementia or family caregiver
- Reminisce through music and dance
- Reduce isolation by allowing for an opportunity for social interaction for both the person with dementia and their family caregiver
- Create a physical environment that is safe, appropriate and enjoyable for both those with dementia and their family caregivers

Target Audience

People in the early stage of dementia and their family caregivers

Method of Delivery

Dancing and lunch provided at the St. Lawrence Hall Ballroom

Duration

3 hours; an annual event held the first Wednesday in May

Facilitator

Alzheimer Society of Toronto Social Workers

Cost

Free

Drumming Circle

Brief Description

This group session of rhythm and relaxation techniques through drumming is for family caregivers and people in the early stages of dementia. Instruments will be provided by drumming teacher and no prior musical experience is required to participate.

Learning Objectives

- Socialize and interact with other caregivers and people living with dementia
- Provides individuals in the early stage of dementia and their family caregivers social stimulation, rhythm, relaxation
- Provides an opportunity to share a meaningful activity with each other
- Drumming is geared to the needs and abilities of persons with dementia

Target Audience

People in the early stage of dementia and their family caregivers

Method of Delivery

Sessions take place in a quiet, open environment with seating provided

Duration

1.5 hours

Facilitator

Drumming Teacher and Alzheimer Society of Toronto Social Worker

Cost

Free

Men's Cooking Group

Brief Description

This 4-week support group offers a beginner's cooking class and support group for male partners caring for someone with dementia. The maximum number of participants should be 10. Evaluation of the group is completed weekly.

Learning Objectives

- Learn to prepare a simple, easy-to-learn, heart-healthy dish through hands-on cooking experience
- Share one's own issues and stresses related to caring for a partner with dementia
- Learn coping and self-care strategies
- Increase knowledge of Alzheimer Society of Toronto services and supportive services in the community

Target Audience

This support group is specifically designed for male partners or husbands of someone with Alzheimer's disease or a related dementia

Method of Delivery

In-person group which includes food preparation and cooking, and support group

Duration

2-3 hours weekly for 4 weeks

Facilitator

Dietician and Alzheimer Society of Toronto Social Worker

Cost

Free

Mindfulness for Caregivers

Brief Description

This four-week group will offer caregivers a chance to learn and practice mindfulness techniques in an open and relaxed environment. The goal is to be focused on the present moment while being gentle, compassionate and non-judgemental. There is no pressure on “getting it right.” Some commitment to practice outside of the group is expected and encouraged.

Learning Objectives

- Learn about mindfulness through short readings, brief lectures and interactive discussions
- Practice and become comfortable with simple mindfulness techniques, while learning to be present in the moment in a non-judgemental way
- Incorporate mindfulness into everyday life

Target Audience

Family caregivers

Method of Delivery

Participation in mindfulness exercises and guided meditations

Short readings

Brief lectures

Interactive discussions

Duration

1.5 hours for 4 weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Minds in Motion®

Brief Description

The Minds in Motion® sessions are aimed at providing those in the early stage of dementia and their family caregivers with 1.5 hours of stress reduction and an outlet for their creativity. Caregivers are afforded an opportunity to reduce their overall stress level, while the person living with dementia can feel a sense of purpose and independence. Alzheimer Society of Toronto social worker will lead the socialization component of the program. The personal trainer and social worker establish the content of the group based around the principle of person-centred care and the importance of engaging the caregiver and the PWD in an enjoyable activity that they can complete together.

Learning Objectives

- For the person with dementia
 - To improve balance mobility, flexibility and alertness
 - To increase confidence and comfort within their own environments
 - To sharpen mental functioning
 - To lessen sense of isolation
- For the care partners
 - An opportunity to focus on their own health
 - To see physical and mental improvements in the person they are caring for

Target Audience

People in the early stages of dementia and their family caregivers

Method of Delivery

Exercise Component with Par-Q forms, resistance bands, light weights etc

Social Component with variety of activities appropriate for individuals in the early stages of dementia

Duration

Each session is 1.5 hours in length (45 minutes exercise and 45 minutes for social component)

Facilitator

Certified fitness trainer and Alzheimer Society of Toronto Social Worker

Cost

FREE

NiA: Non-impact Aerobics

Brief Description

NiA is an invigorating dance workout for people with dementia and their family caregivers. The session is adapted and personalized to all levels of agility and fitness. Participants should wear comfortable clothing.

Learning Objectives

- Socialize and interact with other caregivers and people living with dementia
- Practise physical activity in a safe environment
- Reduce stress with movement and music

Target Audience

Person with dementia and their family caregivers

Method of Delivery

Group workout

Duration

1 hour

Facilitator

NiA instructor and Alzheimer Society of Toronto Social Worker

Cost

Free

Photography Group

Brief Description

This four week group provides persons living with dementia and their family members the opportunity to creatively engage in capturing and reflecting on meaningful photographs. No experience is necessary and cameras are provided.

Learning Objectives

- Discuss various photographs and discover styles of photography that are meaningful
- Familiarize participant with use of camera
- Capture photos
- Reflect on captured photos as well as their experience
- Choose photos most meaningful to participant
- Reflect on participant's experience of engaging in photography

Target Audience

Person with dementia and their family caregivers

Method of Delivery

PowerPoint presentation with hands-on use of cameras

Duration

2 hours weekly for 4 consecutive weeks

Facilitator

Co-facilitator with photography experience and Alzheimer Society of Toronto Social Worker

Cost

Free

Royal Ontario Museum Tour

Brief Description

These guided, interactive tours of the Royal Ontario Museum for people in the early stages of dementia and their family caregivers are facilitated by trained volunteers and are geared to the needs and abilities of persons with dementia. They are followed by a one hour informal support group.

Learning Objectives

- Socialize and interact with other caregivers and people living with dementia
- Share a meaningful activity with caregiver and person with dementia
- Participate in a one hour informal support group

Target Audience

People in the early stages of dementia and their family caregivers

Method of Delivery

Participants to meet at the Royal Ontario Museum for the guided tour followed by an informal support group

Duration

Monthly; One hour for the tour and one hour of the support session

Facilitator

ROM Tour Guide and Alzheimer Society of Toronto Social Worker

Cost

Free

The Boomers Club

Brief Description

The Boomers Club is an 8-week program that focuses on physical wellness and social connections for people with young onset dementias (under age 65) and their care partners.

Learning Objectives

- To promote physical and social wellness among people with YOD and their care partners

Target Audience

People with young onset dementia (under age 65) and their family caregivers.

Method of Delivery

In-person participation in a spacious room with seating provided

Light stimulating physical exercises

Interactive, easy games

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Watercolour Painting: Building new Skills Together – Art Therapy

Brief Description

This four session group to learn simple watercolour painting techniques and exercises to boost communication and engagement is available for person in the early stages of dementia and their family caregivers.

Learning Objectives

- Socialize and interact with other caregivers and people living with dementia
- Provide individuals in the early stage of dementia and their family caregivers social stimulation and the opportunity to share a meaningful activity with each other

Target Audience

Person with dementia and their family caregivers

Method of Delivery

Sessions take place in quiet environment that is conducive to art and quiet discussion

Duration

4 2-hour sessions over the course of 1 month; 1 session per week.

Facilitator

Art Teacher and Alzheimer Society of Toronto Social Worker

Cost

Free

Young Onset Active Living Program

Brief Description

A monthly program that focuses on physical wellness and social connections for people with young onset dementias (under age 65) and their care partners.

