

IMPACT REPORT

April 2023 - March 2024



"Dogs just want to love you and loving them back is pure joy. No judgement, no expectations. She makes me forget about dementia. You can still be happy!" - Steve, AST photography workshop participant

Message from our leadership



At the Alzheimer Society of Toronto, we believe that everyone living with dementia deserves the best care possible.

Currently one in three adults in Ontario has a close family member living with dementia and they expect and deserve to have the best resources, drugs and therapies and support to ensure their loved one has the best quality of life. More than 51,000 people in Toronto are currently living with dementia and this number will continue to grow.

Thanks to your support, the Alzheimer Society of Toronto is currently connecting with 15,000 individuals a year, providing free counselling, caring support and programs, and education. Because of you, the Alzheimer Society of Toronto is able to make sure no one has to feel alone on their journey living with dementia. **We couldn't do it without you.**

“ Witnessing first-hand the laughter in the room during our Mid-Town Social, or the joy of song during the Golden Choir, you can see our programs, workshops and support groups have a meaningful impact on everyone who participates. **None of which is possible without you.** ”

It is a privilege to work with the Board, staff, and volunteers at AST, supporting our clients living with dementia, their care partners, and healthcare workers across the city. Leading such a dedicated and compassionate team of professionals who prioritize the best interests of our clients is an honour.

Witnessing first-hand the laughter in the room during our Mid-Town Social, or the joy of song during the Golden Choir, you can see our programs, workshops and support groups have a meaningful impact on everyone who participates. **None of which is possible without you.**

For individuals living with dementia and their loved ones, the journey can be incredibly difficult and isolating. Families and loved ones face the immense challenge of managing grief while needing to stay present and engaged. Thanks to the generosity of our donors, we are able to provide connection, care, and community to those on this journey, and, hopefully, on some days, moments of joy.

The impact that we collectively have on individuals living with dementia and their care partners is immeasurable. Dementia touches us all, if not today then more than likely tomorrow. With your continued commitment, we will do everything in our power to respond to the growing needs of individuals living with dementia and their care partners – so that no one is left behind.

With gratitude,



Carol Paradine, Board Chair



Dave Spedding, CEO

“ I’m so impressed by the people who run the Active Living program and how they connect with each person at their level. My mother lights up when we arrive and they greet her by name. There is a social connection for my mom which is often lost with this disease. ”

- Kim, Care Partner



Your support in action. Thank You!

MUSIC PROJECT

Personalized music can significantly benefit those living with dementia by enhancing physical & social activity and rekindling old memories. **793** individuals living with dementia received an MP3 player through the Music Project in 2023/24.



EDUCATION

Online or in person, **9,500** people received dementia training through Education programs - critical to breaking down myths and stigmas around dementia and focusing health care professionals on person-centered care for those living with dementia.



ACTIVE LIVING

The Active Living programs provided joy and socialization, reaching over **4,000** attendees living with dementia and their care partners. These programs provide creative outlets that stimulate cognitive abilities, and reminiscences.



SUPPORT GROUPS

Through support groups, **1,155** Care Partners found community, encouragement and acceptance. The dementia journey is often very lonely. For many, these support groups offer a lifeline and assurance that no one is alone on the dementia journey.



CARE NAVIGATION

More than **3,000** clients received assistance through the Care Navigation program, ensuring they get the necessary support, guidance, and relief during the early stages of their diagnoses when they need it most.



OUR CLIENTS

Everyone living with dementia deserves the best care possible. **15,000** individuals connected with AST through Support Services, Active Living and Education thanks to you.



AST is a ‘tremendous gift’

As care partners know, the need to talk about one’s experience is strong – as is the need to be seen and heard by others with a similar lived experience. Those are opportunities Louis, who is care partner to his husband, found at the Alzheimer Society of Toronto’s (AST’s) 2SLGBTQIA+ support group.

When Louis’s husband was diagnosed with mild cognitive impairment in 2010, the couple took steps to create a home environment that was calm and visually consistent, which helped them manage the effects of the disease for a while. Then, in 2015, when his husband received a diagnosis of both Alzheimer’s and vascular dementia, Louis retired from his job to become a full-time care partner.

Though the couple are now quite far along in their journey, Louis says they always try to find the positive. For example, while his husband’s mobility has declined significantly, Louis notes that they can still communicate and even share a joke. “I’m grateful that we are still able to live together in our home, thanks in part to the caregivers who come in four afternoons a week so I can run errands and get some respite,” says Louis.

Thanks to your support, care givers like Louis are able to get the support they need, when they need it the most.

He’s also incredibly grateful for the Alzheimer Society of Toronto, which he calls “a tremendous gift.” Towards the end of the pandemic, it was during one of Louis’s counseling sessions with his AST social worker that he learned about a support group at AST that catered exclusively to 2SLGBTQIA+ care partners. The group started meeting virtually for an hour and a half each month, and Louis has been a constant member since the beginning. The support group includes members from outside Toronto, as it is the only one of its kind in Ontario.

“Everyone is at different stages in their journey, but we all share a common vocabulary and a common culture,” says Louis. He notes that many group members value the safety this unique group offers. And, although they may find themselves in different situations – such as caring for a partner or for a parent – they’ve bonded through shared perspectives. “The members are emotionally forthright, even though we’re virtual. The moderators are skilled at creating an environment where people feel respected and able to share as much or as little as they want.”

