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# Programs Inventory

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A guide to the Alzheimer Society of Toronto's  
available Workshops, Creative Therapy Courses,  
Support Groups, and Online Learning

*Updated Jan 22 2019*

## Programs for People Living with Dementia or Mild Cognitive Impairment

### Active Living Programs

<b>ART SERIES</b>
The art series is a multi-week workshop where you'll get a chance to learn, experiment, and explore creativity with different visual arts projects and mediums each week. This workshop, offered in an encouraging and relaxing environment and by a professional art teacher, is for people living with dementia and their caregivers (related to the person living with dementia)
<b>AST CHOIR</b>
This group offers people with dementia and family caregivers an opportunity to participate in a singing choir, conducted by a professional choir director.
<b>BOOMERS CLUB</b>
The Boomers Club is a weekly program that focuses on recreation, physical wellness, cognitive stimulation and social connections for people with young onset dementias (under age 65) and their care partners.
<b>CULTURAL TOURS</b>
A guided, interactive tour of a Toronto cultural center 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 one hour of socialization.
<b>DATE NIGHT</b>
Date Night is an opportunity to celebrate you and your spouse (partner). It is an opportunity to enjoy delicious homemade food, a glass of wine, listen to live music and hit the dance floor. We will provide you with a welcoming, dementia-friendly, beautiful eventing.
<b>MINDS IN MOTION</b>
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. This program involves 45 minutes of exercise and 45 minutes of socialization.

*\*We also run various other sessions as requested, based on our availability*

*Some examples include: dance therapy, nia (non-impact aerobics), and drumming circle- feel free to reach out to us if you are looking for something that isn't on this list of our regularly scheduled programs.*

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### Support Groups/Workshops

<b>EARLY STAGE DEMENTIA SUPPORT GROUP</b>
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.
<b>LIVING WITH MILD COGNITIVE IMPAIRMENT WORKSHOP</b>
This workshop is for people living with Mild Cognitive Impairment (MCI) and caregivers of people living with MCI. The focus of the session will be on providing an overview of MCI and the differences between normal aging, MCI and dementia.

**Education Sessions - Open to all!**

<b>DEMENTIA 101</b>
This workshop will provide members of the public, or caregivers with an overview of dementia focusing on the importance of early diagnosis and illustrates the progression of the disease.
<b>UNDERSTANDING BEHAVIOURS AND COMMUNICATION</b>
This is a workshop for family caregivers and members of the public. The primary focus of the workshop is to provide the necessary tools and education to respond to changes in communication and responsive behaviours.
<b>BRAIN HEALTH</b>
This presentation will better the participant's understanding of the risk factors of dementia and improving and maintaining the health of the brain.
<b>BRAIN GAMES</b>
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
<b>FINDING YOUR WAY</b>
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.
<b>CREATIVITY FOR CAREGIVERS</b>
This interactive workshop teaches caregivers or professionals how to incorporate drama, art, and imagination into their relationships with people who have dementia. Participants learn creative activities and exercises, and will leave with a deep understanding of the benefits of creativity and play.
<b>MEANINGFUL ACTIVITIES</b>
This workshop will help people who support a person with dementia to develop and participate in meaningful activities. The goal is to provide practical ideas on how you can spend quality time together by identifying and drawing upon the person's remaining strengths.
<b>DRIVING AND DEMENTIA</b>
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.
<b>UPDATES IN ALZHEIMER'S DISEASE RESEARCH</b>
This workshop will review major milestones in Alzheimer's Disease research and summarize trends in ongoing research happening worldwide.
<b>ALZHEIMER SOCIETY OF TORONTO- A PLACE TO BEGIN</b>
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.

### Education for Family Caregivers

<b>CAREGIVER STRESS</b>
This workshop is to help caregivers identify their sources of stress and develop coping strategies.
<b>BUILDING CAREGIVER RESILIENCE</b>
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.
<b>FINDING JOY AND HUMOUR IN CAREGIVING</b>
This educational workshop is for caregivers of individuals living with dementia with a focus on looking at the lighter side of caregiving
<b>MOVING TO LONG TERM CARE SERIES</b>
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.
<b>FAMILY DYNAMICS OF CAREGIVING</b>
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.
<b>UNPACKING DENIAL IN DEMENTIA</b>
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.
<b>NAVIGATING THE DEMENTIA CARE SYSTEM</b>
This workshop will provide participants 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.