Learning Objectives

- To promote physical and social wellness among people with YOD and their care partners

Target Audience

People with young onset dementia (under age 65) and their family caregivers.

Method of Delivery

In-person participation in a spacious room with seating provided

Light stimulating physical exercises

Interactive, easy games

Duration

1 hour per month

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups

For Family Caregivers

Support groups are facilitated by the Alzheimer Society of Toronto's Counselling Program staff to allow for participants to meet and share with others their caregiving experiences. Please contact the Alzheimer Society of Toronto's Social Workers to discuss and plan a session to meet your needs.

Adult Child Support Group

Brief Description

This 4-week support group will provide an opportunity for caregivers of a parent with dementia to come together to support each other through the caregiving experience. Participants will decide on the focus and direction of the group, and both practical and emotional needs will be explored.

Learning Objectives

- Opportunity to share insights and experiences with each other related to their personal caregiving experiences
- Learn about how others are adjusting to their own changing relationships
- Discuss and share different strategies regarding self care and care for their parents (to include stress, communication and responding to behaviours)
- Receive updated information about dementia and the services available at the Alzheimer Society of Toronto and around Toronto

Target Audience

Adult child caregivers for people living with dementia

Method of Delivery

In-person support group

Duration

2 Hours a week for 4 weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Alzheimer's Disease Caregiver Support Group

Brief Description

The initial agenda of this group is flexible and should cover topics raised by the group. Brief check-ins are encouraged where each participant has the opportunity to share how their week has been, and whether there is a particular topic they would like to discuss, or need some time in the group as they are in need of immediate support.

Learning Objectives

- Provides therapeutic support
- Opportunity to share experiences and concerns
- Receive support from group facilitator and other group members
- Opportunity to interact and learn from other caregivers of those diagnosed with Alzheimer's disease

Target Audience

Family caregivers of those diagnosed with Alzheimer's disease

Method of Delivery

In-person support group

Duration

2 hours once a week for four-six consecutive weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Bereavement Support Group (in collaboration with Hazel Burns Hospice)

Brief Description

This ongoing support group is intended for individuals who were caring for a person with a form of dementia and has died. This is an ongoing group that meets twice monthly to provide participants with an opportunity to support each other through the grief and bereavement process. Participants will decide on the focus and direction of the group and both practical and emotional needs will be explored to help family members cope with a loss.

Learning Objectives

- Opportunity to share insights and experiences with each other related to their personal caregiving experiences, as well as grief and bereavement
- Learn from others on adjusting to the loss and their own changing relationship to self and others.
- Discuss and share different strategies regarding self care including discussion on stages of grief (various frameworks), finding meaning and exploring feelings related to loss and loneliness.
- Receive updated information on where to seek additional supports if desired.

Target Audience

Family caregivers

Method of Delivery

In- person support group

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker
Hazel Burns Hospice Social Worker

Cost

Free

CARERS – Training for Family Caregivers

Brief Description

CARERS is a 10 - week program of the Sinai Health System Reitman Centre. It introduces the innovative use of Standardized Persons - actors trained to simulate real-life situations - so that caregivers, guided by expert clinical coaches, will learn how to deal with common challenging situations.

Note: There may be a concurrent arts-based group for the family member living with dementia.

Learning Objectives

- Enhance practical skills for caregivers
- Improve caregivers' coping and problem-solving skills
- Enhance caregivers' confidence in dealing with challenges
- Improve caregivers' social interaction and social support

Target Audience

Family caregivers

Method of Delivery

In – person

Duration

1.5 hours / week

Facilitator

Alzheimer Society of Toronto Social Worker
Simulated Persons

Cost

Free

Coffee Hour (in conjunction with the Early Stage Support Group)

Brief Description

This four-week informal social support group for family caregivers of people in the early stage of Alzheimer's disease who are participating in the Early Stage Support Group.

Learning Objectives

- Provides an opportunity for social interaction with other family caregivers of people in the early stages
- Provides a time to lower stress and anxiety by speaking to other caregivers in an informal setting

Target Audience

Family caregivers for people in the early stages of dementia

Method of Delivery

In-person support group

Duration

1 hour weekly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Young Onset Support Group

Brief Description

This support group is for family caregivers of individuals with young onset dementia (before age 65).

Learning Objectives

- Provides an opportunity for family caregivers who are caring for someone diagnosed with Young Onset dementia to interact and learn from one another
- Share experiences
- Receive therapeutic support and to provide coping strategies for caregiving
- Opportunity to share experiences and concerns and receive support from the group facilitator and other participants

Target Audience

Family caregivers for people with young onset dementia

Method of Delivery

In-person support group

Duration

1.5 hours once a month

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Frontotemporal Dementia Support Group

Brief Description

This ongoing monthly support group provides an opportunity for family caregivers of individuals with frontotemporal dementia (FTD) to come together to support each other through the caregiving experience.

Learning Objectives

- Opportunity to share insights and experiences with each other related to their personal caregiving experiences
- Learn about how others are adjusting to their own changing relationships
- Discuss and share different strategies regarding self-care and care for their family members (including stress, communication and responding to behaviours)
- Receive updated information about dementia and the services available at the Alzheimer Society of Toronto and in Toronto

Target Audience

Family caregivers of those diagnosed with frontotemporal dementia

Method of Delivery

In-person support group

Duration

1.5-2 hours once per month

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

General Support Group

Brief Description

The content of the support group is driven by the participants. Participants are encouraged to speak about issues of importance to them and to suggest topics for future discussion.

Learning Objectives

- Provide a safe environment for caregivers to explore issues related to caring for someone with dementia
- Enhance caregiver's knowledge of the illness, available supports and coping strategies

Target Audience

Family caregivers

Method of Delivery

In-person support group

Duration

2 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Lewy Body Dementia Family Support Group

Brief Description

This is a support group for family caregivers of individuals with Lewy body dementia. Caregivers will have a chance to share their experiences and learn new coping strategies from other caregivers.

Learning Objectives

- Interact with other group members caring for those with Lewy body dementia
- Become familiar with dementia with Lewy bodies (DLB) or Parkinson's disease with dementia (PDD)
- Opportunity for therapeutic support as well as education information
- Share experiences and concerns and receive support from the group facilitator and other group members

Target Audience

Family caregivers of those diagnosed with Lewy body dementia

Method of Delivery

In-person support group

Duration

2 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Living with Ambiguous Loss

Brief Description

This support group is designed for family caregivers of those diagnosed with dementia. The concept of “Ambiguous Loss” will be explored with participants. Participants will have an opportunity to learn about Pauline Boss’ theory and obtain strategies to implement in their own lives. By using Pauline Boss’ theory participants should obtain a better understanding of their own experience of grief related to caring for their family member or friend.

Learning Objectives

- Develop an understanding of the concept of “Ambiguous Loss”
- Develop coping strategies to implement in their own lives
- Obtain a better understanding of their own experiences of grief related to caring for their family member

Target Audience

Family caregivers of those diagnosed with dementia

Method of Delivery

Lecture-style PowerPoint presentation and handouts

Duration

2.5 hours once a week for four weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Mindfulness for Caregivers

Brief Description

This four-week group will offer caregivers a chance to learn and practice mindfulness techniques in an open and relaxed environment. The goal is to be focused on the present moment while being gentle, compassionate and non-judgemental. There is no pressure on “getting it right.” Some commitment to practice outside of the group is expected and encouraged.

