

Dementia Program Guide

Winter/Spring 2018

Supporting the
Dementia Journey in
London and Middlesex

Programs for Those Living with Dementia and Their Care Partners



Alzheimer Society
LONDON AND MIDDLESEX



McCormick
Dementia
Services



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Welcome to the Winter/Spring 2018 Dementia Program Guide

Having a diagnosis of dementia is a life altering event. The challenges faced on the dementia journey are difficult – indeed some of the largest an individual and/or family will ever face. Understanding the challenges and emotions one encounters with a dementia diagnosis, the Alzheimer Society London and Middlesex, McCormick Dementia Services and the VON Alzheimer Community Support Program are pleased to present this guide to be used as a resource for support services designed to mitigate the challenges of dementia.

The guide is designed to provide a road map for the dementia journey where dementia care programs and services are clearly identified in a simple and easy to navigate format. The publication also symbolizes the close collaborative work between McCormick Dementia Services, the Alzheimer Society, and the VON as we strive to make the complex environment of dementia care and support as seamless and as efficient as possible. All three organizations have come together to champion care and to provide hope, relief and support for people living with dementia – those diagnosed and their care partners and families.

The guide is organized under 4 main pillars; Education Programs, Support Programs, Recreation Programs and Adult Day Programs. The Navigation Map allows you to jump to any specific stage of dementia for listings and descriptions of the programs and services available at the VON, McCormick Dementia Services and the Alzheimer Society. It is important to note that while this guide identifies the programs and services available at the specific organizations, social work support on an individual and/or family basis is available at the Alzheimer Society and McCormick Dementia Services with counselling also available in Middlesex County through the VON.

As you and your family navigate through the dementia journey, refer to this guide frequently to learn more about the vital programs and services available to you in London and Middlesex County. Contact information for the community support service organizations in London and Middlesex that can assist and support you in the dementia journey is located below and throughout the guide.

Alzheimer Society London and Middlesex

435 Windermere Road, London ON N5X 2T1

519-680-2404

www.alzheimerlondon.ca

info@alzheimerlondon.ca



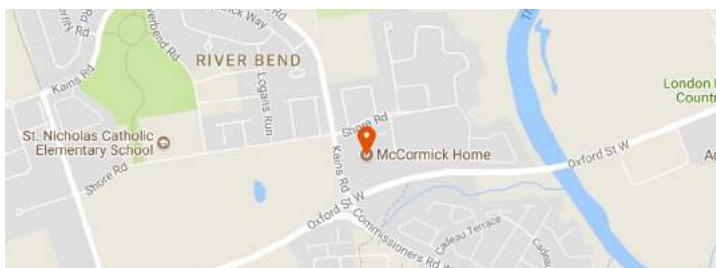
McCormick Dementia Services

2022 Kains Road, London ON N6K 0A8

519-439-9336

www.mccormickdementiaservices.ca

community.support@mccormickcare.ca



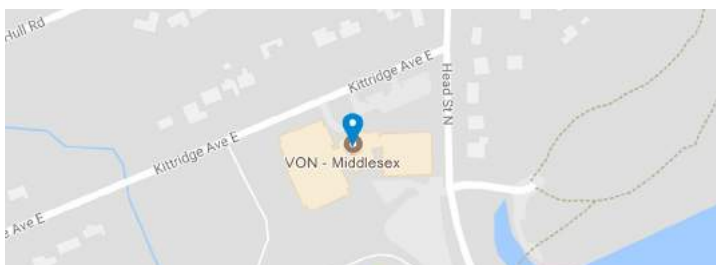
VON Alzheimer Community Support Program – Middlesex County

274 Head Street North, Strathroy ON N7G 4L7

519-245-3170

www.vonmiddlesexelgin.ca

lesley.latchford@von.ca



Navigation Map - How to Use This Guide

The Navigation Map allows you to jump straight to your corresponding stage, from Mild Cognitive Impairment to Late Stage dementia and includes specific pages of interest for the person with dementia and the care partner. Follow the navigation for listings and descriptions of the programs and services available at the VON, McCormick Dementia Services and the Alzheimer Society.

