



Alzheimer Society
TORONTO

Programs Inventory

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

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Programs for People Living with Dementia or Mild Cognitive Impairment and their Carepartners

Early Stage Support Group

Brief Description

This ongoing support group series 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.

Learning Objectives

- Provides an opportunity for social interaction with other people with dementia in the early stages
- Provides a time to lower stress and anxiety by speaking to other people with dementia about challenges and coping strategies

Target Audience

People in the early stages of dementia

Method of Delivery

Online via zoom and in-person

Duration

typically, 4 weeks in a row for 1 hour each week

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

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.

Learning Objectives

- Increase knowledge of MCI and the differences between normal aging, MCI and dementia
- Explore how MCI impacts individuals and families
- Learn how to optimize cognitive health
- Develop an understanding of supportive services in the community

Target Audience

People living with MCI and/or care partners of people living with MCI

Method of Delivery

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

Duration

2 hours including time for questions

Facilitator

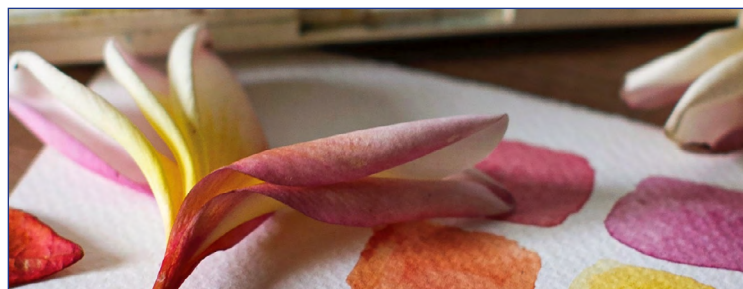
Alzheimer Society of Toronto Social Worker

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Art Programs



Creative Art Series

Brief Description

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

Learning Objectives

- Socialize and interact with other carepartners and people living with dementia
- Provide individuals living with dementia and their family carepartners social stimulation and the opportunity to share a meaningful activity with each other
- The failure-free environment in our art program can help the participants to learn, experiment, and explore creativity with a variety of art projects and mediums.

Target Audience

Person with dementia and their family care partners

Method of Delivery

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

Duration

1.5-hour sessions weekly

Facilitator

Art Instructor and supported by AST volunteers

Cost

Free (all materials included)

Watercolour Series

Brief Description:

Learn how to create beautiful watercolours, step by step. Participants will join a professional artist to practice and improve upon a range of simple watercolour techniques. This series is appropriate for learners at all levels and provides opportunities for each participant to learn at their own pace and in their own style

Program Goals:

People living with dementia and their carepartners will learn basic watercolour techniques within an accessible, dementia friendly environment. As well the group will experience an increased sense of connectedness in a social and community context by engaging in meaningful program.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5hrs

Facilitator:

Professional Artist Facilitator, supported by Alzheimer Society staff and Volunteers

Cost:

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Art Programs



Woven Stories

Brief Description:

A beginners 4-week weaving program, where participants will learn basic weaving techniques and together create a hand-woven tapestry. We will also explore our personal relationship and family heritage to textiles to share our stories, and what these objects mean to us. Our final session will be held at the Textile Museum of Canada with a guided tour and a hands-on textile making activity.

Program Goals:

People living with dementia and their carepartners will receive hand on weaving techniques, as well as experience a sense of connectedness through the sharing of their personal stories.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5hrs

Facilitator:

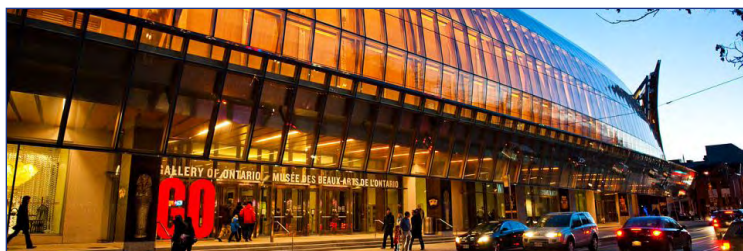
Alzheimer Society staff and supported by AST Volunteers

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Cultural Tours And Outings



AGO Art Talk Museum Tour

Brief Description

AGO Art Talk is a free one-hour guided tour at the AGO. This program is for people living with dementia and their caregivers, and facilitated by an experienced AGO Docent Art Educator

Program Goals

To offer people living with dementia and their carepartners an accessible, educational and engaging guided museum tour. As well an increased sense of connectedness in a social and community context by engaging in this thoughtfully curated program.

Target Audience

People living with dementia and their care partners

Method of Delivery

In-person at the Art Gallery of Ontario

Duration

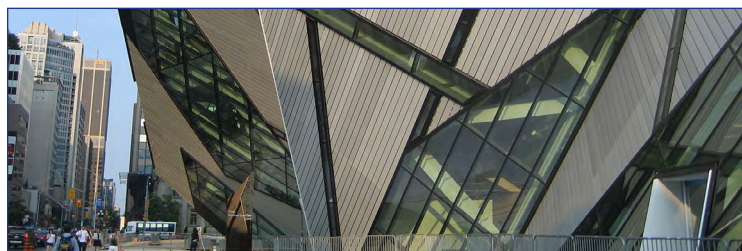
1-hour tour

Facilitator

AGO Docent Art Educator, supported by AST Staff and volunteers

Cost

Free



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.

Learning Objectives

- Socialize and interact with other care partners and people living with dementia
- Enhance cultural appreciation and awareness
- Participate in reminiscing activities

Target Audience

People living with dementia and their care partners

Method of Delivery

In-person at the Royal Ontario Museum

Duration

1-hour tour monthly (no tours July-August)

Facilitator

ROM Tour Guide and supported by AST volunteers

Cost

Free

OTHER TOURS AND OUTINGS

We offer various tours and outings throughout the year to places and events. Please check our calendar for upcoming events.

Programs for People Living with Dementia or Mild Cognitive Impairment

Cultural Tours And Outings



AGO Virtual Art Talk Series

Brief Description

AGO Virtual Art Talk Series offers an engaging and in-depth experience of the Art Gallery of Ontario. The AGO will help you explore their collection through conversation, exchanging ideas and observations about the selected artworks. This is a one-hour virtual art talk hosted on Zoom. The art talk is facilitated by an experienced AGO Art Educator and is assisted by Alzheimer Society of Toronto's volunteers.

