

Alzheimer Society

DURHAM

First Link  Premier lien

Learning Series for People with Alzheimer's Disease or a Related Dementia and their Families and Friends (April 1, 2011 – March 31, 2012)



1. First Steps for People with Dementia and Care Partners

Our **Living Well with Dementia** workshop and **First Steps** program aim to help **individuals newly diagnosed with a dementia and their care partners** understand their diagnosis and the changes they experience. This series will also offer participants an opportunity to share and connect with others embarking on a similar journey.

Topics include:

- What is dementia?
- Memory loss, changes to the brain and resulting behaviours
- Coping strategies
- Drugs, treatment and research
- Future planning - legal and financial matters
- Community resources and support systems

The next **Living Well with Dementia** workshop will be held on Tuesday, September 13, 2011 from 10:00a.m. to 12 noon at Alzheimer Society of Durham Region (ASDR). Please call to register. Another workshop will take place in February 2012.

First Steps Support Group (6-week program)

Groups are held twice each year in the spring and fall. The next 6-week program will commence in Fall 2011 at ASDR. Pre-registration is required. Please call our office for details at 905-576-2567 or 1-888-301-1106.

First Steps Lecture series: November 2011 (Friday mornings 10a.m. to 12 noon). Features guest speakers addressing practical issues such as legal, financial and working with your health care provider.

2. Next Steps for Families and Friends

This 3-part series will offer family members/care partners of individuals with Alzheimer's disease (or a related dementia) an overview of dementia and practical strategies for responding to challenging behaviours and caregiver stress.

1. **Overview of Alzheimer's Disease and Related Dementia** (April, July, October, January)
2. **Understanding Communication and Responsive Behaviours** (May, July, November, February)
3. **Managing Caregiver Stress Positively** (June, July, December, March)

A **Next Steps** workshop is held on the third Thursday of each month, with the exception of July, August and September. The spring and fall sessions take place in the morning (9:30a.m. to noon); the winter sessions takes place in the evening (6:00 to 8:30p.m.). This summer we plan to offer all 3 sessions in one day on Saturday July 16th from 9:30a.m. to 3:30p.m.; location to be determined. Please call ASDR for details or to register.

3. The Resilient Caregiver – middle stage

This program will offer family members/care partners an overview of the changes faced in the middle stage of dementia. Problem solving strategies and approaches for meeting increased care needs will be discussed. There will be an emphasis on sharing and discussion.

Topics may include:

- The progression of dementia
- Communication and behaviour
- Assisting with day to day activities
- Transitions

The Resilient Caregiver – middle stage workshops: Tuesday evenings in February 2012 from 6:00 to 8:30p.m. Attendance at all sessions is encouraged.

4. Options for Care

This series will help family members/care partners of people with Alzheimer's disease (or a related dementia) evaluate their current caregiving needs and explore other available care options, including long term care. This series *features guest speakers* from community support agencies.

Topics include:

- Where to turn when care needs are increasing
- Long Term Care - how the system works

- Coping with change - how to make the transition

An **Options for Care** series is planned for March 2012. Participants may attend one or all sessions.

5. Care in the Later Stages

This series will help family members/care partners of people with Alzheimer's disease (or a related dementia) understand what to expect in the later stages. The series will also explore how participants can provide comfort to the person with dementia as well as discuss the experiences of grief and loss. The expertise of *guest speakers* is featured.

Topics include:

- Natural course of the later stages
- How to recognize pain and distress
- How to provide care that promotes dignity, comfort and quality of life

Care in the Later Stages series is planned for Tuesday evenings 6:30 to 8:30 p.m. August 2011. Participants may attend one or all sessions.

The courses in the Learning Series are progressive. Each course builds upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. Participants have the opportunity to learn and share with others who are affected by dementia.

Pre-registration is encouraged as space is limited.

There is no charge for education sessions; however a donation of \$5 for resource materials is greatly appreciated.

For more information, or to register, please speak with one of our Family Support staff:

905-576-2567 or 1-888-301-1106

Or email info@alzheimerdurham.com

Location (unless otherwise specified):

Alzheimer Society of Durham Region
Oshawa Executive Centre (north of Zellers, near Casey's)
419 King St. West, Suite 207
Oshawa