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The Aging Brain

I'm Worried About My Memory ... Do I Have Dementia?

As we age, particularly for those in their middle age, it becomes apparent our body is changing. It becomes harder to perform certain physical movements that were at one time easier and certainly, less painful.

Like your body, your brain is also going through an aging process. Your thinking process actually is slowing down much like the other physiological changes to your body. However, it is important to understand that an aging brain and the bothersome attributes that accompany it are not necessarily signs of dementia or even mild cognitive impairment. According to the Alzheimer Society of Canada, it is estimated that close to 40% of all Canadians 65 years and over experience memory loss. There is no underlying medical condition that causes this memory loss because it is normal or age-associated memory impairment. Brain diseases like Alzheimer's disease and other dementias are different. Age-associated memory impairment and dementia can be told apart in a number of ways.

Below are some examples.

Normal Aging	Dementia
Not being able to remember details of a conversation or event that took place a year ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things or events more frequently
Occasionally have difficulty finding words	Frequent pauses and substitutions when finding words
You are worried about your memory but your relatives are not	Your relatives are worried about your memory, but you are not aware of any problems

Source: Alzheimer Society of Canada

If you are worried about your memory, talk to your family doctor who can evaluate your situation (some Family Health Teams offer Memory Clinics for assessment and counselling) or refer you to Parkwood Institute's Aging Brain and Memory Clinic.

Note: the above should not be considered a diagnostic tool.

Education Programs for People with Mild Cognitive Impairment (MCI)

Mild Cognitive Impairment (MCI)

People with mild cognitive impairment (MCI) have problems with memory, language, thinking or judgment that are greater than the cognitive changes associated with normal aging. Family, friends and the person with MCI may notice these changes and they can be objectively measured in cognitive tests, but the changes in cognitive abilities are usually not serious enough to interfere with daily life and independence.

A person with MCI has an increased risk of developing Alzheimer's disease or another dementia, but some people with MCI remain stable and others show improved cognitive abilities over time.

Learning the ROPES for Living with Mild Cognitive Impairment

Learning the ROPES for Living with MCI is a 6 week program delivered by the Alzheimer Society London and Middlesex for those diagnosed with MCI and their care partners. It is facilitated by Registered Social Workers focusing on optimizing cognitive health through lifestyle choices, memory training and psychosocial support.

Learning the ROPES for Living with MCI **Fee: \$75.00 per person.** (Financial assistance is available.)

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Monday	Jan. 29, Feb. 5, 12*, 26, Mar. 5, 12 *No class Feb.19	1:30 - 3:30 pm
Alzheimer Society	435 Windermere Road London	Monday	Apr. 30, May 7,14*, 28, June 4, 11 *No class May 21	1:30 - 3:30 pm

Generously supported by the Norman and Marian Robertson Foundation

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Following the completion of the sessions there is an opportunity to attend on-going "Learning the Ropes" alumni and/or MCI Spousal support groups. There is no charge for these groups.

Education Programs for People with Dementia and their Care Partners

The First Link Learning Series

Learning that you or a loved one has dementia is a life changing experience. The changes experienced in the early stages can be particularly challenging and impacts both the person diagnosed and their family. Gaining access to important dementia education and resources is vital. That's where the Alzheimer Society's First Link Learning Series comes in.

The series is comprised of five progressive modules (First Steps for People with Dementia, First Steps for Care Partners, Care Essentials, Options for Care and Care in the Later Stages) each one building upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems.

Through the series, participants have the opportunity to learn and share with others who are living the same experience. The provincially standardized curriculum is designed to provide the right information at the right time with small group sizes allowing ample opportunity to apply the learning to an individualized situation. The First Link Learning Series is a free program.