Learning Objectives

- Learn about mindfulness through short readings, brief lectures and interactive discussions
- Practice and become comfortable with simple mindfulness techniques, while learning to be present in the moment in a non-judgemental way
- Incorporate mindfulness into everyday life

Target Audience

Family caregivers

Method of Delivery

Participation in mindfulness exercises and guided meditations

Short readings

Brief lectures

Interactive discussions

Duration

1.5 hours for 4 weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Saturday Caregiver Retreat

Brief Description

This retreat will allow participants to reduce their overall stresses as a caregiver and find peace of mind. The group helps family caregivers manage the stresses of caregiving through meditation, creative art making, and therapeutic group counselling.

Learning Objectives

- Learn from the experience and insights of others on how to cope with caring for someone with Alzheimer's disease
- Discuss and practice self care strategies including various mediation and mindfulness techniques
- Become more self aware of their own stresses and triggers
- Connect with supportive services offered by the Alzheimer Society of Toronto

Target Audience

Family caregivers of those diagnosed with dementia

Method of Delivery

In-person support group

Duration

4 Saturdays over the course of 4 months

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Spousal Support Group

Brief Description

This 4-week support group will provide an opportunity for spousal caregivers to come together to support each other through the caregiving experience. Participants will decide on the focus and direction of the group, and both practical and emotional needs will be explored.

Learning Objectives

- Opportunity to share insights and experiences with each other related to their personal caregiving experiences
- Learn about how others are adjusting to their own changing relationships
- Discuss and share different strategies regarding self care and care for their spouses (to include stress, communication and responding to behaviours)
- Receive updated information about dementia and the services available at the Alzheimer Society of Toronto and around Toronto

Target Audience

Spousal caregivers for people living with dementia

Method of Delivery

In-person support group

Duration

1.5 hours a week for 4 weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

The Boomers Club

Brief Description

The Boomers Club is an 8-week program that focuses on physical wellness and social connections for people with young onset dementias (under age 65) and their care partners.

Learning Objectives

- To promote physical and social wellness among people with YOD and their care partners

Target Audience

People with young onset dementia (under age 65) and their family caregivers.

Method of Delivery

In-person participation in a spacious room with seating provided
Light stimulating physical exercises
Interactive, easy games

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Vascular Dementia and Alzheimer's Caregiver Support Group

Brief Description

This is a support group for family caregivers of individuals with vascular dementia. Caregivers will have a chance to share their experiences and learn new coping strategies from other caregivers.

Learning Objectives

- Support other family caregivers of those diagnosed with vascular dementia
- Opportunity for therapeutic support as well as education
- Share experiences and concerns and receive support from the group facilitator and other group members

Target Audience

Family caregivers of those diagnosed with vascular dementia

Method of Delivery

In-person support group

Duration

2 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Young Caregiver Support Group (16 - 35 years of age)

Brief Description

This is a support group for young caregivers between 16 and 35 years of age whose parent has been diagnosed with Alzheimer's disease or a related dementia.

Learning Objectives

- Receive informal education and support from facilitator and other group members
- Discuss education, experiences and concerns within the group
- Share caregiving experiences
- Opportunity for therapeutic support as well as a chance to provide coping strategies for caregiving

Target Audience

Teenagers who are caring for their parent diagnosed with dementia

Method of Delivery

In-person

Online

Note: The group will alternate between in-person and online meetings

Duration

1.5 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Young Onset Active Living Program

Brief Description

A monthly program that focuses on physical wellness and social connections for people with young onset dementias (under age 65) and their care partners.

Learning Objectives

- To promote physical and social wellness among people with YOD and their care partners

Target Audience

People with young onset dementia (under age 65) and their family caregivers.

Method of Delivery

In-person participation in a spacious room with seating provided

Light stimulating physical exercises

Interactive, easy games

Duration

1 hour per month

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Youth Caregiver Support Group (13-18 years of age)

Brief Description

This is a support group for young caregivers between 13 and 18 years of age whose parent has been diagnosed with Alzheimer's disease or a related dementia.

Learning Objectives

- Receive informal education and support from facilitator and other group members
- Discuss education, experiences and concerns within the group
- Share caregiving experiences
- Opportunity for therapeutic support as well as a chance to provide coping strategies for caregiving

Target Audience

Teenagers who are caring for their parent diagnosed with dementia

Method of Delivery

In-person support group

Duration

1 hour, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

For People with Dementia

Support groups are facilitated by the Alzheimer Society of Toronto's Counselling Program staff to allow for participants to meet and share with others their experiences. Please contact the Alzheimer Society of Toronto's Social Workers to discuss and plan a session to meet your needs.

Early Stage Support Group

Brief Description

This ongoing support group aims to improve the quality of life of individuals with early stage dementia by providing them with a safe avenue to discuss the emotional impact of being diagnosed and to learn and share coping strategies. Caregivers are invited to attend an informal coffee hour in a separate room during the support group.

Learning Objectives

- Make improvements to the quality of life of the individual and other group members with early stage dementia
- Opportunity to socialize and interact with other people living with dementia
- Discuss and share coping strategies

Target Audience

People with dementia in the early stages

Method of Delivery

In-person support group

Duration

1 hour weekly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

For Personal Support Workers

Support groups are facilitated by the Alzheimer Society of Toronto's Public Education Coordinators to allow for participants to meet and share with others their experiences. Please contact the Alzheimer Society of Toronto's Public Education Coordinators to discuss and plan a session to meet your needs.

Personal Support Workers Support Group

Brief Description

This support group provides an opportunity for Personal Support Workers to come together and share their experiences and challenges they come across while providing care for people with dementia.

Learning Objectives

- Share perspectives and insights on how to support clients with dementia
- Opportunity to discuss approaches pertaining to client care
- Create a network of team support with other Personal Support Workers
- Receive updated information about dementia and the services available at the Alzheimer Society of Toronto

Target Audience

Personal Support Workers caring for people with dementia

Method of Delivery

In-person support group

Duration

2 hours, 4 weekly sessions

Facilitator

Alzheimer Society of Toronto Social Worker and Public Education Coordinator

Cost

Free

Professional Workshops

Dementia-specific education to professionals working with people with dementia in a variety of settings including long-term care homes, community agencies, and supportive housing and retirement homes is taught by the Alzheimer Society of Toronto's Public Education Coordinators. Please contact the Alzheimer Society of Toronto's Public Education Coordinators to discuss and plan a group session to meet your needs.

Certificate Programs for Professionals

Dementia Care Training Program (DCTP) including U-First!™

Brief description

This course will provide and enhance the knowledge and awareness of dementia to front-line workers, enabling them to provide quality care for persons with dementia.

Participants will actively use the U-First!™ approach to understand the person living with dementia and their behaviour while engaging in meaningful dialogue with the care team to ensure individualized support for the person with dementia. Participants will also practice person-centred care and effective communication strategies to enhance the quality of life for people with dementia

Learning objectives

Participants will:

- Describe Person-Centred Care
- Describe general aspects of aging, Alzheimer's disease and dementia
- Interpret how changes in the brain associated with Alzheimer's disease will affect all aspects of an individual's life
- Recognize that challenging behaviour is responsive behaviour
- Apply U-First!™ approach to explore the possible causes of responsive behaviours and identify supportive care strategies
- Employ their new understanding and develop strategies to prevent or diffuse responsive behaviour
- Practice communication strategies when working with someone with dementia

Expectations of Participant:

- Each module must be **completed and taken in order** from Module 1-4 in order to receive a certificate
- Participants are required to complete assigned **homework** on time and independently
- Participants are expected to participate through in-class activities and discussions

Target audience

Personal Support Workers and other frontline health care providers

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts

Oral, didactic and interactive discussions

Group activities, readings, case studies, role-playing and other exercises

Cont'd...

