

Alzheimer Society
TORONTO



IMPACT REPORT

April 2025 – March 2026



Message from our leadership

At the Alzheimer Society of Toronto (AST), we are guided by a simple but powerful belief: every person living with dementia deserves to be seen for who they are and supported with compassion, respect, and dignity at every stage of their journey. As we look ahead, that commitment continues to shape not only the care and support we provide today, but the future we are working to build together.



This past year marked an important milestone for our organization with the launch of our new four-year Strategic Plan, grounded in our new AST vision statement: We envision a Toronto where every person impacted by dementia lives with dignity, purpose and connection. While the challenges facing our community continue to grow, so too does the momentum and determination driving progress forward.

than only its symptoms. This is a significant step forward in the fight against Alzheimer's disease and an encouraging sign of the progress being made through research and innovation. While these treatments are not a cure, they represent meaningful advancement and offer hope to families who have waited far too long for new possibilities.



Dementia remains one of the most pressing health and social challenges of our time. Today, one in three adults in Ontario has a close family member affected, and more than 51,000 people in Toronto are currently living with dementia. That number is expected to rise significantly in the years ahead, increasing the need for compassionate support, accessible services, and more public education.

This year, more than 15,000 individuals connected with us through counselling, education, therapeutic social recreation, and caregiver support programs. Whether it is the creative energy of an art-making class, the camaraderie found during a Making Strides walk through High Park, or the comfort shared in a support group, these moments foster dignity, belonging, and human connection.

But for the first time in decades, there is also some hope. Over the past year, Health Canada approved two new drugs – lecanemab (Leqembi) and donanemab (Kisunla) – designed to target the disease itself, rather

We know the dementia journey is often filled with uncertainty, grief, and the emotional complexity of caregiving. But because of your generosity and partnership, families across Toronto continue to find community, guidance, and reassurance during some of life's



AST provides counseling and support to individuals across Toronto

most difficult moments. Together, we are creating a more dementia-friendly and compassionate city where no one has to face dementia alone.

Leading this organization alongside our dedicated staff, volunteers, and Board of Directors is a privilege. Every day, we are inspired by the resilience of the people we serve and by the compassion of supporters like you who make this work possible.

As we begin this next chapter guided by our Strategic Plan and vision for the future, we remain steadfast in our commitment to advancing support, awareness, advocacy, and hope for everyone impacted by dementia.

Thank you for standing with us and for being part of this essential work.

With gratitude,

Hilary Partner
Board Chair
Alzheimer Society of Toronto

Dave Spedding
CEO
Alzheimer Society of Toronto

**“Together, we are
creating a more
dementia-friendly
and compassionate
city where no
one has to face
dementia alone.”**



Our Impact

At the Alzheimer Society of Toronto, every program, service, and connection is rooted in compassion, dignity, and the belief that no one should face dementia alone. From empowering care partners with knowledge and support, to creating opportunities for joy, creativity, and social connection through our therapeutic recreation programs, we are here for individuals and families at every stage of the dementia journey. Whether it's guidance during moments of uncertainty, meaningful experiences that foster belonging, or simply a caring voice ready to listen, your support makes this work possible. Here is a snapshot of the impact we created together this year:



Dementia Friendly Communities Training

1,031 individuals

received Dementia Friendly Communities education, **including 279 new police recruits**, helping first responders better recognize dementia and respond with greater understanding, compassion, safety, and dignity in any interactions.

Dementia Education



More than

9,300 individuals

participated in dementia education programs this year, strengthening knowledge and equipping personal support workers and community members to provide more compassionate, informed, and person-centred dementia care.

Support Groups

More than

3,200 people

participated in over **400** support groups, finding connection, understanding, and relief from the isolation that so often accompanies caring for someone living with dementia.



New Referrals



In 2025,

735 new clients

turned to our Care Navigation team for guidance, connection, and compassionate support during overwhelming moments, helping families navigate the dementia journey with greater confidence and clarity.



Caregiver Support

Thanks to the support of the George C. Hunt Foundation and the Government of Ontario, AST provided more than

\$500,000

in assistance to help ease the financial hardship related to dementia and caregiving.