Program Goals

People living with dementia and their carepartners will experience an accessible and educational program that will increase a sense of connectedness within a virtual setting. Participants will receive an interactive art education tour by an AGO Docent in a virtual setting.

Target Audience

People living with dementia and their care partners

Method of Delivery

Virtual

Duration

1-hour tour

Facilitator

AGO Docent Art Educator, Alzheimer Society Staff and volunteers

Cost

Free

Pride in our Memories

Brief Description

Pride in Our Memories is a 4-week reflective art program, held at Glad Day Bookshop (499 Church St. T.O). Participants are invited to re-explore the Village through the lens of photography on a guided walking tour and create collaborative art that celebrates our history and lived experiences. This series is intended for LGBTQ+ People Living w/Dementia and their Carepartners

Program Goals

LGBTQ+ People Living with Dementia and their Care Partners will experience an increased sense of connectedness in a social and community context by engaging in a creative and meaningful program.

Target Audience

People living with dementia and their care partners

Method of Delivery

In-person

Duration

1.5 hours

Facilitator

Alzheimer Society Staff and volunteers

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Music Programs



Rebanks Fellows Virtual Concert

Brief Description:

The Rebanks Family Fellowship is a one-year postgraduate program of The Royal Conservatory's Glenn Gould School. These talented musicians at the cusp of their professional careers will perform a live virtual concert in the Royal Conservatory Music Hall. Clients will join us online from the comfort of your homes!

Program Goals:

People living with dementia and their carepartners will experience a live virtual concert performed by up-and-coming classical musicians within an accessible and inclusive environment.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

Virtual

Duration:

1 hour

Facilitator:

Alzheimer Society staff, Royal Conservatory Staff and Fellow Musicians

Cost

Free

Xenia Concerts

Brief Description:

Xenia Concerts are accessible concerts performed by talented international musicians. During various times of the year, we offer virtual concerts on Zoom, as well as in-person concerts at Meridian Hall and Meridian Arts Centre.

Program Goals:

To allow people living with dementia and their carepartners an opportunity to attend professional musical concerts that celebrate diversity, inclusion within an accessible environment.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-Person and Virtual

Duration:

1 hour

Facilitator:

Alzheimer Society staff, Volunteers, Xenia and T.O Live Staff

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Music Programs



Music for Memory Care

Brief Description:

Music for Memory Care with New Song Music Therapy is a 6 week in-person series. Participants will discover more about themselves and enhance their relationships within the creative outlets of singing, music listening and movement to music.

Program Goals:

People living with dementia and their carepartners will come together in person to create music, share their stories, and sing in unison, which will reduce social isolation, increase social connection and build better sense of community.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5 hours

Facilitator:

Alzheimer Society staff, volunteers and New Song Music Therapy

Cost:

Free



The Power of Music with Steve Koven

Brief Description:

The Power of Music is a 6-week series facilitated in-person by Steve Koven. This program explores different musical genres through live performances, conversations about music, composers, creativity and improvisation. It is an hour of pure joy and fun!

Program Goals:

To offer people living with dementia and their carepartners an opportunity to engage in a meaningful, and educational musical program that celebrates creativity and social connections.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5 hours

Facilitator:

Steve Koven a professionally trained musician and Dementia Friendly Facilitator, supported by Alzheimer Society staff, and Volunteers

Cost:

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Music Programs



Virtual Music Therapy

Brief Description:

Our Virtual Music Therapy Program offers people living with dementia and their carepartners an opportunity to enjoy an hour of live music, sing-alongs, and musical connections provided by a trained Music Therapist!

Program Goals:

People living with dementia and their carepartners will engage in a thoughtfully curated music program by singing, learning about musical genres and musicians and reminiscing about the music from their lives.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

Virtual

Duration:

1 hour

Facilitator:

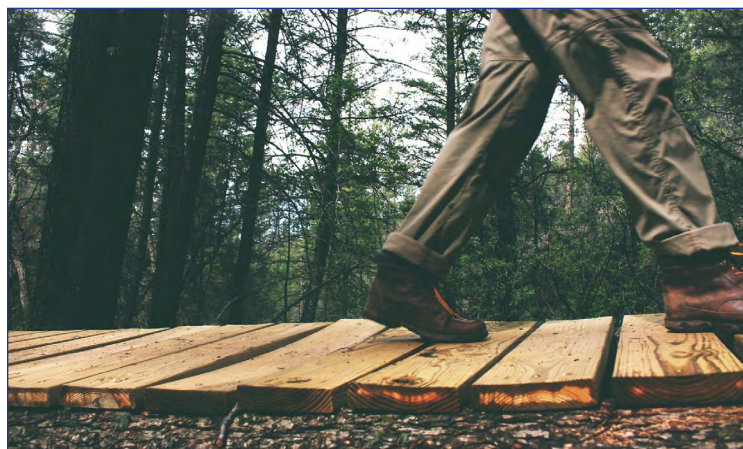
New Song Music Therapist, and supported by AST Volunteers

Cost:

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Physical Programs



Creative Movement Series

Brief Description:

Creative Movement is an 4-part in-person series. Participants will enjoy activating their bodies in different ways. Each week we will offer a different medium of movement including Zumba, Yoga/Meditation, Dance Therapy and Nia (Non-Impact Aerobics). Each week we will explore one creative movement, lead by a different facilitator to offer variety and diverse approaches to staying active.

Program Goals:

People living with dementia and their carepartners will experience diverse and meaningful ways to stay active and well within a dementia friendly environment.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5 hours

Facilitator:

4 Wellness Practitioners, supported by Alzheimer Society staff and Volunteers

Cost:

Free

Making Strides - Eastend and Westend Walking Group

Brief Description:

Our walking group, Making Strides is a bi-weekly Outdoor Walking Program at Evergreen Brickworks in the Eastend, and High Park in the Westend of the city. Together we will remain physically active while building connections as a group.