The First Link Learning Series is generously supported by the South West Local Health Integration Network (LHIN)



Education Programs For the Person With Dementia

First Link - First Steps for People with Dementia

For the person with dementia in the early stage Fee: No Charge

This four week module of the First Link Learning Series helps individuals newly diagnosed with a dementia understand their diagnosis and the changes they experience. This module will also offer participants an opportunity to share and connect with others embarking on a similar journey. The program is facilitated by registered health professionals who create a comfortable, failure free learning environment.

This First Steps module is for persons with dementia – the accompanying education program for care partners (First Steps for Care Partners) is offered multiple times a year and twice a year it runs concurrently with First Steps for People With Dementia.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Wednesday	Jan. 24, 31, Feb. 7, 14	2:00 - 4:00 pm
Alzheimer Society	435 Windermere Road London	Wednesday	June 6, 13, 20, 27	2:00 - 4:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Education Programs for the Care Partner

First Link - First Steps for Care Partners

For the care partner of the person with dementia in the early stage **Fee:** No Charge

This four week module of the First Link Learning Series provides an introduction to Alzheimer's disease and other dementias and is intended for the care partners, family members and friends of individuals with dementia. Facilitated by registered health professionals and utilizing expert guest speakers, topics covered include: types of dementia, changes in the brain, coping strategies, planning for the future, managing risks and community resources.

Location	Address	Day	Date	Time
Alzheimer Society Office	435 Windermere Road London	Wednesday	Jan. 10, 17, 24, 31	6:00 - 8:00 pm
Alzheimer Society Office	435 Windermere Road London	Wednesday	Jan. 24, 31, Feb. 7, 14	2:00 - 4:00 pm
Salvation Army	1340 Dundas Street London	Wednesday	Feb. 21, 28, Mar. 7, 14	1:00 - 3:00 pm
Alzheimer Society	435 Windermere Road London	Wednesday	Mar. 7, 14, 21, 28	6:00 - 8:00 pm
Alzheimer Society	435 Windermere Road London	Wednesday	May 2, 9, 16, 23	6:00 - 8:00 pm
Byron Library	1295 Commissioners Rd. W. London	Wednesday	May 2, 9, 16, 23	1:00 - 3:00 pm
Alzheimer Society Office	435 Windermere Road London	Wednesday	June 6, 13, 20, 27	2:00 - 4:00 pm

Indicates course runs concurrently at same location as First Steps for People with Dementia.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Education Programs

First Link - Virtual First Steps/Care Essentials (video conferencing)

For the care partner of the person with dementia in the early stage **Fee:** No Charge

The Alzheimer Society London and Middlesex provides a condensed version of the First Link Learning Series (First Steps for the Care Partner and Care Essentials) by video conferencing facilitated through the Ontario Telemedicine Network (OTN). This six week program takes place at four locations in Middlesex County and London. These locations are: Craigweil Gardens - Ailsa Craig, the VON office - Strathroy, Four Counties Health Services - Newbury and the Dearness Home - London.

Location	Address	Day	Date	Time
Craigweil Gardens Via OTN	221 Ailsa Craig Main Street RR#1 Ailsa Craig	Wednesday	Jan. 31, Feb. 7, 14, 21, 28, Mar. 7	10:00 - 11:30 am
VON Strathroy Via OTN	274 Head Street North Strathroy	Wednesday	Jan. 31, Feb. 7, 14, 21, 28, Mar. 7	10:00 - 11:30 am
Four Counties Health Services Via OTN	1824 Concession Drive Newbury	Wednesday	Jan. 31, Feb. 7, 14, 21, 28 Mar. 7	10:00 - 11:30 am
Dearness Home Via OTN	710 Southdale Road East London	Wednesday	Jan. 31, Feb. 7, 14, 21, 28, Mar. 7	10:00 - 11:30 am