Issues covered in their discussions include challenges faced by many care partners, such as navigating the healthcare system, locating long-term care facilities offering equitable services for diverse residents, setting up powers of attorney (POAs), and learning key advocacy tools and techniques. As well, members share their coping strategies and their methods to re-energize and restore themselves.

“I can’t say enough about how valuable this support group has been. The facilitators are so skilled at creating trust within the group. I’ve benefited so much.”

Thank you to our Donors

We extend our heartfelt thanks to the generous individuals, corporations, and foundations whose support has been invaluable to the Alzheimer Society of Toronto in 2023-2024. Your ongoing generosity is the foundation that enables AST to offer a lifeline to individuals living with dementia, as well as their families and friends, through our vital programs and services.

\$250,000 - \$499,999

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This list represents gifts received by the Alzheimer Society of Toronto between April 1, 2023 and March 31, 2024. We have done our best to ensure the list is accurate and apologize for any omissions or misspellings. If you have not been appropriately recognized, or have any questions concerning your recognition, please contact Yvonne Siegel, ysiegel@alz.to or phone 416-322-6560.





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We can't thank you enough for the lovely invitation to Date Night.

It was an amazing experience and welcoming atmosphere and we enjoyed it very much. It shows how much you care about people and the extra work you do to make them feel better and accepted.

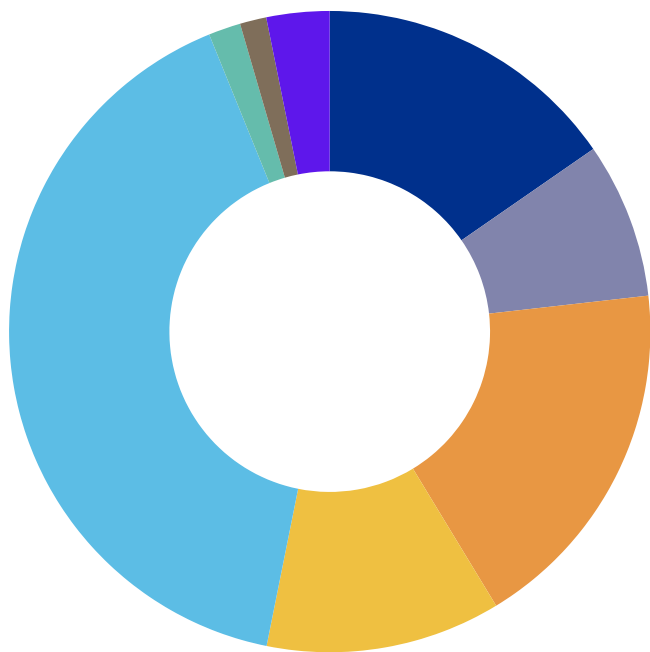
We appreciate everything you do to make people feel better, happy and included.

”

-- *Date Night Client and Care Partner*

Statement of Operations (in dollars)

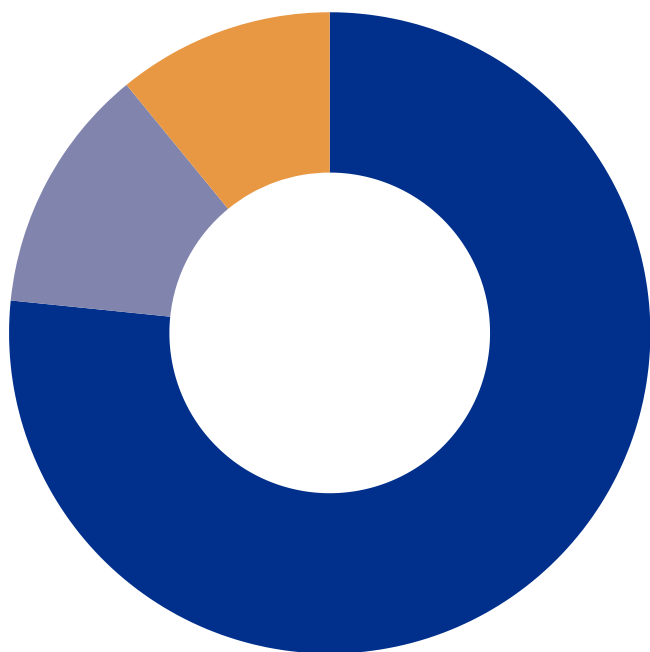
April 1, 2023 - March 31, 2024



Revenue

	2024	2023
Individual Giving & Direct Marketing	1,092,503	878,259
Bequests	558,665	1,075,946
Corporate & Foundation Giving	1,287,923	1,075,882
Events	843,477	1,129,620
Total support from the public	3,782,568	4,159,707

Government Health Programs	1,092,503	2,297,398
Partner Charities	558,665	408,424
Literature & Seminars	1,287,923	75,315
Investment & other income	843,477	147,108
Total revenue	7,115,106	7,084,952



Expenses

	2024	2023
Total Programs & Services	5,247,953	4,737,528
Fundraising	853,589	932,587
Administration	748,445	623,499
Total expenses	6,849,987	6,293,614

Excess (deficiency) of revenue over expenses	265,119	563,346
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AST sees the whole person. It's a pleasure to go there. The staff support the families and there's so much goodwill.

- Chris, living with Alzheimer's

Photo taken while participating in the **Making Strides** Active Living program





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