### Support Groups for Family Caregivers

<b>ADULT CHILD SUPPORT GROUP</b>
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.
<b>LIVING WITH AMBIGUOUS LOSS SUPPORT GROUP</b>
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.
<b>BEREAVEMENT SUPPORT GROUP (IN COLLABORATION WITH HAZEL BURNS HOSPICE)</b>
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.
<b>SUPPORT GROUPS SPECIFIC TO THE TYPE OF DEMENTIA FRONTOTEMPORAL; LEWY BODY DEMENTIA; VASCULAR DEMENTIA AND ALZHEIMERS -; YOUNG ONSET DEMENTIA</b>
These support groups are for family caregivers of individuals with the specified type of dementia. Caregivers will have a chance to share their experiences and learn new coping strategies from other caregivers.
<b>GENERAL CAREGIVER SUPPORT GROUP</b>
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.
<b>MINDFULNESS FOR CAREGIVERS</b>
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.
<b>SPOUSAL SUPPORT GROUP</b>
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.
<b>TEACH PROGRAM</b>
The 4 week Reitman Centre-developed TEACH Program (Training, Education, and Assistance for Caregiving at Home) focuses on common caregiving themes including: self-care; care system navigation; relationship changes; and future planning. Family caregivers are coached in practical communication and coping skills, and have an opportunity to share and learn from other caregivers.

<b>CARERS PROGRAM</b>
The 8 week Reitman Centre-developed CARERS Program (Coaching, Advocacy, Respite, Education, Relationship, Simulation) focuses on practical skills and emotional supports needed to care for people living with dementia at home. The program teaches problem solving techniques and coaches caregivers in communication skills through the use of simulation.
<b>MEN'S COOKING GROUP</b>
This 4-week support group offers a beginner's cooking class and support group for male caregivers supporting someone living with dementia. The support group provides opportunities for male caregivers to share their own experiences on their role changes and to learn the basic skills and simple recipes for cooking at home.
<b>PEER SUPPORT GROUP FOR CAREGIVERS</b>
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.

*\*Pre-screening may be required for certain support groups to determine best fit*

*\*Support groups are available as monthly ongoing groups, or shorter-term (e.g. 4 sessions)*

*Other support groups are available based on community needs. Do not hesitate to reach out to us for additional information.*

First Link Learning Series



**First Steps**

This 4 session workshop is for people in the early stage of dementia and their family caregivers. It explores issues such as:

- Assessing and managing day-to-day risks (such as driving, getting lost and money management)
- Advance Care Planning (preparing for a time when you are not able to make decisions about your care)
- Brain Health and a detailed look at changes to the brain
- Identifying and managing stress

**Next Steps for Families**

This 4-part workshop is for family caregivers. The following topics will be discussed over the 4 weeks:

- Overview of dementia and the role of the family caregiver
- Changes in the brain and brain health
- Medications available
- Assessing and managing risks
- Advance Care Planning
- Caregiver Stress

**Care Essentials: Developing Skills for Care of Persons with Dementia**

This is a 4 series workshop for family caregivers of persons in the middle stage of dementia. It includes an in-depth look at strategies for effective communication and skills to respond to behavioural changes in the middle stage.

**Care in the Later Stages: Quality of Life at the End of Life for Persons with Dementia**

This 4 week series is for family caregivers of persons in the late stage of dementia. It provides an opportunity to discuss issues regarding changes in the late stage, approaching the End-of-Life, making difficult decisions for this stage, grief and the need to take care of yourself.