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Powerful Tools For Caregivers

For the care partner of the person with dementia in any stage **Fee:** No Charge

This six-week workshop provides helpful tips and information to caregivers of people with dementia and addresses such areas as reducing personal stress, communicating effectively in challenging situations, caring for a spouse, managing transitions and making tough caregiving decisions. This course is delivered by McCormick Dementia Services social workers in cooperation with the South West Self-Management Program.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Tuesday	Mar. 13, 20, 27, Apr. 3, 10, 17	6:30 - 8:30 pm

To register please call 519-439-9336 or e-mail community.support@mccormickcare.ca.

Education Programs

First Link - Care Essentials

For the care partner of the person with dementia in the middle stage **Fee:** No Charge

Care Essentials provides information pertinent to the mid-stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This four week program is facilitated by registered health professionals and utilizes expert guest speakers. Topics covered include: communication strategies, activities of daily living, how to manage responsive behaviours, safety and security of the home environment and caring for yourself.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Friday	Feb. 9, 16, 23 March 2	10:00 - 12:00 noon
Alzheimer Society	435 Windermere Road London	Wednesday	April 4, 11, 18, 25	6:00 - 8:00 pm
VON Office	274 Head Street North Strathroy	Wednesday	April 11, 18, 25, May 2	10:00 - 12:00 noon
Inspirit Residences	81 Base Line Road West London	Wednesday	June 6, 13, 20, 27	10:00 - 12:00 noon

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

First Link - Options for Care

For the care partner of the person with dementia in the middle stage **Fee:** No Charge

The Options for Care module of the First Link Learning Series provides information pertinent to the middle to late stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This module is three weeks long and is facilitated by registered health professionals from the Alzheimer Society London and Middlesex, with expert guest speakers presenting topics including: where to turn to when care needs are increasing, how the long term care system works and coping with change.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Friday	Apr. 6, 13, 20	10:00 - 12:00 noon

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Education Programs

First Link - Care in the Later Stages

For the care partner of the person with dementia in the late stage **Fee:** No Charge

The Care in the Later Stages module of the First Link Learning Series provides information pertinent to the late stages of Alzheimer's disease and other dementias and is intended for family members and friends of individuals with dementia. This three week program is facilitated by registered health professionals. Topics covered include: understanding changes in the later stages, providing comfort, working through grief and celebrating life.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Friday	May 4, 11, 18	10:00 - 12:00 noon

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Learning the ROPES for Living with MCI

Support Programs

Support groups for all stages of the dementia journey

This section features important information about support groups for the person diagnosed with dementia as well as for their care partner. Support groups play an important role for those living the dementia journey particularly for the care partner throughout the entire continuum of care. The benefits of attending a support group include making connections with others who are living the same experience, helping to alleviate feelings of loneliness and isolation and providing a much needed support network.

MCI Support Groups

MCI Alumni Support Group

For people who have taken the Learning the ROPES Course **Fee:** No Charge

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Thursday	Jan. 4, Feb. 1, Mar. 1, Apr. 5, May 3, June 7	1:00 - 2:30 pm

Generously supported by the Norman and Marian Robertson Foundation

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

MCI Spousal Support Group

For the spouse or care partner of a person diagnosed with MCI who has completed the Learning the ROPES course

(Note: this course is also open to spouses of people with early stage dementia) **Fee:** No Charge

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Tuesday	Jan. 23, Feb. 27, Mar. 27, Apr. 24, May 22, June 26	1:30 - 3:00 pm
Alzheimer Society	435 Windermere Road London	Thursday	Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, June 14	10:00 - 11:30 am

The MCI Spousal Support Group is generously supported by Tim Hortons

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Groups for the Person With Dementia

Learning that you have dementia and experiencing the changes involved in its early stages can be a particularly challenging experience. Early Stage Support Groups bring together people who share this unique journey and who provide a vital support network for each other. Comprised only of people with early dementia symptoms, these groups build a strong sense of connection between participants, address problem solving and adapting techniques and provide enhanced practical skill development activities to make the most of their abilities.