DCTP including U-First!™ cont'd...

Duration

12 hours generally provided in 4, three hour modules, or two full days

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

\$60

Behavioural Support Training Program (BSTP)

Brief description

The goal of this training is to develop the skills of frontline staff in caring for people with responsive behaviours related to dementia.

Program Prerequisite

- Completion of the Alzheimer Society's 12 hour DCTP/ODCTP or the U-First!™ Training (within the last two years)
- Previous experience working with someone with dementia

Learning Objectives

- Acknowledge, understand and focus on supporting clients with responsive behaviours
- Construct and demonstrate individualized communication approaches
- Prioritize risk in decision making when managing behaviours individually or as part of a team
- Value the role of team work as a vital and necessary
- Create and implement an action plan for the purpose of problem solving around responsive behaviours

Expectations of Participant:

- Each module must be completed and taken in order from Module 1-3 to receive a certificate
- Participants are required to complete assigned homework on time and independently
- Participants are expected to participate in class activities and discussions

Target audience

Frontline health care providers including Personal Support Workers, Nurses, Allied health

Method of delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

9 hours generally provided in 3, three hour modules

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

\$60

Dementia Care Training Program (DCTP) including U-First® (Presented in Chinese)

Brief description

This course will provide and enhance the knowledge and awareness of dementia to front-line workers, enabling them to provide quality care for persons with dementia.

Participants will actively use the U-First approach to understand the person living with dementia and their behaviour while engaging in meaningful dialogue with the care team to ensure individualized support for the person with dementia. Participants will also practice person-centred care and effective communication strategies to enhance the quality of life for people with dementia

Learning objectives

Participants will:

- Describe Person-Centred Care
- Describe general aspects of aging, Alzheimer's disease and dementia.
- Interpret how changes in the brain associated with Alzheimer's disease will affect all aspects of an individual's life.
- Recognize that challenging behaviour is responsive behaviour
- Apply U-First approach to explore the possible causes of responsive behaviours and identify supportive care strategies
- Employ their new understanding and develop strategies to prevent or diffuse responsive behaviour.
- Practice communication strategies when working with someone with dementia

Expectations of Participant:

- Each module must be **completed and taken in order** from Module 1-4 in order to receive a certificate.
- Participants are required to complete assigned homework on time and independently.
- Participants are expected to participate through in-class activities and discussions.

Target audience

Chinese speaking frontline health care providers including Personal Support Workers, Nurses, Allied health

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts

Oral, didactic and interactive discussions

Group activities, readings, case studies, role-playing and other exercises

Cont'd...

DCTP including U-First® cont'd...

Duration

12 hours generally provided in 4, three hour modules, or two full days

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

\$60

Online Dementia Care Training Program (ODCTP)

Brief description

This course will provide and enhance the knowledge and awareness of dementia to front-line workers, enabling them to provide quality care for persons with dementia.

Participants will actively use the U-First!™ approach to understand the person living with dementia and their behaviour while engaging in meaningful dialogue with the care team to ensure individualized support for the person with dementia. Participants will also practice person-centred care and effective communication strategies to enhance the quality of life for people with dementia

Learning Objectives

By the end of this six-week online course, participants will be able to:

- Describe Person-Centred Care
- Describe general aspects of aging, Alzheimer's disease and dementia
- Interpret how changes in the brain associated with Alzheimer's disease will affect all aspects of an individual's life
- Recognize that challenging behaviour is responsive behaviour
- Apply U-First!™ approach to explore the possible causes of responsive behaviours and identify supportive care strategies
- Employ their new understanding and develop strategies to prevent or diffuse responsive behaviour
- Practice communication strategies when working with someone with dementia

Expectations of Participant:

- Each set of weekly activities must be **completed by the end of each week**
- Each week of the course **must be completed in sequence** in order to receive a certificate
- Participants are required to complete all assigned activities on time and independently
- Participants are expected to participate in online discussions

Target audience

Personal Support Workers and other frontline health care workers

Method of delivery

Webinars (live online meetings), E-learning modules, online discussions, quiz, case study assignments
Participants must have the required technology to participate including a modern web-enabled desktop or laptop computer with speakers or headset, telephone, personal email address

All materials will be provided by the Alzheimer Society of Toronto's Public Education Team

Cont'd...

Online DCTP cont'd...

Duration

6 weeks (approximately 3-5 hours per week)

Facilitator

E-Learning Coordinator

Cost

\$60

Gentle Persuasion Approaches (GPA®) in Dementia Care: Support Person with Responsive Behaviours

Brief description

GPA Basics is a 4 module evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. The GPA curriculum will educate staff on how to use a person-centred, compassionate and gentle persuasive approach and to respond respectfully, with confidence and skill to responsive behaviours associated with dementia.

Learning objectives

- Understand that a person with dementia is a unique human being capable of interacting with the outside world
- Explain the relationship between the disease process and a person's behavioural response
- Apply emotional, environmental, and interpersonal communication strategies to prevent and diffuse responsive behaviours
- Demonstrate suitable and respectful techniques to use in situations of risk

Target audience

Health care professionals

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts

Oral, didactic and interactive discussions

Role plays, whiteboard animations, experimental exercises and case studies

Duration

One full day course - 7.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators trained in GPA

Cost

\$75 (subject to change)

Palliative Care for People with Dementia

Brief description

The Alzheimer Society of Toronto partners with Hospice Palliative Care Ontario to offer workshops aimed at promoting quality of life and comfort for individuals living with dementias. Issues such as expectations, needs, hopes and fears of a dying person as well as offering support in addressing physical, psychological, social, spiritual and cultural aspects regarding life closure and the dying process will be discussed.

Learning objectives

- Review the definitions, values and principles of Hospice Palliative care
- Describe the continuum of Hospice Palliative Care
- Demonstrate an increased awareness of the common fears of dying individuals
- Review the needs of the dying individual and those involved in his/her care (Hospice Palliative Care Ontario)

Target audience

Health care professionals

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

One full day course - 6 hours

Facilitator

Hospice Palliative Care Educator (RN & RPN)

Cost

Free

U-First!™

Brief description

This training is specially designed for people working in community care, acute care, and long-term care. Through dialogue and a case-based approach, participants will have more confidence in working with people with dementia.

Learning objectives

- Demonstrate sensitivity and respect for the individuality of the person with dementia, their family and other team members
- Seek to understand the person living with dementia & associated behavioural changes
- Collaborate with the team to ensure individualized support strategies are developed that recognize and respond to information gathered using U-First!™

Target audience

Health care professionals

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions
Reading activities

Duration

One full day course - 6 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

\$60 per student

Non-Certificate workshops for Professionals

A closer look at Lewy Body Dementia (LBD)

Brief description

This module provides a general overview of Lewy body dementia (LBD) recognizing it as a distinct form of dementia, in terms of its causes and risk factors, and its effects on brain and behaviour

Learning objectives

- Distinguish LBD from other types of dementia
- Review LBD prevalence rates
- Identify its core symptoms and the different types of LBD according to symptom presentation
- Understand the possible causes and risk factors and the effects that the disease has on the brain
- Discuss general issues in diagnosis, outcome, treatment, support and care for people with LBD

Target audience

Health care professionals

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts
Case analysis
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Advanced Care Planning

Brief Description

This general talk discusses the importance of understanding a Substitute Decision Maker's role for health care decisions and communicating the participant's wishes in the case where they become mentally incapable of making those health care decisions.