Program Goals:

People living with dementia and their carepartners will take part in healthy practices that encourage physical wellbeing and important social connections.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1 hour

Facilitator:

Alzheimer Society staff and supported by AST Volunteers

Cost:

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Physical Programs



Minds in Motion

Brief Description:

Minds in Motion® is an evidence-based program that includes physical activity, socialization, and mentally stimulating activities for people living with dementia and their care partners to participate in together.

Program Goals:

People living with dementia and their carepartners will stay active with accessible fitness routines, as well connect with the other participants with our meaningful and engaging social programming.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-Person and Virtual

Duration:

Virtual 1.5 hours, In-Person 2 hours

Facilitator:

AST Trained Senior Fitness Staff, and supported by AST Volunteers

Cost:

Free



Non-Impact Aerobics (NIA)

Brief Description

Our weekly Virtual Non-Impact Aerobics (Nia) with Jennifer Hicks uses easy to follow movements to build strength and flexibility while conditioning your body. 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

Program Goals

Once a week our clients will build strength, endurance, and build social connections while participating in our Nia Program.

Target Audience

People living with dementia and their care partners

Method of Delivery

Virtual

Duration

1-hour

Facilitator

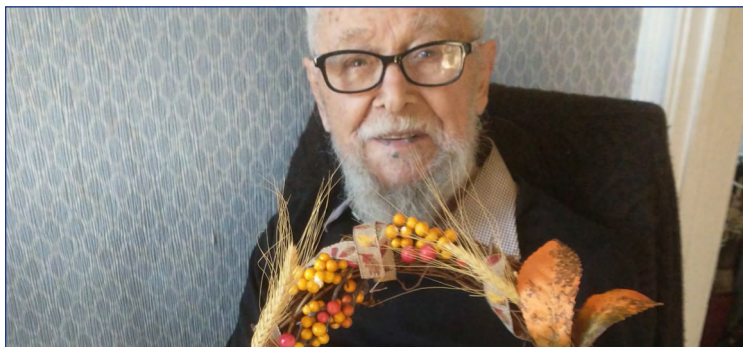
Nia Facilitator Jennifer Hicks, and supported by AST Volunteers

Cost

FREE

Programs for People Living with Dementia or Mild Cognitive Impairment

Social Programs



Garden Wellness Café

Brief Description:

Join certified forest therapy guide and horticultural therapy practitioner, Emma Rooney, as we engage in the garden. This program is held on Zoom, participants are mailed program materials and expected to collect some simple supplies on their own. This program is a hands-on exploration of our gardens as well as an educational program to appreciate and care for our planet.

Program Goals:

People living with dementia and their carepartners will learn how to tend to their gardens, and education on environmentally friendly practices. As well thorough this engaging program participants will build important relationships with each other, reducing social isolation.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

Virtual

Duration:

1 hour

Facilitator:

Emma Rooney and supported by the AST Volunteers

Cost

Free



MidTown Social

Brief Description

Mid-Town Social focuses on social wellness for people with Dementia and their care partners. In this series, we create purposeful connections among people who are on similar journeys while engaging in a variety of engaging activities including art, games, creative movement, cooking, meaningful conversations and more. The program is flexible and will be catered to the interests and needs of the group participants. We come together to break bread, have a laugh and be creative together.

Program Goals

People living with dementia and their carepartners will experience an increased sense of connectedness in a social and community context by engaging in meaningful programs.

Target Audience

For people living with dementia and their care partners

Method of Delivery

In-person

Duration

2 hours

Facilitator

Alzheimer Society staff and supported by AST volunteers

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Social Programs



East End Friends

Brief Description:

East End friends moves through a variety of recreational activities aimed at activating our bodies and minds, making friends, having fun and getting creative! This monthly program is intended for people living with dementia and their care partners. This program is offered at The Mid-Scarborough Hub (2658 Eglinton Avenue East).

Program Goals:

People living with dementia and their carepartners will take part in a program that promotes healthy living ad social connections within the Scarborough community.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

2 hours

Facilitator:

Alzheimer Society staff and supported by AST Volunteers

Cost:

Free



Going the Second Mile

Brief Description:

In this series, we will create purposeful connections among people who are on similar journeys of living with dementia, while engaging in a variety of engaging activities including art making, games, creative movement, cooking, meaningful conversations and more.

Programming will be offered through a culturally inclusive, accessible, and dementia-friendly lens.

Program Goals:

People living with dementia and their carepartners will experience social, emotional, and physical programs that are accessible and culturally inclusive, and promote important connections that reduce social isolation.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

2 hours

Facilitator:

Alzheimer Society staff and supported by AST Volunteers

Cost:

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Social Programs



Explore Our Personal Journeys with Virtual Reality

Brief Description:

Explore Our Personal Journeys with Virtual Reality Program is a 5 week in-person program held at Reconnect Community Health Services.

As a group we explored our personal stories using the virtual reality technology to travel to places that are meaningful to us.

Program Goals:

People living with dementia and their carepartners share lived experiences and reminisce as a group. The virtual reality technology allows the participants to revisit these places and experience them anew. The group setting allows the participants to share their stories to build meaningful connections.

Target Audiences:

For people living with dementia and their care partners

Method of Delivery:

In-person

Duration:

1.5hrs

Facilitator:

Alzheimer Society staff (Active Living and Social Work) and Volunteers

Cost:

Free



Date Night

Brief Description

Let the Alzheimer's Society of Toronto take care of you and your partner for the night! We offer couples a romantic night out, with a delicious meal and an opportunity to dance to the rhythms of a live band. This event will offer an opportunity to shake things up, do something different, and awaken our inner romantic!

Program Goals:

Couples will intimately reconnect with each other in a safe and accessible space with others who are experiencing a similar journey of living with dementia.

