

Programs Inventory

A guide to the Alzheimer Society of Toronto's available Workshops,
Active Living Programs, Support Groups, and Online Learning.

Updated December 2019

Table of Contents

Programs for People Living with Dementia or Mild Cognitive Impairment

Early Stage Support Group.....	4
Living With Mild Cognitive Impairment Workshop.....	4
The Music Project.....	4

Active Living Programs

Art Series.....	5
Boomers Club.....	5
AGO.....	5
ROM.....	5
Date Night.....	6
Horse Program.....	6
Minds In Motion.....	6
Non-Impact Aerobics (NIA).....	6

Education Sessions – Open to all!

Dementia 101: An Overview.....	7
Brain Health.....	7
Dementia 102: Communication.....	7
Updates In Alzheimer’s Disease Research.....	7
Finding Your Way.....	7
Programs And Services At The Alzheimer Society Of Toronto.....	7

Education for Care Partners

Care Partner Stress and Building Resilience.....	8
Transitions in Dementia Care: Moving to a Long-Term Care Home.....	8
Understanding Behaviours and Supportive Communication.....	8
Finding Joy and Humour in Dementia Care.....	8
Family Dynamics And Dementia.....	8
Unpacking Denial In Dementia.....	8
Supporting Creative Engagement.....	9
Meaningful Activities.....	9

Support Groups for Care Partners

Adult Child Support Group.....	9
Living With Ambiguous Loss Support Group.....	9
Bereavement Support Group (In Collaboration with Hazel Burns Hospice).....	10
Care Partner Support Group In Long Term Care Homes.....	10
Mindfulness-Based Support Group For Care Partners.....	10
Support Groups Specific To The Type Of Dementia.....	10
Young Carers Support Group.....	10
Spousal Support Group.....	10
TEACH Program.....	11
CARERS.....	11
Men’s Cooking Group.....	11
Peer Support Group For Care Partners.....	11
Respite Services.....	11

First Link® Learning Series.....	12
----------------------------------	----

Professional Education and Training*Dementia Certificate Programs*

Dementia Care Training Program (DCTP) Including U-First!™	13
Behavioural Support Training Program (BSTP)	13

Professional Education and Training

Palliative Care for People with Dementia	13
Gentle Persuasive Approaches (GPA)	13
U-FIRST!™	14
Dementia Friendly Communities™ Training	14

Online Learning*Free, Self-Study Courses/Modules*

Dementia 101	14
Dementia 103	14
Dementia 102	14
Free Live Webinars	15

Healthcare Professional Training

Online Dementia Care Training Program (ODCTP) including U-First!™	15
U-First!™ (Facilitated by the Alzheimer Society of Ontario)	15
Driving And Dementia	16
Intimacy, Sexuality And Dementia	16
Dementia, Delirium, And Depression	16
Navigating The Dementia Care System	16
Supporting Communication	16
Celebrating Special Occasions	16
Loss And Grief	17
Safety At Home	17
Long-Distance Caregiving	17

Programs for People Living with Dementia or Mild Cognitive Impairment

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. Care partners are invited to attend an informal coffee hour in a separate room during the support group. Pre-screening is required.

Living With Mild Cognitive Impairment Workshop

Brief Description

This workshop is for people living with Mild Cognitive Impairment (MCI) and/or care partners 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.



The Music Project

Brief Description

The Alzheimer Society Music Project aims to bring the benefits of personalized music to people living with dementia and other cognitive impairments. Participants receive an MP3 player pre-loaded with their favourite songs, a set of headphones, charging accessories and ongoing support at no cost.

Programs for People Living with Dementia or Mild Cognitive Impairment

Active Living Programs



Art Series

Brief Description

This is a multi-week art series workshop for people living with dementia and their care partners and is offered in an encouraging and relaxing environment and by a professional art teacher.



Boomers Club

Brief Description

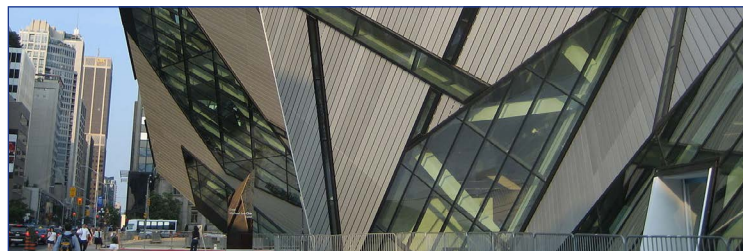
The Boomers Club is a weekly program that focuses on wellness for the people with Young Onset Dementia (YOD) (under age 65) and their care partners. The idea is to create informal connections among people who are on the same journey. The program is flexible and can be modified based on the needs and interests of the group participants.



AGO

Brief Description

A guided, interactive tour of the Art Gallery of Ontario for people living with dementia and care partners. Tours are facilitated by museum docents and are geared to the needs and abilities of persons with dementia.