Learning Objectives

- Recognize that a person can only Advance Care Plan for themselves when mentally capable
- Understand substitute decision makers cannot Advance Care Plan
- Define what Mentally Capable means in Ontario
- Demonstrate that Advanced Care Planning is a voluntary process

Target Audience

Health care professionals and general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Individual self reflection exercises
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Alzheimer Society of Toronto Services – A Place to Begin

Brief Description

This presentation will allow participants to learn about the programs and services provided by the Alzheimer Society of Toronto, including counselling and support groups, education programs, Finding Your Way, Music Project, Caregiver Project and First Link.

Learning Objectives

- Establish an understanding of the counselling, support groups, and education sessions available at the Alzheimer Society of Toronto
- Coordinate use of the resources available that can help to prepare for, and possibly prevent a missing incident
- Discern the benefits that personalized music may have for people with dementia and their care partners
- Discuss how to make a referral to the Alzheimer Society through First Link

Target Audience

Health care professionals and family caregivers

Method of Delivery

Lecture-style PowerPoint presentation, with videos and handouts
Oral, didactic and interactive discussions

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinators and First Link Coordinator

Cost

Free

Alzheimer Society Music Project

Brief Description

This session provides an overview of the inspiration, eligibility and functions of the music project.

Learning Objectives

- Understand the benefits of personalized music
- Attain program materials
- Clarify the eligibility criteria
- Review the application process

Target Audience

Health care professionals, family caregivers and community stakeholders

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

30 minutes

Facilitator

Music Project Coordinator

Cost

Free

Brain Health

Brief Description

This presentation will better the participant's understanding of the risk factors of dementia and improving and maintaining the health of the brain.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Apply strategies to reduce risk of developing dementia

Target Audience

Health care professionals and general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Brain Health (Presented in Chinese)

Brief Description

This presentation will better the participant's understanding of the risk factors of dementia and improving and maintaining the health of the brain.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Illustrate strategies to reduce risk of developing dementia

Target Audience

Chinese speaking health care professionals and the general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Bright Eyes

Brief Description

This workshop will allow participants to learn how to implement a structured sensory stimulation program for a group of individuals in the later stages of dementia

Learning Objectives

- Define a structured sensory stimulation program for people in the later stages of dementia
- Practice a themed sensory stimulation program
- Develop themes for future structured sensory stimulation programs

Target Audience

Activation Coordinators

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Group work and hands-on activities and sensory stimulation

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Caregiver Project for Seniors: Presentation for Referral Partners

Brief Description

This presentation for various referral partners and community agencies will further expand the reach of the Caregiver Project for Seniors and the Alzheimer's Counselling and Financial Support Program and will provide updated information regarding the programs accessibility.

Learning Objectives

- Understand the primary aim of the project
- Discuss eligibility and criteria for applying to the Project
- Clarify successes and pitfalls at intake, implementation and follow up
- Identify eligibility and clarify discharge protocol

Target Audience

Referral partners (CCAC, West Neighbourhood House, Mount Sinai Hospital, Centres D'Accueil Heritage, St. Stephen's Community House, St. Clair West Services for Seniors, Community Outreach Program in Addictions, and other community agencies)

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Webinar format available for select referral partners

Duration

30 minutes

Facilitator

Alzheimer Society of Toronto Caregiver Project Coordinator

Cost

Free

Caregiver Stress and Lessons Learned – CCAC

Brief Description

This education session for CCAC/other professionals working with caregivers has a focus on increasing their awareness and understanding about caregivers, their role, and the impact of dementia upon caregiving.

Learning Objectives

- Understand the nature of dementia, the link between dementia and caregiving
- Identify the different types of stress caregivers experience whilst caring for someone with dementia
- Understand why caregivers 'refuse' help and explore strategies for reducing and coping with stress

Target Audience

Community Care Access Centre (CCAC) and other professionals working with caregivers

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Creativity in Caregiving: For Professionals

Brief Description

This interactive workshop teaches professionals how they can incorporate music, drama, visual art, storytelling and imagination into their programming and relationships with clients who have dementia. Participants learn creative activities and exercises that they can do in programs, and will leave with a deep understanding of the benefits of creativity and art.

Learning Objectives

- Discuss the dehumanizing effects of negative perceptions of dementia and develop a more nuanced and complex view of living with dementia
- Learn about the benefits of creative engagement for older adults and persons living with dementia using an ecological framework
- Discuss the importance of imagination
- Explore how to incorporate various art forms into our professional practice, including:
 - Music
 - Visual art
 - Theatre and Improvisation
 - Storytelling
- Practice arts-based activities and exercises
- Learn about the creative programs and services at the Alzheimer Society of Toronto and in the Toronto area

Target Audience

Professionals working with persons who have dementia

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Individual and large group creative exercises

Oral, didactic and interactive discussions

Duration

2-3 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Dementia Awareness and Training for Transportation Staff

Brief description

This training for transportation staff covers an overview of dementia, as well as the Finding Your Way Program which addresses the risk of people with dementia going missing. The workshop includes an aging simulation that allows participants to explore the impact of diminished sensory ability that an older adult may experience on activities of daily living.

Learning objectives

- Reflect on the emotional impact of diminished sensory ability in carrying out activities related to daily living
- Understand some of the reasons why people with dementia may go missing
- Illustrate some of the techniques that will support communication with a person with dementia
- Learn about resources for the person with dementia and their families

Target audience

Transportation staff

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts

Role playing in partners

Oral, didactic and interactive discussions

Duration

2.5 to 3 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Dementia and Missing Incidents

Brief description

This workshop covers an overview of Alzheimer’s disease and other dementias, as well as the Finding Your Way Program which addresses the risk of people with dementia going missing.

Learning objectives

- Understand some of the reasons why people with dementia may go missing
- Identify some of the characteristics of wandering behavior
- Illustrate some of the techniques that will support communication with a person with dementia
- Learn about resources for the person with dementia and their families

Target audience

Police Officers

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

Typically 1 hour. Up to 3 hours if “Aging Simulation” is included.

Facilitator

Alzheimer Society of Toronto Public Education Coordinators and/or First Link Coordinator

Cost

Free

Developmental Disabilities and Dementia: An Overview

Brief description

This presentation explains how advances in medical science and social care have led to a significant increase in the life expectancy for both the general population and those with developmental disabilities. Participants will learn that as dementia becomes more common with increasing age, an understanding of the effects of aging and dementia is important so better supports can be given to them.

Learning objectives

- Clarify the prevalence of developmental disabilities and dementia in Canada and the world
- Compare the incidence rates and relationships between those with dementia and developmental / learning disabilities or Down's Syndrome
- Describe different dementias that can occur in both the general population and those with developmental disabilities
- Increase understanding of Alzheimer's Disease, its causes / risk factors and its effects on the brain, cognition, and behaviour
- Identify warning signs of dementia among adults with Down Syndrome and issues in diagnosing dementia among adults with Down Syndrome
- Apply general supportive strategies for communicating and working with people with developmental disabilities and dementia

Target audience

Health care professionals in developmental disabilities sector and family caregivers

Method of delivery

Lecture-style PowerPoint presentation, with videos and handouts

Oral, didactic and interactive discussions

Case analysis

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Driving and Dementia

Brief Description

This workshop discusses how dementia impacts a person's ability to drive safely, the current legislations related to driving and dementia and action steps to take when a person with dementia can no longer drive safely.