Target Audience

For people living with dementia and their care partners

Method of Delivery

In person

Facilitator:

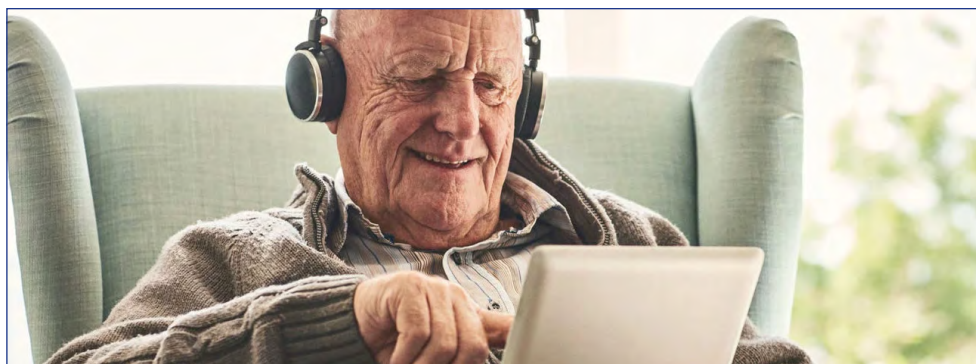
Alzheimer Society staff, Entertainers, and Volunteers

Cost

Free

Programs for People Living with Dementia or Mild Cognitive Impairment

Social Programs



Teleconnect

Brief Description

Teleconnect is a social telephone program delivered by trained volunteers of Alzheimer Society of Toronto to provide social support, share AST program and service recommendations and provide more intensive support as needed.

Objectives

- To offers regularly scheduled outreach calls and/or check in calls.
- To provide practical tips and a friendly listening ear with the goal to build connections with socially isolated caregivers and people living with dementia.

Target Audience

People living with dementia or their care partners

Method of Delivery

- phone or Zoom
- Oral, social and conversation

Duration

Max 1 hour per week

Cost

Free

Education Sessions – Open to all!

Organizations can request for a single presentation or a series of presentations for their groups, and can request for other topics not listed in this program inventory. Each presentation is about 1 hour long and all presentations for the general public are free of charge. Presentations can be delivered virtually via Zoom or in-person (minimum of 10 participants).

Dementia Overview (Formerly Dementia 101)

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.

Supportive Communication (Formerly Dementia 102)

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.

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.

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.

Living Safely in the Community

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.

Education for Care Partners

Organizations can request for a single presentation or a series of presentations for their groups, and can request for other topics not listed in this program inventory. Each presentation is about 1 hour long and may be extended for more discussion opportunities. All presentations for caregivers are free of charge. Presentations can be delivered virtually via Zoom or in-person (minimum of 10 participants).



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.

Learning Objectives

- Explore the different types of stress care partners may experience and develop coping strategies to deal with the stress
- Increase awareness of the importance of self-care for the care partner
- Develop an understanding of supportive services in the community and where to seek those services
- Describe the concept of resilience and why it is important for care partners
- Recognize existing sources of resilience
- Explore ways to build care partner resilience

Target Audience

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
Oral, didactic and interactive discussions
Online via Zoom and/or In-person

Duration

2 hours including time for interaction

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Finding Joy and Humour in Caregiving

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.

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 humor into caregiving

Target Audience

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
Oral, didactic and interactive discussions
Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

Transitioning to Long-Term Care

Brief Description

This set of three educational webinars 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. Care Partners may choose to attend one or all sessions.

Learning Objectives

Session 1: Considering Long-Term Care

- Review choices and options and discuss the dilemmas when it comes to making the decision to move a person living with dementia
- Develop strategies in assessing a LTC home that meets the needs of the person living with dementia

Session 2: Adjusting to Long-Term Care

- Learn about the possible issues and decisions related to long-term care placement and caregiving options
- Learn strategies to prepare for the move into LTC and ways to adjust to their person living with dementia moving into a LTC home

Session 3: Residents Rights in Long-Term Care

- 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

Target Audience

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
Oral, didactic and interactive discussions

Duration

Each session is 1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

Enhancing Family Dynamics

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.

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

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
Oral, didactic and interactive discussions
Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

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.

Learning Objectives

- Recognize that behaviour is a form of communication
- Describe how dementia impacts communication
- Recall communication strategies that can be used to support people living with dementia
- Discuss the meaning of behaviours in dementia and ways to offer support

Target Audience

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
Oral, didactic and interactive discussions
Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners



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.

Learning Objectives

- Explore the concept of denial and anosognosia
- 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

Care partners

Method of Delivery

Lecture-style PowerPoint presentation
 Oral, didactic and interactive discussions
 Online via Zoom and/or In-person

Duration

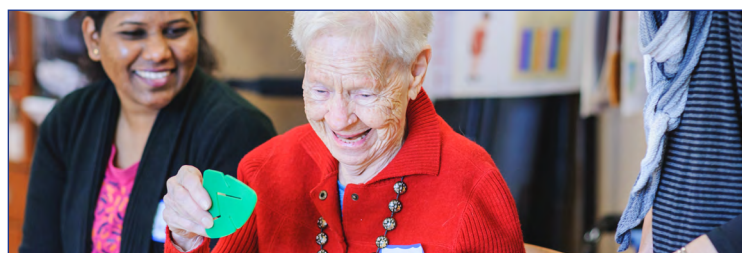
1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the
 Caregiver Education Coordinator

Cost

Free



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.

Learning Objectives

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

Target Audience

Care partners of people with dementia in
 mid-to-late stages

Method of Delivery

Lecture-style PowerPoint presentation
 Oral, didactic and interactive discussions
 Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the
 Caregiver Education Coordinator

Cost

Free

Education for Care Partners



Long Distance Caregiving

Brief Description

Gain practical tips and strategies for providing support from a distance while exploring the unique issues and challenges of long-distance caregiving.



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.



Safety at Home for Care Partners

Brief Description

Gain practical tips and strategies that help care partners identify possible risks and make the necessary modifications at different stages of the disease.



Loss & Grief in Dementia

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.

Education for Care Partners

JOURNEY – Joint Open Unapologetic Reflection to Nourish and Energize Yourself

Brief Description

This interactive workshop will incorporate a systematic whole person approach to help participants reflect on all aspects of their well-being. Through this guided reflection process, participants will identify opportunities for change and start creating a plan to attaining better balance in their lives.