Volunteer Impact



430 volunteers

donated their time and talents, contributing the equivalent of **\$125,692** in value and immeasurable heart to our mission.



Program Spotlight

Mid-Scarborough Hub

Scarborough has traditionally been an underserved community, with inequities leaving necessities like dementia care inaccessible for many. The Alzheimer Society of Toronto is closing the gap, offering tailored support at the Mid-Scarborough Hub. With our presence in Scarborough growing – through Active Living, Support Groups, Public Education and the Active Minds Club – we are reaching more people impacted by the disease, enhancing access to relevant programs and services, and moving towards a more dementia friendly Toronto.

Active Living Program

Feelings of isolation are common among people living with dementia and their care partners, and this challenge is perpetuated by a lack of accessible programming in underserved communities. But it doesn't have to be this way. Our Active Living program provides socialization and recreation within these groups, offering a lifeline of connection. Historically offered virtually or in the downtown core, access to Active Living in Scarborough has been limited. Our presence at the Mid-Scarborough Hub has allowed us to bring meaningful programming to this community. What began with East End Friends has grown into a connected community of support, where relationships formed through the program continue to flourish beyond its walls.

Recent receipt of a Grow Grant, courtesy of the Ontario Trillium Foundation, will allow the Active Living program to expand even further starting in our new fiscal year in Scarborough as we onboard a region-specific Active Living Program Coordinator. We are thrilled to make enjoyable and appropriate programming more accessible in Scarborough with our growing team.



“They have learned from each other, leaned on each other, and laughed together.”

*— Tracey Adams-Thibadeau,
Active Living Coordinator*

Social Work and Support Groups

Social worker-facilitated support groups offer an additional lifeline in the dementia journey, a service we have continued to grow at the Mid-Scarborough Hub. This past year has seen the introduction of the Early Stages support group, the only of its kind in Scarborough. The group offers a space for people living with cognitive impairment to share their experiences, life transitions, questions, and challenges, and to lean on one another for support.

“I’ve noticed all clients support one another wherever they are in this journey, and also promote this sense of understanding, compassion, and community.”

— *Jahnoah Wood, Social Worker*

As we work to fill gaps in Scarborough, our Social Work team has introduced programs outside of traditional support groups, providing unique opportunities to access support.

Stigma, fear, and lack of information create friction in one’s decision to reach out for support. The Community Connections Café offers an informal setting for people living with dementia and their care partners to get into the community and learn about the resources available to them. This low-commitment opportunity helps those in Scarborough connect comfortably and often acts as a stepping-stone to accessing more formal support. More recently, the Active Minds Club – a day program for people living with young onset dementia – and its corresponding support group, Meaningful Conversations, have been introduced in Scarborough. Filling a gap in dementia care, the Active Minds Club reimagines the traditional day program – typically designed for older adults – and allows a new group of people living with the disease to access this support.



Looking Ahead

With thanks to funding from the Alzheimer Society of Ontario, we are looking forward to enhancing access to dementia programming in Scarborough with *The Social*. In partnership with Senior Services Network (SSN), *The Social* is designed to provide meaningful activities in social settings for those in earlier stages, with an emphasis on equity-deserving communities. This program will not only offer culturally safe and relevant care for the person living with dementia but will also provide respite for care partners, creating time for them to take a break from caregiving responsibilities while the person participates in the program.

The dementia journey can be filled with uncertainty and fear, but as we work toward a future where all impacted by dementia in Toronto live with dignity, purpose, and connection, we are proud to enhance access to not only support, but hope. We are deeply grateful to the Barrett Family Foundation for making *The Social* possible and helping us create more inclusive dementia support for our community.





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 2025-2026. 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 - \$499,000

George C. Hunt Family Foundation

\$100,000 - \$249,999

The Hunt Family Charitable Foundation
Estate of Kathleen Elizabeth McCready
Anonymous

\$50,000 - \$99,999

Mary & John Crocker
Bob & Pat Decker
Estate of William Ross Fleming
Patricia Hemming
James Hilton
IG Wealth Management
Estate of Margaret Danville Sisley
Anonymous

\$20,000 - \$49,999

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\$1,000 - \$2,499

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Ely Wittlin
Joyce Zemans
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Community Giving - Over \$212,000

The Alzheimer Society of Toronto gratefully acknowledges the invaluable support of our third-party fundraisers and community partners. Through their enthusiastic efforts, more than \$212,000 was raised, directly contributing to our ability to deliver essential services and programs.