ROM

Brief Description

A guided, interactive tour of the Royal Ontario Museum for people living with dementia and care partners. Tours are facilitated by museum docents and are geared to the needs and abilities of persons with dementia.

Programs for People Living with Dementia or Mild Cognitive Impairment

Active Living Programs



Date Night

Brief Description

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 evening.



Horse Program

Brief Description

In this multi-week program participants can expect to have direct interaction with a therapy horse, learning how to groom the horse, understand some basic body language of horses and gain insight in how the horse perceives and interacts with the world around them. The horse program was created in partnership with the Community Association for Riders with Disabilities (CARD).



Minds In Motion

Brief Description

Minds in Motion® is a program that combines physical activity as well as cognitive and social stimulation for individuals living with dementia and their care partners.



Non-Impact Aerobics (NIA)

Brief Description

NIA is a multi-week dance fitness practice for people living with dementia and their care partners. The sessions are adapted and sensitive to all levels of agility and are suitable for individuals who want the support of being seated throughout the class.

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

Some examples include: dance therapy 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.

Education Sessions – Open to all!



Dementia 101: An Overview

Brief Description

This workshop will provide care partners, members of the general public, or professionals with an overview of dementia and Alzheimer's disease. It will focus on being aware of the signs and symptoms and the importance of early diagnosis.



Brain Health

Brief Description

This interactive presentation discusses the risk factors of dementia and how healthy lifestyle changes can help improve and maintain the health of the brain.

Dementia 102: Communication

Brief Description:

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

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 care partner, professional, or a community member.

Updates In Alzheimer's Disease Research

Brief Description:

This workshop will review major milestones in Alzheimer's Disease research and summarize trends in ongoing research happening worldwide.

Participants will have the opportunity to ask questions and clarify relevant information around Alzheimer's Disease research.

Programs And Services At The Alzheimer Society Of Toronto

Brief Description

This presentation discusses the programs and services provided by the Alzheimer Society of Toronto for people with dementia, their friends and family, the general public, as well as health care professionals.

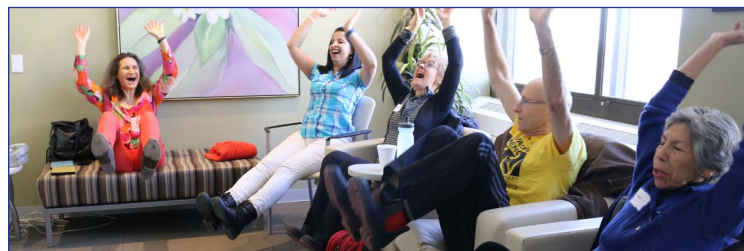
Education for Care Partners



Care Partner Stress and Building Resilience

Brief Description

This workshop is to help care partners identify their sources of stress and develop coping strategies. The focus of the session will be on exploring the concept of resilience and ways to build care partner resilience.



Finding Joy and Humour in Dementia Care

Brief Description

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

Transitions in Dementia Care: Moving to a Long-Term Care Home

Brief Description

This set of two educational workshops aims to give care partners an overview of issues related to long-term care (LTC). The goal is for care partners 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 both sessions.

Family Dynamics And Dementia

Brief Description

This workshop is for care partners 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.

Understanding Behaviours and Supportive Communication

Brief Description

This workshop provides an overview of behaviours in dementia and communicating in a supportive manner. It will focus on providing participants with the knowledge of how behaviours and communication can change over the course of the disease and ways to supportively communicate with a person living with dementia.

Unpacking Denial In Dementia

Brief Description

The focus of the session will be on exploring the concept of denial and anosognosia, how it impacts persons with dementia and their care partners, and strategies for assisting families.

Education for Care Partners

Supporting Creative Engagement

Brief Description

This interactive workshop explores how to adapt activities to support personalized engagement. It also explores how to utilize music, drama, visual art, storytelling and imagination to support and strengthen relationships. Participants learn creative activities and exercises that they can do, and will leave with a deep understanding of the benefits of creativity and art.

Meaningful Activities

Brief Description

This workshop will help care partners of a person with dementia in mid-to-late stages to develop and participate in meaningful activities. The goal is to provide practical ideas on how participants can spend quality time together by identifying and drawing upon the person's remaining strengths.

Support Groups for Care Partners

Adult Child Support Group

Brief Description

This support group will provide an opportunity for care partners 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.

Living With Ambiguous Loss Support Group

Brief Description

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.

Support Groups for Care Partners

Bereavement Support Group (In Collaboration with Hazel Burns Hospice)

Brief Description

This 6-week support group meets 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.

Care Partner Support Group In Long Term Care Homes

Brief Description:

This ongoing support group will provide an opportunity for care partners in Long Term Care Homes 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.

Mindfulness-Based Support Group For Care Partners

Brief Description

This ongoing group will offer care partners a chance to share and connect with other care partners as well as 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.

Support Groups Specific To The Type Of Dementia

Frontotemporal; Lewy Body Dementia; Vascular Dementia And Alzheimers; Young Onset Dementia

Brief Description

These ongoing monthly support groups provide an opportunity for care partners of individuals living with a specific type of dementia to come together to support each other through the caregiving experience.