Learning Objectives

- Recognize the importance of self-care
- Explain the U-FIRST! Framework and how it can be used for yourself
- Apply the concepts of the U-First! Framework to your personal situation
- Identify 1 – 2 strategies to improve your personal well-being

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Coping with Death and Grief

Brief Description

Losing someone who had dementia can be a unique and complex experience for those who cared for them. This workshop will explore these issues, identify various approaches to grief, and suggest ways for care partners to cope with loss.

Learning Objectives

- Describe relevant grief concepts
- Explore theories for learning to live with loss and grief
- Discuss ways to honor those who have passed away
- Develop an understanding of supportive services

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

Reframing Guilt and Anger in Caregiving

Brief Description

This workshop is to help care partners recognize and identify the causes of guilt and anger in caregiving and develop coping strategies to reframe guilt, anger and build resilience.

Learning Objectives

- Recognize that feelings of resentment, anger and guilt are a common yet challenging aspect of caring for someone living with dementia.
- Identify the causes of resentment, anger and guilt, as well as the difference between healthy and unhealthy guilt.
- Explore coping strategies to reframe feelings of guilt and anger and build resilience.
- Develop an understanding of how to connect with supportive services in your community.

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Relaxation and Meditation for Caregivers

Brief Description

This hands-on, interactive workshop is for family caregivers caring for people living with dementia. The overarching goal is for caregivers to feel more relaxed and grounded at the end of the workshop, and to learn 1 or more relaxation and meditation techniques to continue to use on their own.

Learning Objectives

- Recognize the impact of chronic stress on caregivers.
- Explore how relaxation and meditation techniques can help reduce caregiver stress and build resilience in the face of uncertainty.
- Practice some helpful relaxation and meditation techniques that you can continue to do on your own after the workshop.
- Develop an understanding of how to connect with supportive services in your community.

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

Self-Care for Care Partners

Brief Description

This session will discuss the concept of Self Care and the important role it plays in managing the stress associated with a caring for a person living with dementia.

Learning Objectives

- Explore what self-care is
- Recognize the common barriers preventing caregivers from practicing self-care and the benefits of self-care habits
- Explore strategies, approaches and ideas on incorporating self-care into our daily schedule
- Understand emotional hygiene and how to practice it and creating a self-care plan and sticking to it

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Advanced Care Planning

Brief Description

This workshop will review the importance of Advance Care Planning, and the steps involved in the process, in the case where one becomes mentally incapable of making their health care decisions.

Learning Objectives

- Understand what Advance Care Planning is and why it is important
- Learn about the steps involved in Advance Care Planning
- Understand what a Substitute Decision Maker is and how to appoint a Power of Attorney
- Recognize what capacity and incapacity mean in Ontario

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

End of Life Care

Brief Description

This workshop 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.

Learning Objectives

- Describe the progression of the disease and what end of life care is
- Understanding Hospice and Palliative Care
- Explore advanced care planning and the importance of self-care
- Develop an understanding of supportive services in the community

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Learning to Live with Ambiguous Loss

Brief Description

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

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

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

Living with Mild Cognitive Impairment

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.

Learning Objectives

- Increase knowledge of MCI and the differences between normal aging, MCI and dementia
- Explore how MCI impacts individuals and families
- Learn how to optimize cognitive health
- Develop an understanding of supportive services in the community

Target Audience

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Dementia 101 for Care Partners/ Dementia Awareness for Care Partners

Brief Description

This workshop will provide care partners with an overview of Alzheimer's disease and other dementias 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 and medications available
- Develop a better, over-all understanding of dementia
- Increase your 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

For care partners

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

Education for Care Partners

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.

Education for Care Partners

U-First!® for Care Partners

Brief Description

U-First!® for Care Partners is a new education program for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairment.

Learning Objectives

This 6 hour education program will help you to:

- Enhance well-being of care partners and of the person they are supporting who is experiencing behaviour changes
- Reduce responsive behaviours by using the U-First!® framework
- Improve collaboration among all team members through a common knowledge, language and approach to care

Target Audience

U-First!® for Care Partners is for family and friends of people experiencing behaviour changes as a result of dementia or other cognitive impairment who provide direct support for that person in an unpaid role.

What is involved in the program?

- Interactive learning approach that has participants reflect on their experiences, engage with new content, practice using a variety of methods including case studies and plan for how they will implement what they have learned
- Learners receive a Participant Workbook and a U-First!® Wheel to use during the program and keep as useful resources for applying their learning
- Learners will also be invited to take part in an evaluation to better understand the effectiveness and outcomes of the program. In addition, a sample of participants will be invited to take part in an interview with the Evaluator. All learners will be invited to participate in evaluation activities but will not be excluded from the program if they choose not to participate in the evaluation

Method of Delivery

- Lecture-style PowerPoint presentation
- Oral, didactic and interactive discussions
- Online via Zoom and/or In-person

Duration

1.5 hours

Facilitator

Alzheimer Society of Toronto Social Worker or the Caregiver Education Coordinator

Cost

Free

**Please note that there will be additional screening of all interested participants to ensure there is a fit between the program and participant.

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.

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 care partners for people living with dementia

Method of Delivery

Online via zoom

Duration

1.5 - 2 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

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.

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

Care partners of those diagnosed with dementia

Method of Delivery

In-person support group

Duration

2 hours once a week for four weeks

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups for Care Partners

Bereavement Support Group (In Collaboration with Hazel Burns Hospice)

Brief Description

This 8-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.

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 selfcare 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

Care partners

Method of Delivery

Online via zoom

Duration

2 hours once a week for 8 weeks

Facilitator

Alzheimer Society of Toronto Social Worker
Hazel Burns Hospice Social Worker

Cost

Free

Support Groups Specific To The Type Of Dementia

Frontotemporal; Lewy Body Dementia; Young Onset Dementia; Young Carers (upon request)

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.

Learning Objectives

- Opportunity to share insights and experiences with each other related to their personal caregiving experiences
- Become familiar with the specific type dementia
- Opportunity for therapeutic support as well as education information
- 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

Care partners of those diagnosed with specific type of dementia

Method of Delivery

online via zoom

Duration

1.5-2 hours once per month

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups for Care Partners

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.