Learning Objectives

- Recognize how dementia impacts one's driving ability
- Identify warning signs that the person with dementia should stop driving
- Illustrate strategies to discuss driving cessation and steps to support the person with dementia

Target Audience

Health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Executive Functions

Brief description This presentation allows participants to observe someone with severe executive functioning difficulties and describes what executive functioning is and what parts of the brain are affected when this system is impaired, with highlights on executive functioning changes in dementia.

Learning objectives

- Define Executive Functioning, as it relates to other brain functions
- Identify what parts or structures of the brain control executive functioning
- Understand how executive functions work in day-to-day life
- Recognize signs and symptoms of impaired executive functions
- Recognize conditions where some level of executive functioning is impaired
- Relate executive functioning impairment in dementia
- Understand the implications of executive impairment in dementia and enable them to plan for the care of someone with executive functioning limitations in dementia.

Target audience

Health care professionals

Method of delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions
Case analysis

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way

Brief Description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Review resources available to prepare for and prevent a missing incident

Target Audience

Health care professionals, family caregivers and general public

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way (Presented in Chinese)

Brief description

This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a family caregiver, professional, or a community member.

Learning objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Increase their knowledge on resources available to prepare for and prevent a missing incident

Target audience

Chinese speaking health care professionals, family caregivers, and the general public

Method of delivery

Lecture-style PowerPoint presentation with videos

Duration

1 to 1.5 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Introduction to Vascular Dementia

Brief Description

This module provides a general overview of vascular dementia (VaD), recognizing it as a distinct form of dementia, in terms of its causes / risk factors, and its effects on brain and behaviour

Learning Objectives

- Compare Vascular Dementia from other types of dementia
- Review prevalence rates
- Understand the possible causes and risk factors and the effects that the disease has on the brain
- Discuss general issues in diagnosis, outcome, treatment, support and care for people with Vascular Dementia.

Target Audience

Health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Case analysis

Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Overview of Alzheimer's Disease and Other Dementias

Brief Description

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Appreciate that dementia is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access services offered by the Alzheimer Society of Toronto

Target Audience

Health care professionals, volunteers and general public

Method of Delivery:

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Overview of Alzheimer's Disease and Other Dementias (Presented in Chinese)

Brief Description

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Target Audience

Chinese speaking health care professionals and general public

Method of Delivery:

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Person-Centred Language for People with Dementia

Brief Description

Founded on the value of person centred care for people with dementia, this workshop reminds participants of the power of our words and the impact they have on persons with the condition and the quality of care they receive.

Learning Objectives

- Appreciate the value of person-centred care and recognize the role it plays in influencing our daily interactions with people with dementia
- Describe the use of person-centred language guidelines as a tool to promote quality care for persons living with dementia
- Discuss opportunities for applying person-centred care approaches in day to day practice

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Search is an Emergency

Brief Description

This workshop discusses ways to reduce the risk of people with dementia from going missing in a facility setting, particular in Adult Day Programs, and how to create and implement a search plan.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify strategies to reduce the risk of clients going missing
- Implement appropriate steps if a client goes missing

Target Audience

Health care professionals working in a facility setting, particularly Adult Day Program staff

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Search is an Emergency (Presented in Chinese)

Brief Description

This workshop discusses ways to reduce the risk of people with dementia from going missing in a facility setting, particular in Adult Day Programs, and how to create and implement a search plan.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify strategies to reduce the risk of clients going missing
- Implement appropriate steps if a client goes missing

Target Audience

Chinese speaking health care professionals working in a facility setting, particularly Adult Day Program staff

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Sexuality and Dementia

Brief Description

This workshop will begin the conversation of how the circle of care can support changes in sexuality and intimacy for a person with dementia and the caregiving partner.

Learning Objectives

- Recognize that the participant's own values and conceptions of sexuality can influence how they handle sexual issues in the workplace
- Distinguish that people with dementia are still sexual beings and have sexual and/or intimacy needs
- Understand that risk to the caregiver and person with dementia needs to be the priority

Target Audience

Health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Individual self reflection exercises
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Stella's Journey: An Integrated Overview of the Alzheimer Society of Toronto's Programs, Services and Strategies for CCAC

Brief Description

This workshop is an explanation of the programs and services provided by the Alzheimer Society of Toronto, including counselling and support groups, education programs, Finding Your Way, the iPod Project and First Link. Thereafter, examine how the Alzheimer Society of Toronto's can provide support for a person with dementia and their family or caregivers through the progression.

Learning Objectives

- Recognize the different programs and services available for persons with dementia, caregivers and health care professionals provided through the Alzheimer Society of Toronto
- Enhance problem-solving tools to help guide decisions in addressing responsive behaviours and improving communication
- Learn the validation therapy - both a communication and behavioural strategy that can be applied to the person with dementia, family caregivers and colleagues

Target Audience

Community Care Access Centre (CCAC) staff

Method of Delivery

Lecture-style PowerPoint presentation with handouts
Oral, didactic and interactive discussions

Duration

1.5 to 2 hours including time for questions

Facilitator

Alzheimer Society of Toronto Public Education Coordinators and Social Worker

Cost

Free

Supportive Communication

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Describe how dementia affects a person's ability to communicate
- Illustrate strategies recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Demonstrate why body language is very important when communicating with a person with dementia

Target Audience

Health care professionals, general public and volunteers

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Supportive Communication (Presented in Chinese)

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Identify how dementia affects a person's ability to communicate
- Illustrate techniques recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Analyze why body language is very important when communicating with a person with dementia

Target Audience

Chinese speaking health care professionals, volunteers and the general public

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Theatre, Aging and Memory Loss

Brief Description

This workshop explores how theatre arts can improve the lives of older adults and person with dementia on multiple levels. Participants will leave with an understanding of the benefits of creativity and play across the life course and in the face of cognitive impairment. Participants will improve quality of life, grow communities and change negative discourses of aging and memory loss.

Learning Objectives

- Apply theatre-based creative activities, exercises and philosophies to working with older adults and people with dementia
- Engage in group activities to understand benefits of creativity for aging and memory loss
- Understand the benefits of creative engagement, to include the therapeutic benefits and the opportunities for relationship and community building
- Increase awareness of existing arts-based programs

Target Audience

Health care professionals and students

Method of Delivery

Lecture style presentation with videos and handouts
Oral, didactic and interactive discussions
Individual, small and large group activities and exercises

Duration

3 hours

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Understanding Dementia and Supportive Communication

Brief Description

This workshop covers an overview of Alzheimer's disease and other dementias and ways to improve communication with a person with dementia, using a person-centred approach.

Learning Objectives

- Define dementia
- Recognize signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Identify how dementia affects a person's ability to communicate
- Describe some strategies that will support communication with a person with dementia

Target Audience

General public, volunteers, and health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Understanding and Managing Responsive Behaviour

Brief Description

This workshop will teach participants about responsive behaviours and some tools that can be used to understand, communicate and problem solve. This workshop will cover strategies that can be used around 3-4 specific behaviours as well as community resources that are available.