Alzheimer Awareness Month Music Night
Fundraiser
The Briton House
Constantine Yorkville Run
Cookie Fundraiser
CRE Euchre Tournament
Echoage Birthday Parties
Farnham Garage Sale
Feel the Spark Fundraiser
Fiesta Farms
Gibbs Walk
H.O.P.E. Volleyball Tournament
Ina Grafton Gage Home – Social with
a Purpose – Coffee Break
Joey's Lemonade Fundraiser

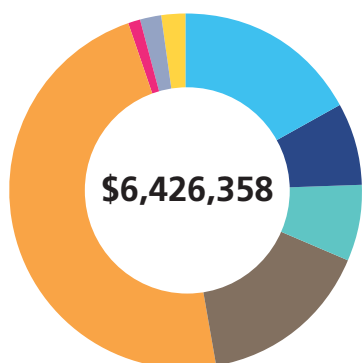
L'Amoreaux Seniors' Executive Committee –
Coffee Break
Moose and Goose
Move 4 Minds Fundraiser
Night Owl
Quest for Awareness
Roberts Garage Sale Fundraiser
Chris Ruck Fundraiser
Scarborough Knights of Columbus
Seebo Optical
Spark Charity Foundation – Support the
Blazer Campaign
Toronto Waterfront Marathon
TPS Communications BBQ +Bake Sale

This list represents gifts received by the Alzheimer Society of Toronto between April 1, 2025 and March 31, 2026. 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.

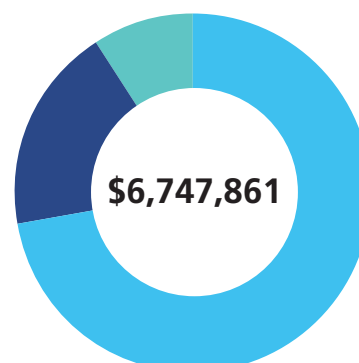
Statement of Operations

(in dollars)

REVENUE



EXPENSES



REVENUE		
	2026	2025
Individual Giving and Direct Marketing	\$1,097,748	\$ 846,655
Bequests	\$476,965	\$527,688
Corporate Giving and Foundation Giving	\$455,677	\$739,125
Events	\$1,005,887	\$ 885,653
Total support from the public	\$3,036,277	\$2,999,121
Government Health Programs	\$3,051,877	\$3,004,974
Partner Charities	\$75,052	\$75,489
Literature & Seminars	\$124,615	\$123,155
Investment & Other Income	\$138,537	\$220,124
Total revenue	\$6,426,358	\$6,422,863
EXPENSES		
	2026	2025
Total Programs & Services	\$4,880,977	\$5,028,392
Fundraising	\$1,254,592	\$1,129,409
Administration	\$612,292	\$840,245
Total expenses	\$6,747,861	\$6,998,046
Excess (deficiency) of revenue over expenses	-\$321,503	-\$575,183

Please note that full audited financial statements can be found on our website alz.to

"I am so impressed with the empathy and services you offer, that I regularly recommend them to friends in my age group coping with challenges of dementia."

"I know I've said this before, but reaching out to you and the rest of your team when we got the news of Dad's diagnosis was not just practically useful but powerfully reassuring. It's unlikely that we would have been able to care for my Dad, let alone ourselves, without your concern, advice, and information. It made an enormous difference just hearing that we were, in general, doing the right things. Thank you. Please know how much we have appreciated your kindness and understanding."

"The session leaders were fantastic, always supportive, always encouraging but also very practical. They provided just the right amount of emotional support whenever I needed it."

"Thank you very much for the information and for everything you have done for me. You have been very caring and supportive whenever I needed some guidance and support."

Dignity Purpose Connection

Alzheimer
Society
T O R O N T O

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Charitable registration number:
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