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 families (to include stress, communication and responding to behaviours)
- Receive updated information about dementia and the services available for families in Long Term Care

Target Audience

Care partners of people living with dementia in Long Term Care homes.

Method of Delivery

In-person support group

Duration

1.5 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

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.

Learning Objectives

- Provide a safe environment for young care partners to explore issues related to caring for someone with dementia or MCI
- Enhance care partner's knowledge of the illness, available supports and coping strategies

Target Audience

Young care partners (age 16-35 years old) of people living with dementia

Method of Delivery

In-person and online support group

Duration

1.5 hours, monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups for Care Partners

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.

Learning Objectives

- 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

Care partners

Method of Delivery

- Participation in mindfulness exercises and guided meditations
- Interactive discussions

Duration

2 hours monthly

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Drop-in Spousal Support Group – Providence

Brief Description

This ongoing support group will provide an opportunity for spouses/partners of a person living 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 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

Spouses OR Partners of people living with dementia

Method of Delivery

In-person support group

Date/Time:

Third Tuesday of Every Month. 9:30am.

Location:

Providence Healthcare - 3276 St Clair Ave E;
Scotiabank Learning Center

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups for Care Partners

Enhancing Care Program:

<https://alz.to/dementia-support-services/enhancing-care-program/>

TEACH

(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.

Learning Objectives

- Enhance practical communication and coping skills
- Share and learn from other care partners

Target Audience

Care partners (spouses, partners, family, and friends)

Method of Delivery

In-person or online via Zoom

Duration

4 sessions – weekly or biweekly, 1.5 hours per session

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

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. 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.

Learning Objectives

- Learn problem solving techniques, and a structured approach to addressing problems
- Enhance communication skills through the use of simulation (role play)
- Develop strategies for keeping a meaningful relationship with the person living with dementia

Target Audience

Care partners (spouses, partners, family, and friends)

Method of Delivery

In-person or online via Zoom

Duration

8 weekly sessions, 2 hours per session

Facilitator

Alzheimer Society of Toronto Social Worker

Cost

Free

Support Groups for Care Partners

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.

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 care partners 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

Cooking Instructor and Alzheimer Society of Toronto Social Worker

Cost

Free

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.

Learning Objectives

- Provide a safe setting which promotes mutual support, both practical and emotional, throughout the course of the disease
- Enhance care partner's knowledge of the illness, available supports, and coping strategies

Target Audience

Care partners

Method of Delivery

In-person

Duration

Varies depending on preference of group members. Groups are typically offered in both the daytime and evening and take on various formats (i.e. time-limited and ongoing; weekly, biweekly, monthly).

Facilitator

Trained volunteers with lived experience as care partners

Cost

Free

*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.

Support Groups for Care Partners

Art Series

Brief Description

We offer engaging, accessible and meaningful art programs throughout the year in various artistic mediums. Our art series are offered both in-person in various locations in the GTA, as well online with art packages mailed to our clients.

Program Goals:

People living with dementia and their carepartners will experience an increased sense of connectedness in a social and community context by engaging in meaningful programs

Target Audience

Person with dementia and their family caregivers

Method of Delivery:

In-Person and Virtually

Duration

1.5hrs

Facilitator:

Art Instructor and supported by AST volunteers

Cost:

Free



Support Groups for Care Partners

General Caregiver Support Group

Brief Description:

This support group will provide an opportunity for care partners of individuals living 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 feelings and insights with each other related to their personal caregiving experiences
- Discuss and share different strategies regarding self-care and care for the person they are supporting (including stress, communication and responding to behaviours)
- Learn about how others are adjusting to their own changing relationship
- Receive information about the services available at the Alzheimer Society of Toronto

Target Audiences: Caregivers/Partners

Method of Delivery: In-person / Online using zoom

Duration: 1-2 hours

Facilitator:

Alzheimer Society of Toronto Social Worker

Cost:

Free

LGBTQI2S+ Caregiver Support Group

Brief Description:

This support group will provide an opportunity for LGBTQI2S+ care partners caring for individuals living with dementia to come together in an inclusive environment 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 feelings and insights with each other related to their personal caregiving experiences

- Discuss and share different strategies regarding self-care and care for the person they are supporting (including stress, communication and responding to behaviours)
- Learn about how others are adjusting to their own changing relationship
- Receive information about the services available at the Alzheimer Society of Toronto

Target Audiences:

Care partners who identify as LGBTQI2S+ living in the GTA (“M” Postal Code).

Method of Delivery:

Online via zoom.

Duration:

1 hour.

Facilitator:

Social workers Curtis Larade + Jennifer Code

Cost:

Free, registration required.

Support Groups for Care Partners

LGBTQI2S+ Caregiver Support Group (Province Wide)

Brief Description:

This support group will provide an opportunity for LGBTQI2S+ care partners caring for individuals living with dementia to come together in an inclusive environment 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 feelings and insights with each other related to their personal caregiving experiences

- Discuss and share different strategies regarding self-care and care for the person they are supporting (including stress, communication and responding to behaviours)
- Learn about how others are adjusting to their own changing relationship
- Receive information about the services available at the Alzheimer Society of Toronto

Target Audiences:

Care partners who identify as LGBTQI2S+ living in Ontario.

Method of Delivery:

Online via zoom.

Duration:

1.5 hours.

Facilitator:

Social worker, Curtis Larade

Cost:

Free, registration required.

Drop in Long-Term Care Home (LTC) Caregiver Support Group

Brief Description:

The goal of this group is to share personal feelings, gain further insights and strategies that relate to caring for a person living with dementia in a long-term care (LTC) home.

Learning Objectives:

The group will focus on a different theme relating to LTC on each month:

June 13th – Transition to LTC

July 11th – How to prepare for Plan of Care Meetings and what to expect

August 15th – Family Councils

September 12th – Grief and Ambiguous Loss

October 10th – Advanced Health Care Planning

November 14th – What are responsive behaviours and why do they happen?