McCormick Early Stage Support Group

For the person diagnosed with early stage dementia **Fee:** No Charge

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	Thursday	Ongoing	1:00 - 2:15 pm

Pre-registration is required to participate. Please register by calling a social worker at 519-439-9336 or email community.support@mccormickcare.ca.

Circle of Friends Support Group

For people in the early stage of dementia **Fee:** No Charge

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	2nd Thursday	Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, June 14	10:00 - 11:30 am
Alzheimer Society	435 Windermere Road London	4th Tuesday	Jan. 23, Feb. 27, Mar. 27, Apr. 24, May 22, June 26	1:30 - 3:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Programs

Moments and Memories

For people in the early stage of dementia **Fee:** No Charge

Location	Address	Day	Date*	Time
VON Office	274 Head Street North Strathroy	2nd Friday	Jan. 12, Feb. 8, Mar. 9, Apr. 13, May 11, June 8	9:30 - 11:00 am

***Note:** Dates can change due to unforeseen circumstances or at Coordinators discretion therefore pre-registration is required. Moments and Memories is not a drop in support group.

Please call the VON offices at 519-245-3170 to register or for more information.

Support Groups for the Care Partner

Making connections with other care partners of people with dementia helps to alleviate feelings of loneliness and provides a much-needed support network. Participants learn from each other and share their challenges and successes in a safe, confidential setting. Participants often find that the group provides a helpful way to problem solve around the challenges that occur from being a care partner of someone with dementia.

McCormick Caregiver Support Group **Fee:** No Charge

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	1st Wednesday	Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2, June 6	7:00 - 8:30 pm

***Pre-registration is required to participate. Please register by calling 519-439-9336 or email community.support@mccormickcare.ca.**

Support Programs

Drop In Caregiver/Care Partner Support Group

For care partners of early, middle and late stage persons with dementia **Fee:** No Charge

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	1st Thursday	Jan. 4, Feb. 1, Mar. 1, Apr. 5, May 3, June 7	2:30 - 4:00 pm
Alzheimer Society	435 Windermere Road London	2nd Wednesday	Jan. 10, Feb. 14, Mar. 14, Apr. 11, May 9, June 13	6:00 - 7:30 pm
Alzheimer Society	435 Windermere Road London	3rd Saturday	Jan. 20, Feb. 17, Mar. 17, Apr. 21, May 19, June 16	10:00 - 11:30 am
Salvation Army	1340 Dundas Street London	3rd Thursday	Jan. 18, Feb. 15, Mar. 15, Apr. 19, May 17, June 21	1:00 - 2:30 pm

Note: there is no registration required for these drop in support groups

Support Groups for Care Partners in Middlesex County **Fee:** No Charge

Location	Address	Day	Date	Time
Prince George Retirement Residence	139 Main Street Lucan	2nd Thursday	Jan. 11, Feb. 8, Apr. 12, May 8, June 14	10:00 - 11:30 am
Sprucedale Care Centre Chapel	96 Kittridge Ave East Strathroy	3rd Monday	Jan. 15, Feb. 12 (2nd Mon.), Mar. 19, Apr. 16, May 28	1:30 - 3:00 pm
Sprucedale Care Centre Chapel	96 Kittridge Ave East Strathroy	4th Thursday	Jan. 18 (3rd Thurs.), Feb. 22, Mar. 22, Apr. 26, May 24	9:30 - 11:00 am

Pre-registration is required. Please call the VON offices at 519-245-3170 to register or for more information.