Young Carers Support Group

Brief Description

The content of the support group is driven by the participants with an emphasis on concerns experienced by carers 16-35 years old. Participants are encouraged to speak about issues of importance to them and to suggest topics for future discussion.

Spousal Support Group

Brief Description

This ongoing support group will provide an opportunity for spousal care partners 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.

Support Groups for Care Partners

TEACH Program

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

Brief Description

Developed by the Reitman Centre, Sinai Health System, this interactive group program is for care partners of people living with dementia. This 4-week program focuses on common caregiving themes including: self care; care system navigation; relationship changes; and future planning.

Peer Support Group For Care Partners

Brief Description

Our two peer-led support groups provide care partners with the opportunity to discuss both practical and emotional needs related to caring for a family member with Alzheimer's Disease or other dementias. These groups are facilitated by volunteers who have lived experience as care partners and have received training on group facilitation. Participants and peer facilitators decide on the focus and direction of the group.

Men's Cooking Group

Brief Description

This 4-week support group offers a beginner's cooking class and support group for male care partners caring for someone with dementia. The maximum number of participants should be 8.

Respite Services

Brief Description

Alzheimer Society of Toronto offers person-centred respite support in a positive and barrier-free environment for people living with dementia providing temporary relief for caregivers to access services. Respite support is available at request of clients and may occur when there is an additional designated respite space concurrent to the program or service being held.

CARERS

(Coaching, Advocacy, Respite, Education, Relationship, Simulation)

Brief Description

Developed by the Reitman Centre, Sinai Health System, this evidence-based program is for care partners of people living with dementia at home. This 8-week program focuses on supporting care partners to develop the practical skills and emotional supports necessary to care for a family member with dementia.

First Link® Learning Series



First Steps

This 4 session workshop is for people in the early stage of dementia and their care partners. 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 care partners. The following topics will be discussed over the 4 weeks:

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

Care Essentials: Developing Skills for Care of Persons with Dementia

This is a 4 series workshop for care partners 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 care partners 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 - Dementia Certificate Programs

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.

Behavioural Support Training Program (BSTP)

Brief Description

Behavioural Support Training Program (BSTP) aims to enhance knowledge, skills and attitudes of frontline staff in caring for people with responsive behaviours related to dementia. This program uses a practice-based approach that builds on the concepts and frameworks introduced in the Dementia Care Training Program (DCTP)/ODCTP or U-FIRST™.

Professional Education and Training

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.

Gentle Persuasive Approaches (GPA)

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-centered, compassionate and gentle persuasive approach and to respond respectfully, with confidence and skill to responsive behaviours associated with dementia.

Professional Education and Training

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.

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.

Online Learning - Free, Self-Study Courses/Modules - Open to all

Dementia 101

Brief Description

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.

Dementia 102

Brief Description

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.

Dementia 103

Brief Description

Improve your interactions with the person with dementia by learning to understand possible causes of behaviours and strategies to respond to behaviours.

Online Learning - Open to all

Free Live Webinars

- Various topics offered 1-2 times per month, open to anyone!
- Previously run sessions can be viewed at your convenience

Finding Your Way® - Living Safely in the Community

(Facilitated by the Alzheimer Society of Ontario)

- Learn how you can help people with dementia live safely within the community and how to interact with someone who might be lost.
- Available in English and French

Healthcare Professional Training - Open to all

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

6 week self-paced course with 2 mandatory live webinars.

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).

U-First!™ (Facilitated by the Alzheimer Society of Ontario)

3 week self-paced course with 1 mandatory live webinar.

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).

Online Learning - Open to all



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.



Navigating The Dementia Care System

Brief Description

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

Intimacy, Sexuality And Dementia

Brief Description

This webinar will begin a conversation about the topic of intimacy and sexuality as we age, with dementia being a key area of focus.

Supporting Communication

Brief Description:

This webinar will focus on providing participants with the knowledge of how communication can change over the course of the disease and ways to supportively communicate with a person living with dementia.

Dementia, Delirium, And Depression

Brief Description

Learn about the 3 D's, prevalence of 3 D's, causes/risk factors, strategies to address each of the 3 D's, and how you can support the person you are caring for while they are experiencing any of these conditions.

Celebrating Special Occasions

Brief Description:

Explore the unique challenges of celebrating holidays and special occasions. Gain practical planning tips, including strategies to promote meaningful communication with person with dementia.

Online Learning - Open to all

Loss And Grief

Brief Description:

Explore the concept of ambiguous loss, develop coping strategies and gain understanding of feelings of grief when caring for a person with dementia.

Long-Distance Caregiving

Brief Description:

This webinar will explore some of the unique challenges and issues that can arise when caring from a distance, as well as identify the different ways care partners can provide support and be involved in the person's life.

Safety At Home

Brief Description:

This webinar will focus on helping care partners identify possible risks and make the necessary modifications at different stages of the disease.