December 12th – Activities to engage the person you are supporting

Target Audiences:

Care partners supporting someone living within a LTC home, and must have some cognitive impairment

Method of Delivery:

In-Person at the Mid-Scarborough Hub

Duration:

1.5 hours

Facilitator:

Social Worker – Jahnoah Wood, Cole Edick

Cost:

Free, registration available but not required

Support Groups for Care Partners



Social Work Counselling

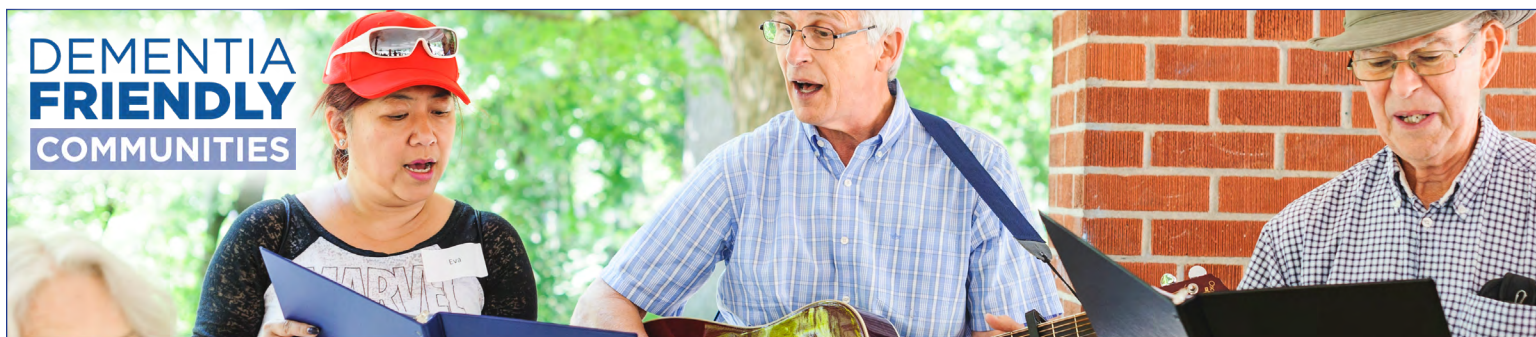
Brief Description:

Social work counselling at the Alzheimer Society of Toronto is offered via a single-session, goal-oriented support model. The client and social worker generally have one, comprehensive session to talk about any goals/challenges the client may have related to supporting someone living with dementia. The session starts with a brief assessment to determine the client's caregiving circumstance. The remainder of the session focuses on setting goals, answering questions and discussing challenges the client has shared. Most sessions are scheduled for up to one hour. Towards the end of that time, together the client and social worker will evaluate how many goals were set along with how many questions and challenges were addressed. It will be determined at that time if a follow-up session is required, however generally that is not the norm. The call is often followed up with sharing of resources as appropriate.

Once the client feels that they no longer have any immediate goals to discuss that require a follow-up, the Social Work file will be closed. Closing the file does not mean that the client cannot access Social Work support moving forward. If support is required again in the future, the client can contact our Intake Line to schedule a future appointment as needed.

Professional Education and Training for Businesses, Organizations and Community Groups

Dementia Friendly Communities™ Training



A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included and supported. It is a community that pays attention to the social and physical needs of the person living with dementia.

This training is available to any organization who is interested in learning how to create safe, accessible and supportive spaces for people living with dementia.

There are two ways to receive dementia friendly community training.

Method 1:

- Complete the self paced education modules on the Alzeducate e-learning platform
- Book a follow up Q and A session with a public education coordinator to discuss considerations for your specific sector.

This option is best suited for organizations with under 10 staff or where scheduling can be challenging.

Method 2:

- Contact an AST Public Education Coordinator for a free 1-2 hour in-person or online training session via Zoom.

If you are interested in being recognized as an organization that supports people living with dementia, please contact an AST Public Education Coordinator to learn more.

Online Learning via Alzeducate

ALZeducate is an e-learning platform coordinated by the Alzheimer Society of Ontario. To participate in the following programs, please visit: alzeducate.ca and register for a free account.

Free, Self-Study Courses/Modules

Dementia 101

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

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

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

Building Dementia-Friendly Communities

Learn about how organizations and their employees can help to build dementia-friendly communities where people living with dementia and their care partners feel welcomed, included and supported. Available in English and French.

Free Live Webinars

Various topics are available each month for the general public, care partners, and health care professionals. Recordings of previous sessions can be accessed 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

DEMENTIA FOUNDATIONS



Brief Description

- The first step in your dementia education journey.
- This training program is aimed at enhancing the baseline knowledge of frontline staff in caring for people with dementia.
- This 3-hour course will provide you with a foundation of dementia, enabling you enhance your knowledge to provide quality care for persons with dementia.

Learning Objectives

- Describe general aspects of aging, Alzheimer's disease and dementia
- Describe Person-Centered Care
- Interpret how changes in the brain associated with Alzheimer's disease will affect all aspects of an individual's life
- Recall services and programs offered by the Alzheimer Society of Toronto for themselves and their clients

Method of Delivery

- Online via Zoom or In-person
- Lecture-style PowerPoint presentation with videos and handouts
- Oral, didactic and interactive discussions

Duration

3 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Professional Education and Training for Healthcare Professionals – Certificate Programs



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)

U-First!® for Healthcare Providers

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
- Online via Zoom or In-person

Duration

One full day course - 6 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators

Cost

\$80 (shipping costs may apply)

U-First!® Advanced

Brief Description

U-First!® Advanced is for healthcare professionals who have previously taken part in a U-First!® for Health Care Providers (6-hour Workshop or 3-week elearning course) and want to enhance their skills and ability to apply the U-First!® Framework

Learning Objectives

- Deepen your understanding and ability to apply the U-First!® framework
- Improve collaboration among all members of the team, including care partners
- Increase the wellbeing of people experiencing behaviour changes
- Reduce stress and increase job satisfaction for you and for others on the team.

Prerequisites

- 1) Must be currently in a healthcare role supporting people experiencing behaviour changes due to dementia or other cognitive impairment, preferably in a team setting (i.e. LTC, retirement home, Adult Day Program etc.)
- 2) Must have previously taken part in a U-First!® for Healthcare Providers or U-First!® Online course. It must be at least 6 months or more ago that the course was taken, to allow participants to have had the chance to practice the U-First!® framework.