Support Programs

Early Stage Spousal Support Groups

For spouse or care partners of the person diagnosed with early stage dementia

(Note: this course is also open to spouses of people with MCI) **Fee:** No Charge

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	Tuesday	Jan. 23, Feb. 27, Mar. 27, Apr. 24, May 22, June 26	1:30 - 3:00 pm
Alzheimer Society	435 Windermere Road London	Thursday	Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, June 14	10:00 - 11:30 am

Generously supported by Tim Hortons

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Care~2 Support Group

For people in middle stage dementia and their care partner **Fee:** No Charge

The Care~2 Support Group is being offered to allow the homebound caregiver to attend a support group facilitated by an Alzheimer Society Registered Social Worker, while their loved one with dementia can be in attendance at a concurrently run social recreation program. These two component support groups are held in London at the Arbor Trace Alzheimer's Special Care Center and in Middlesex County at Four Counties Health Service in Newbury. The recreation portion will be delivered by each host organization's recreation departments with assistance from Alzheimer Society trained volunteers.

Location	Address	Day	Date	Time
Arbor Trace Alzheimer's Special Care Centre	120 Chelton Road London	4th Monday	Jan. 22, Feb. 26, Mar. 26, Apr. 23, May 28, June 25	1:30 - 3:00 pm
Four Counties Health Services	1824 Concession Drive Newbury	4th Wednesday	Jan. 24, Feb. 28, Mar. 28, Apr. 25, May 23, June 27	1:30 - 3:00 pm

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Support Programs

McCormick Spousal Support Group - Living with a Spouse at Home

Fee: No Charge

Living with a spouse who has dementia brings with it the unique challenges of incorporating a caregiving role into the spousal relationship. This group has helped many to manage their spouse's dementia journey, while enabling them to maintain the relationship through its varying stages. Group sessions help promote advanced knowledge and skills in dementia care and provide an environment that is supportive, educational, and social, and one that celebrates the successes in caregiving. It consists of a combination of formal and informal group meetings.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	2nd/4th Wednesday	Jan. 10, 24, Feb. 14, 28, Mar. 14, 28, Apr. 11, 25, May 9, 23, June 13, 27	1:00 - 2:30 pm

Pre-registration is required to participate. Please register by calling a social worker at 519-439-9336 or email community.support@mccormickcare.ca.

McCormick Spousal Support Group - Living with a Spouse in Long-Term Care

Fee: No Charge

If your spouse has been moved into long-term care, you may find it helpful to connect with others who are facing the same situation. A spousal support group is offered at McCormick Home by the Home's social worker to support caregivers not only through the transition to long-term care, but also for ongoing support. The group is open to all caregivers who have a spouse with or without dementia placed in any long-term care home in the community.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	2nd/4th Monday	Jan. 8, 22, Feb. 12, 26, Mar. 12, 26, Apr. 9, 23, May 14, 28, June 11, 25	2:30 - 3:45 pm

Pre-registration is required to participate. Please register by calling a social worker at 519-432-2648 ext. 2369 or email home@mccormickcare.ca.

Support Programs

McCormick Frontotemporal Dementia (FTD) Caregiver Support Group

Fee: No Charge

Caregivers of someone who has frontotemporal dementia will benefit from understanding the unique challenges and opportunities that arise from connecting with others in similar situations. This evening group provides a monthly forum to share successes and problem solve around the particular challenges that occur with being a caregiver of someone with this lesser-known form of dementia. In addition to group discussions, presentations by specialist physicians are also incorporated into the meetings.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	1st Wednesday	Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2, June 6	7:00 - 8:30 pm

Pre-registration is required to participate. Please register by calling a social worker at 519-439-9336 or email community.support@mccormickcare.ca.

McCormick Lewy Body/Parkinson's Disease Dementia Caregiver Support Group

Fee: No Charge

This group addresses the particular challenges of caring for someone with Lewy body/Parkinson's disease dementia, which differs in many ways from the treatment approaches used for the more common types of dementia, such as Alzheimer's disease. Professional social workers guide these helpful and supportive discussions that are informed by medical and behavioural experts.