## Professional Education and Training

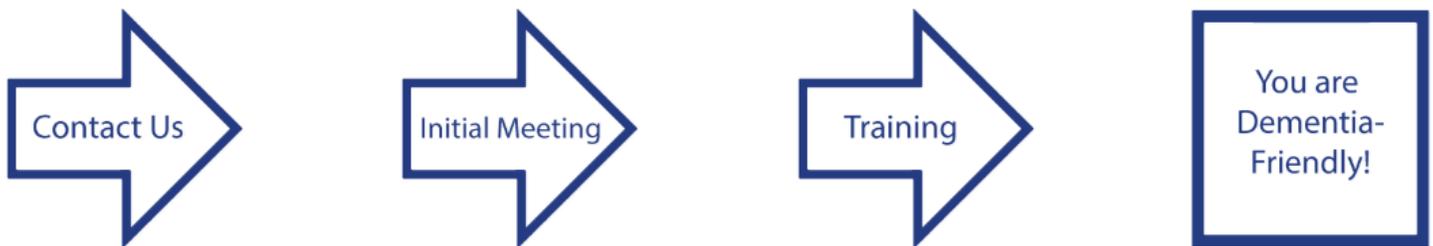
<b>DEMENTIA CERTIFICATE PROGRAM</b>
<p><b><u>DEMENTIA CARE TRAINING PROGRAM (DCTP) INCLUDING U-FIRST!</u></b></p> <p>Increase your skills in caring for people with dementia by completing the Alzheimer Society of Toronto's specialized Dementia Care Training Program. With this 12-hour program, you'll learn:</p> <ul style="list-style-type: none"> <li>• The U-First! approach to managing responsive behaviours</li> <li>• The nature and progression of Alzheimer's disease</li> <li>• The factors that contribute to responsive behaviours</li> <li>• The changes related to aging by experiencing an aging simulation</li> </ul> <p><i>*also offered online</i></p>
<p><b><u>BEHAVIOURAL SUPPORT TRAINING PROGRAM (BSTP)</u></b></p> <p>Behavioural Support Training Program (BSTP) builds on the person-centred dementia care concepts introduced in DCTP by focusing on interactive activities, hands-on exercises and group discussion.</p> <p>You will learn to further improve your skills in caring for people with responsive behaviours related to Alzheimer's disease and other dementias. You will also learn how to develop action plans to problem-solve responsive behaviours and will learn communication approaches to successfully address responsive behaviour.</p>
<b>PALLIATIVE CARE FOR PEOPLE WITH DEMENTIA</b>
<p>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.</p>
<b>GENTLE PERSUASIVE APPROACHES (GPA)</b>
<p>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 behaviour associated with dementia.</p>
<b>U-FIRST!</b>
<p>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.</p>
<p><i>Our general education sessions can also be adapted and delivered to healthcare professionals. Please do not hesitate to contact us</i></p>

## Dementia Friendly Communities Training



Toronto has joined the global movement to build dementia-friendly communities.

In a dementia-friendly community, people living with dementia are included in all aspects of community life and their rights are respected. Community members, businesses, and organizations promote the independence and safety of people living with dementia by learning, raising awareness, and working together. The Alzheimer Society of Toronto's goal is to educate the community so that our neighbourhoods are places where people living with dementia and their care partners feel valued and empowered.



### Step 1

[Click here](#) and take 5 minutes to tell us how we can support your business or organization to be more dementia-friendly. We will be in touch shortly!

### Step 2

We will discuss with you to:

- Outline the training program
- Answer your questions
- Determine your organization's unique needs for better serving people living with dementia and their care partners

### Step 3

Your organization will receive 2 hours of Dementia-Friendly Communities facilitated training.

[Click here](#) to learn about the training objectives, video samples and job aids.

### Step 4

A follow-up site visit will be scheduled after the training to provide additional support. If 75% or more of your organization, department, or team is trained:

- A Dementia-Friendly Organization decal to display at your storefront for 1 year will be provided
- A pin representing your organization on the [Toronto Dementia Network directory map](#) will be added
- Individuals at the organization have the option to wear a Dementia-Friendly Organization button

FREE, SELF-STUDY COURSES/MODULES
<p><b>Dementia 101</b></p> <p>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-centered care and how the Alzheimer Society of Toronto can help.</p>
<p><b>Dementia 102</b></p> <p>Improve communication with the person with dementia by learning about our desire to connect, our need for communication, how dementia changes communication and some creative communication strategies.</p>
<p><b>Dementia 103</b></p> <p>Improve your interactions with the person with dementia by learning to understand possible causes of behaviours and strategies to respond to behaviours.</p>
FREE LIVE WEBINARS
<p>Various topics offered 1-2 times per month, open to anyone! Previously run sessions can be viewed at your convenience</p>
FINDING YOUR WAY- LIVING SAFELY IN THE COMMUNITY (Facilitated by the Alzheimer Society of Ontario)
<p>Learn how you can help people with dementia live safely within the community and how to interact with someone who might be lost. <i>Available in English and French</i></p>
HEALTHCARE PROFESSIONAL TRAINING
<p><u>Online Dementia Care Training Program (ODCTP) including U-First</u></p> <p><i>6 week self-paced course with 2 live webinars</i> Increase your skills in caring for people with dementia by completing the Alzheimer Society of Toronto's specialized dementia care training program. This program is for personal support workers and other front-line health care workers (including dietary, rehabilitation and social service staff, activationists, nurses, and health care students).</p>
<p><u>U-First!</u> (Facilitated by the Alzheimer Society of Ontario)</p> <p><i>3 week self-paced course with 1 live webinar</i> Increase your skills in caring for people with dementia by completing the Alzheimer Society of Ontario's three-week U-First! Online training program. This program is for personal support workers and other front-line health care workers (including dietary, rehabilitation and social service staff, activationists, nurses, and health care students).</p>