Method of Delivery

- Online via Zoom or In-person
- Lecture-style PowerPoint presentation with videos and handouts
- Oral, didactic and interactive discussions
- Case studies – Participants should come prepared to discuss a case study from their current work experience

Duration

6 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

\$80 (shipping costs may apply)

Professional Education and Training for Healthcare Professionals – Certificate Programs

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.

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
- Online via Zoom or In-person

Duration

One full day course - 7.5 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinators trained in GPA

Cost

\$80 (shipping costs may apply)

Palliative Care for People with Dementia

Brief Description

This training program is aimed at enhancing the knowledge of frontline staff in caring for people with dementia using a palliative care approach. This program focuses on promoting quality of life and comfort for individuals living with dementias and their families, with particular emphasis on late stage and end of life. Participants will explore their own beliefs around dying and how it impacts care as well as examine what a palliative care approach means through a dementia lens.

Learning Objectives

- Define palliative care including its values and principles
- Describe dementia as a terminal illness and its symptoms in late/end of life stages
- Relate concepts of culture, spirituality and communication and their significance in delivering person-centered care
- List some of the non-pharmacological strategies/therapies that provide comfort and support quality of life in advanced and end of life dementia
- Define advanced care planning in the context of dementia

Target Audience

Health Care professionals

Method of Delivery

- Online via Zoom or In-person
- Lecture-style PowerPoint presentation with videos and handouts
- Oral, didactic and interactive discussions

Duration

6 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Professional Education and Training for Healthcare Professionals – Certificate Programs

Knowledge 2 Action (K2A) Supporting Responsive Behaviours in Dementia Care

Brief Description

This workshop is for health care providers and staff who provide direct care to people with behaviour changes due to dementia or other cognitive impairment. This workshop offers the participants an opportunity to build on and practise skills gained from dementia training programs (such as U-First!®). Through a case study approach, participants will have an opportunity to work as a team and develop a supportive action plan for persons living with dementia who are experiencing responsive behaviours.

Learning Objectives

- Recall the behavioural and psychological impact(s) of dementia
- Describe the 7 Domains of Well Being
- Recognize that behaviour has meaning specific to the individual
- Develop person-centred support strategies
- Develop a supportive action plan as part of a team

Prerequisites

Participants must have completed either ONE of the following:

- U-First!® Basics
- PIECES

Method of Delivery

Online via Zoom or In-person
– Participants will be discussing a case study

Duration

3 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

E.A.S.E. (Education, Access, Self-care, Empowerment)

Brief Description

This series of 4 workshops engages PSWs and other allied health care professional in dementia education, giving practical tools to improve the level of care and support. Participants will feel more empowered with strengthened abilities- a real-life approach.

Session #1 – Supporting Symptoms of Dementia

Session #2 – Supporting Responsive Behaviours

Session #3 – Tips in Supporting People with Dementia

Session #4 – Personal Challenges

NOTE: each session is stand-alone but can be taken in tandem.

Learning Objectives

- Recall the symptoms of dementia through the 8A's
- Define person-centred care and review strengths-based supportive strategies
- Explore various methods to provide a positive approach to interaction
- Recognize coping strategies and personal challenges when working with responsive behaviours

Method of Delivery

Online via Zoom or In-person
– Lecture-style PowerPoint presentation with handouts
– Oral, didactic and interactive discussions

Duration

Each session is 1 hour. Sessions can be taken alone or in tandem. Certificate of completion granted if all 4 sessions are attended within a 12 month period.

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Professional Education and Training for Healthcare Professionals – Certificate Programs

L.E.A.D.S. (Learn, Empower, Appreciate, Discuss, Share)

Brief Description

This 4-session group provides an opportunity for front-line healthcare providers to come together and build on their knowledge of dementia and caregiving related topics. The group also enables participants to connect with each other to share experiences, challenges and strategies while providing care for people living with dementia.

Learning Objectives

- Learn about dementia and helpful frameworks in providing care for people living with dementia
- Share perspectives and insights on how to support clients with dementia
- Opportunity to discuss approaches pertaining to client care and self-care
- Create a network of team support with other Frontline Care Providers
- Receive updated information about dementia and AST programs and services.

Method of Delivery

- Online via Zoom or In-person
- Lecture-style PowerPoint presentation with handouts
- Oral, didactic and interactive discussions

Duration

Each session is 1 hour

Facilitator

Alzheimer Society of Toronto Public Education Coordinator and Social Worker

Cost

Free

Putting You First

Brief Description

This session will follow a U-FIRST approach to enhancing your self awareness of your current well-being. It will also support your reflection for opportunities for creating better balance in your life.

Learning Objectives

- Recognize the importance of self care
- Explain the U-FIRST! Framework and how it can be used for oneself
- Apply P.I.E.C.E.S. to one's personal situation
- Identify 1 – 2 strategies to improve one's personal well-being

Method of Delivery

- Online via Zoom or In-person
- Lecture-style PowerPoint presentation with handouts
- Oral, didactic and interactive discussions

Duration

2 hours

Facilitator

Alzheimer Society of Toronto Public Education Coordinator

Cost

Free

Professional Education and Training for Healthcare Professionals – Certificate Programs

T.R.U.S.T. (Towards Reviewing and Understanding Sensitive Topics)

TRUST is designed for staff who are working with persons living with dementia who may exhibit responsive behaviours that can be understood as hurtful or inappropriate and why they occur. Helpful strategies in addressing these behaviours and building resilience for ourselves will be discussed.

Long-term Care Series for Healthcare Professionals

This series of 4 workshops aims to give health care professionals an overview of issues related to caring for someone with dementia in a long term care home.

Session #1 – Adjusting to Long-term Care

Session #2 – Communication with Families

Session #3 – Oral Care in Dementia

Session #4 – Personal Care in Long-term Care

Other topics include: The 3 D's (Dementia, Delirium, and Depression), Driving and Dementia, Young-onset Dementia, Meaningful Activities, Women and Dementia, Overview of Lewy Body Dementia, Overview of Lewy Body Dementia and Frontal Temporal Dementia, Dementia-Friendly Environments, and Navigating the Dementia Care System.