Location	Address	Day	Date	Time
McCormick Dementia Services	2022 Kains Road London	3rd Wednesday	Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16, June 20	1:00 - 2:30 pm

Pre-registration is required to participate. Please register by calling a social worker at 519-439-9336 or email community.support@mccormickcare.ca.

Support Programs

Teleconnect Support Program **Fee: No Charge**

Delivered by the Alzheimer Society London and Middlesex, the Teleconnect Friendly Visiting Program uses trained volunteers who make regular telephone calls to clients. These outreach calls provide practical tips and a friendly listening ear to isolated caregivers and a check on the safety of clients living alone. Our highly trained volunteers have access to our Registered Social Work staff if more intensive support is needed.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Recreation Programs

Social stimulation for both the person with dementia and the care partner is important throughout the continuum of the disease. Programs that promote and enhance social connections, engagement and intellectual stimulation are essential tools for those living with dementia whether it is the person diagnosed or the care partner.

Social recreation programs are available through the Alzheimer Society London and Middlesex and the Alzheimer Community Support Program of the VON which also features an Adult Day Program for Middlesex County. An extensive Adult Day Program is offered at McCormick Dementia Services where clients participate in social recreation programs in a safe and secure environment that also offers valuable respite for care partners. There are also other locations throughout London and Middlesex County offering similar services (see list of other Adult Day Programs at the end of this section).

Social Recreation for the Person with Dementia

Artful Minds

For people with early to mid-stage dementia **Fee:** No Charge

Artful Minds is an art appreciation program where participants work creatively with colour, shape and texture while being inspired by art work examples provided by the art expert facilitator. Assisted by ASLM's volunteers, participants can experience benefits that artistic creation evokes including expression, accomplishment, communication, engagement and socialization. No art experience necessary.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	2nd Monday	Jan. 8, Feb. 12, Mar. 12, Apr. 9, May 14, June 11	10:00 - 12:00 noon
Alzheimer Society	435 Windermere Road London	4th Monday	Jan. 22, Feb. 26, Mar. 26, Apr. 23, May 28, June 25	10:00 - 12:00 noon

Artful Minds is generously supported by the City of London

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Recreation Programs

Food for Thought

For people with dementia in early to mid stage **Fee:** No Charge

A monthly cooking program where participants and trained volunteers collaboratively work with a culinary specialist to prepare, cook and enjoy a meal together. The program is a great way for clients to socially connect while keeping active and engaged. While this program may be of more interest to people who have enjoyed cooking, no experience is required.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	2nd Wednesday	Jan. 10, Feb. 14, Mar. 14, Apr. 11, May 9, June 13	11:30 am - 1:30 pm
Alzheimer Society	435 Windermere Road London	3rd Wednesday	Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16, June 20	11:30 am - 1:30 pm
Alzheimer Society	435 Windermere Road London	4th Wednesday	Jan. 24, Feb. 28, Mar. 28, Apr. 25, May 23, June 27	11:30 am - 1:30 pm
Seasons Retirement Residence	3230 Napperton Drive Strathroy	2nd Thursday	Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, June 14	11:30 am - 1:30 pm

Food For Thought is generously supported by the F.K. Morrow Foundation and the City of London

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Food for Thought Social Recreation Program

Recreation Programs

Garden Club

For people with dementia in early to mid stage **Fee:** No Charge

A monthly garden and nature-based program where clients experience beneficial social interaction, physical activity, accomplishment and enjoyment as they collaborate in the creation of garden and nature projects. When the seasonal weather is appropriate, sessions are held outside in the Stewart and Lorraine Geddes Therapeutic Gardens at the Alzheimer Society.