Learning Objectives

- Define responsive behaviour
- Express examples of responsive behaviours using person centred language
- Discuss some causes of responsive behaviours
- Review community resources available to support managing responsive behaviours

Target Audience

Health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours

Can be up to 2 hours and include Case study

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Understanding and Managing Responsive Behaviour (Presented in Chinese)

Brief Description

Learn about responsive behaviours and some tools that can be used to understand, communicate and problem solve. This workshop will cover strategies that can be used around 3-4 specific behaviours as well as community resources that are available.

Learning Objectives

- Define responsive behaviour
- Express examples of responsive behaviours using person centred language
- Discuss some causes of responsive behaviours
- Review community resources available to support managing responsive behaviours

Target Audience

Chinese speaking health care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours

Can be up to 2 hours and include Case study

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Walk a Mile in my Shoes – Aging Simulation

Brief Description

This simulation allows participants to explore the impact of diminished sensory ability that an older adult may experience on activities of daily living and instrumental activities of daily living.

Learning Objectives

- Describe some of the changes to the sensory system due to aging
- Reflect on the emotional impact of diminished sensory ability in carrying out activities related to daily living
- Identify supportive strategies to use when working with older clients

Target Audience

Health care professionals and students in health care studies

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Role playing in partners

Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Which is which: Distinguishing Dementia, Delirium and Depression in the older population

Brief Description

Dementia, Delirium and Depression, are three of the most common mental status disorders in the elderly population. The 3Ds, as they are sometimes called, share common features, and most of the time, professionals have a hard time identifying which D their clients are suffering from. This module therefore aims to shed light on these different yet overlapping and sometimes co-existing conditions, which hopefully will lead to better care for our elderly clients

Learning Objectives

At the end of this module, learners will be able to:

- Understand the terms and differentiate between delirium, depression and dementia
- Know the prevalence rates of the 3Ds in different settings
- Identify the risk factors / causes associated with each of the 3Ds
- Highlight the importance of accurate identification of the 3Ds
- Discuss steps in addressing each of the 3Ds

Target Audience

Health care professionals

Method of Delivery

Lecture and Group Discussion

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Webinars

Webinars for Family Caregivers & Friends

Webinars are live online interactive presentations presented by the Alzheimer Society of Toronto's Programs Staff. Participants use their computer and phone to participate during webinars. Please contact the Alzheimer Society of Toronto's E-Learning Coordinator to discuss and plan a session to meet your needs.

Adjusting to Long Term Care

Brief Description

This is a live webinar to help family caregivers adjust to changes experienced when the person with dementia is moving, or has moved, into a long term care home.

Learning Objectives

- Develop strategies to cope with the transition from home to long term care
- Utilize strategies for communicating with long term care staff
- Describe supports available for caregivers

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Caregiver Stress

Brief Description

This live webinar is to help family caregivers identify their sources of stress and develop coping strategies.

Learning Objectives

- Explore the different types of stress caregivers may experience and develop coping strategies to deal with the stress
- Increase awareness of the importance of self care for the caregiver
- Develop an understanding of supportive services in the community and where to seek those services

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Dementia and Communication

Brief Description

This live webinar is to help family caregivers learn how dementia affects communication and develop strategies to improve communication with the person with dementia.

Learning Objectives

- Increase understanding of Alzheimer's disease and dementia
- Recognize of the impact dementia has on communication
- Develop strategies to improve communication with the person with dementia

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Enhancing Family Dynamics

Building on Family Dynamics in Coping with Dementia

Brief description

A live webinar to help participants explore significant sources of conflict for families coping with dementia, and strategies for assisting families, while building on strengths and resilience.

Learning objectives

- Identify family dynamics and their effects on families
- Explore significant sources of conflict for families dealing with dementia
- Explore strategies for assisting families, building on strengths and resilience
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Long Distance Caregiving

Brief Description

A live webinar to help participants gain practical tips and strategies for providing support from a distance, while exploring the unique issues and challenges of long distance caregiving.

Learning Objectives

- Explore unique challenges that arise when caring from a distance
- Identify practical steps to provide support at a distance
- Increase understanding of how to access local community support services

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Meaningful Activities

Brief Description

This live webinar is to help family caregivers develop and participate in meaningful activities with their family member or friend with dementia.

Learning Objectives

- Recognize the importance of meaningful activities and sensory stimulation
- Develop ideas and resources for creating meaningful activities

Target Audience

Family caregivers of people living with dementia

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Overview of Young Onset Dementia

Brief Description

This live webinar will provide caregivers an overview of Young Onset Dementia, the impact on the person and the family and a brief glimpse into the genetic component.

Learning Objectives

- Distinguish Young Onset Dementia (YOD) from Late Onset Dementia
- Develop a basic understanding of the genetic component in YOD
- Recognize the impact of YOD on the person and their family
- Develop an understanding of supportive strategies
- Explore the unique challenges associated with accessing support services

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Celebrating Special Occasions

Brief Description

A live webinar to help participants gain tips for planning holidays and special occasions. Participants will also learn strategies to promote meaningful communication with the person with dementia while exploring unique challenges of special occasions for both the person with dementia and their family caregivers.

Learning Objectives

- Increase awareness of dementia-related changes that may lead to feelings of loss for family and friends during holidays and special occasions
- Plan special occasions that respect the changing abilities of the person with dementia
- Develop strategies for meaningful communication with the person with dementia

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Understanding Ambiguous Loss

Brief Description

A live webinar to help participants identify this unique type of loss and explore concepts for learning to live with Ambiguous Loss.

Learning Objectives

- Describe the concept of Ambiguous Loss
- Recognize the uniqueness and complexity of Ambiguous Loss
- Explore concepts for learning to live with Ambiguous Loss
- Develop an understanding of supportive services in the community

Target Audience

Family caregivers

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Understanding Behaviour

Brief Description

This live webinar is to help family caregivers learn why behaviours occur and strategies to support the person with dementia.

Learning Objectives

- Increase understanding of Alzheimer's disease and dementia
- Recognize possible reasons why behaviours occur
- Develop strategies to respond to behaviours

Target Audience

Family caregivers of person in the middle stage of dementia

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Webinars for the Public

Webinars are live online interactive presentations presented by the Alzheimer Society of Toronto's Programs Staff. Participants use their computer and phone to participate during webinars. Please contact the Alzheimer Society of Toronto's E-Learning Coordinator to discuss and plan a session to meet your needs.

Alzheimer Society of Toronto Services

Brief Description

This live webinar will allow participants to learn about the programs and services provided by the Alzheimer Society of Toronto, including counselling and support groups, education programs, Finding Your Way, the music project, and First Link.

Learning Objectives

- Establish an understanding of programs available at the Alzheimer Society of Toronto
- Prepare for, and possibly prevent a missing incident
- Discern the benefits that personalized music may have for people with dementia
- Make a referral to the Alzheimer Society through First Link

Target Audience

Family caregivers, health care professionals, and the general public

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Brain Health

Brief Description

This live webinar is to help participants better understand the risk factors of dementia and improving and maintaining the health of the brain.

Learning Objectives

- Understand some of the research findings on reducing the risk of developing dementia
- Recognize that lifestyle plays a role in reducing a person's risk of developing dementia
- Apply strategies to reduce risk of developing dementia

Target Audience

General public and health care professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Finding Your Way

Brief Description

This live webinar discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a professional or a community member.

Learning Objectives

- Understand some of the reasons why people with dementia may go missing
- Identify what to look for and how to help someone who is lost and confused
- Review resources available to prepare for and prevent a missing incident

Target Audience

General public and health-care professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Overview of Alzheimer's disease and Other Dementias

Brief Description

A live webinar to help participants learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- List some of the services offered by the Alzheimer Society of Toronto

Target Audience

General public and health-care professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Webinars for Healthcare Professionals

Webinars are live online interactive presentations presented by the Alzheimer Society of Toronto's Programs Staff. Participants use their computer and phone to participate during webinars. Please contact the Alzheimer Society of Toronto's E-Learning Coordinator to discuss and plan a session to meet your needs.

3 Ds: Delirium, Depression and Dementia

Brief Description

A live webinar to help participants learn about the three most common mental status disorders in the elderly population. The 3Ds, as they are sometimes called, share common features, and most of the time, professionals have a hard time identifying which D their clients are suffering from. This module therefore aims to shed light on these different, yet overlapping and sometimes co-existing conditions, which will hopefully lead to better care for elderly clients

Learning Objectives

- Understand the terms and differentiate between delirium, depression and dementia
- Know the prevalence rates of the 3Ds in different settings
- Identify the risk factors / causes associated with each of the 3Ds
- Highlight the importance of accurate identification of the 3Ds
- Discuss steps in addressing each of the 3Ds

Target Audience

Healthcare professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Driving and Dementia

Brief Description

A live webinar to help participants learn how dementia impacts a person's ability to drive safely, the current legislations related to driving and dementia and action steps to take when a person with dementia can no longer drive safely

Learning Objectives

- Recognize how dementia impacts one's driving ability
- Identify warning signs that the person with dementia should stop driving
- Illustrate strategies to discuss driving cessation and steps to support the person with dementia

Target Audience

Healthcare professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Executive Functions

Brief Description

A live webinar to help participants define executive functioning, recognize difficulties associated with severe executive functioning impairment and identify parts of the brain that are affected; highlights on executive functioning changes in dementia

Learning Objectives

- Define executive functions and understand how they work in day to day life
- Recognize signs and symptoms of executive functioning impairment and name some conditions where executive functions may be compromised
- Relate executive function impairment in dementia and consider its implications on care planning

Target Audience

Healthcare professionals

Method of Delivery

Online webinar (online account creation at www.alzeducate.ca and enrolment required)

Duration

1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

E-Learning Courses for the Public

E-Learning or Online Courses are self-paced and can be completed independently at any time. Most courses take less than an hour to complete. Participants create an account at Alzheimer Society of Toronto's ALZeducate site (www.alzeducate.ca) and enrol in courses. Technology considerations can be found on ALZeducate under Help>Getting Started.

Dementia 101: Basics

Brief Description

An online course to help participants learn about the difference between normal aging and dementia, the importance of a diagnosis, different types of dementia, the impact of changes to the brain, the progression of Alzheimer's disease, person-centred care and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Identify the prevalence of dementia
- Distinguish changes associated with normal aging from dementia
- Recognize the importance of getting a diagnosis
- Explain different types of dementia
- Describe how dementia affects the brain and a person's abilities
- Recognize how dementia affects behaviour
- Identify the principles of person-centred care
- Describe examples of person-centred care that make a difference to both people with dementia and their family caregivers
- Recognize the support services that are available in Toronto
- Identify how the Alzheimer Society can help

Target Audience

Family caregivers, people with dementia, general public, and health-care professionals

Method of Delivery

Online course (online account creation at www.alzeducate.ca and course enrolment required)

Duration

1 hour (approximately)

Facilitator

None (this is a self directed, self-paced online course)

Cost

Free

Dementia 102: Communication

Brief Description

An online course to help participants improve communication with the person with dementia by exploring our desire to connect with the person, our need for communication, how dementia impacts communication and some creative communication strategies.

Learning Objectives

- Increase understanding of Alzheimer's disease and dementia
- Recognize the impact dementia has on communication
- Develop strategies to improve communication with the person with dementia

Target Audience

Family caregivers, general public, and health-care professionals

Method of Delivery

Online course (online account creation at www.alzeducate.ca and course enrolment required)

Duration

1 hour (approximately)

Facilitator

None (this is a self directed, self-paced online course)

Cost

Free

Suggested Prerequisite

Dementia 101: Basics

Dementia 103: Behaviour

Brief Description

An online course to help participants improve interactions with the person with dementia by learning to understand possible causes of behaviours and strategies to respond to behaviours.

Learning Objectives

- Increase understanding of Alzheimer's disease and dementia
- Recognize possible reasons why behaviours occur
- Develop strategies to respond to behaviours

Target Audience

Family caregivers, general public, and health-care professionals

Method of Delivery

Online course (online account creation at www.alzeducate.ca and course enrolment required)

Duration

1 hour (approximately)

Facilitator

None (this is a self directed, self-paced online course)

Cost

Free

Suggested Prerequisites

Dementia 101: Basics

Dementia 102: Communication

Volunteer Training

Volunteers are an essential part of the success of the Alzheimer Society of Toronto. Training will allow for volunteers to better their work within the Society. Please contact the Alzheimer Society of Toronto's Public Education Coordinators to discuss and plan a session to meet your needs.

Overview of Alzheimer's Disease and Other Dementias

Brief Description

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Target Audience

Volunteers, general public and health-care professionals

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Overview of Alzheimer's Disease and other Dementias (Presented in Chinese)

Brief Description

Learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Appreciate that dementia is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access services offered by the Alzheimer Society of Toronto

Target Audience

Chinese speaking health-care professionals and the general public

Method of Delivery

Lecture-style PowerPoint presentation with handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Supportive Communication

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Describe how dementia affects a person's ability to communicate
- Illustrate strategies recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Demonstrate why body language is very important when communicating with a person with dementia

Target Audience

Volunteers, general public and health-care professionals

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts
Oral, didactic and interactive discussions

Duration

1 to 1.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Supportive Communication (Presented in Chinese)

Brief Description

This workshop discusses changes in communication that occur in people with dementia and strategies to communicate more effectively with the individual using a person-centred approach.

Learning Objectives

- Recognize different ways in which communication occurs
- Identify how dementia affects a person's ability to communicate
- Illustrate techniques recommended to use when communicating with a person with dementia
- Understand the benefits of validating a person's feeling when trying to communicate
- Analyze why body language is very important when communicating with a person with dementia

Target Audience

Chinese speaking health-care professionals, volunteers and the general public

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1 to 1.5 hours including question and answer

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free

Understanding Dementia and Supportive Communication

Brief Description

This workshop covers an overview of Alzheimer's disease and other dementias and ways to improve communication with a person with dementia, using a person-centred approach.

Learning Objectives

- Define dementia
- Recognize signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Identify how dementia affects a person's ability to communicate
- Describe some strategies that will support communication with a person with dementia

Target Audience

Volunteers

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

Free

Understanding Dementia and Supportive Communication

(Presented in Chinese)

Brief Description

This workshop covers an overview of Alzheimer's disease and other dementias and ways to improve communication with a person with dementia, using a person-centred approach.

Learning Objectives

- Define dementia
- Recognize signs and symptoms of dementia
- Explain that dementia has an impact on how the brain functions
- Identify how dementia affects a person's ability to communicate
- Describe some strategies that will support communication with a person with dementia

Target Audience

Chinese speaking Volunteers

Method of Delivery

Lecture-style PowerPoint presentation with videos and handouts

Duration

1.5 to 2 hours

Facilitator

Chinese speaking Alzheimer Society of Toronto Public Education Coordinators (Cantonese/Mandarin)

Cost

Free