Location	Address	Day	Date	Time
Alzheimer Society	435 Windermere Road London	1st Friday	Jan. 5, Feb. 2, Mar. 2, Apr. 6, May 4, June 1	10:00 - 12:00 noon
Alzheimer Society	435 Windermere Road London	3rd Friday	Jan. 19, Feb. 16, Mar. 16, Apr. 20, May 18, June 15	10:00 - 12:00 noon

The Garden Club is generously supported by The Agape Foundation

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

“Walk with Me”

For people with early stage dementia **Fee:** No Charge

A six week social recreation program for individuals in the early stages of dementia. Volunteers and clients come together for a leisurely nature walk, while exploring local flora and fauna. Following the walk is a lively discussion and snack to maximize the group bonding experience. Participants must be a registered client with the VON Alzheimer Community Support Program.

Location	Address	Day	Date	Time
VON Office	274 Head Street North Strathroy	Monday	Apr. 30, May 7, 14, 28, June 4, 11	4:15 - 5:30 pm

Pre-registration is required. Please call the VON offices at 519-245-3170 to register or for more information.

Recreation Programs

Intergenerational Art Program

For people with early to mid-stage dementia **Fee:** No Charge

This program aims to build bridges across age and cognitive barriers by creating a failure free atmosphere, which is shared by the person with dementia and a student/volunteer from the Strathroy Community.

Participants must be a registered client with the VON Alzheimer Community Support Program.

Location	Address	Day	Date	Time
VON Office	274 Head Street North Strathroy	Thursday	Feb. 22, Mar. 1, 8, 22, 29, Apr. 5	2:45 - 4:00 pm

Pre-registration is required. Please call the VON offices at 519-245-3170 to register or for more information.

Volunteer Companion Program

For people with early to mid-stage dementia **Fee:** No Charge

Offered by the Alzheimer Society London and Middlesex, the Volunteer Companion Program features weekly, two hour visits with a screened trained volunteer who is matched with a client experiencing early to mid-stage dementia. The friendly visits offer socialization, engagement and enjoyment to the person with dementia and personal time for the caregiver.

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.

Volunteer Respite Visiting Program

For people with early to mid-stage dementia **Fee:** No Charge

Offered by the Alzheimer Community Support Program of the VON, the Volunteer Respite Visiting program matches trained volunteers with individuals in the community allowing for companionship for the person with dementia as well as respite for caregivers. **Offered only in Middlesex County.**

For more information or to register contact the VON Coordinator at 519 245-3170 or 1-800 265-7058.

Recreation Programs

Social Recreation for the Person with Dementia and their Care Partner

Games Galore

For people with early to mid-stage dementia and their care partner **Fee:** No Charge

Games Galore is a mix between physical games, seated table card games and other activities. Games Galore will provide light exercise, social interaction during a morning or afternoon session of fun and friendly competition. This program offers variety and choice in a welcoming and inclusive atmosphere. Bring a friend or your spouse!

Location	Address	Day	Date	Time
Carling Heights Optimist Community Centre	656 Elizabeth Street London	1st Friday	Jan. 5, Feb. 2, Mar. 2, Apr. 6, May 4, June 1	1:30 - 3:30 pm
East London Public Library	2016 Dundas Street London	2nd Tuesday	Jan. 9, Feb. 13, Mar. 13, Apr. 10, May 8, June 12	10:00 - 12:00 noon

Games Galore is generously supported by the Government of Ontario and the City of London

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Recreation Programs

Intergenerational Choir Program

For people with early to mid-stage dementia and their care partner **Fee:** No Charge

The Alzheimer Society London and Middlesex, in partnership with the Sisters of St. Joseph and the Medway High School music program, is pleased to offer the Intergenerational Choir Program. Led by Medway’s choral director, the music reaches out to clients to help bring back memories and socially engage and enliven them with contact with a younger generation. The Intergenerational Choir meets weekly (school activities will sometimes impact the weekly schedule) to sing with a social time to mingle after each rehearsal. The session culminates with a concert for family and friends.

**Please note the following dates where there will be no choir program:
Mar. 15 (spring break), Mar. 29 (Easter), Apr. 5 (Kiwanis Music Festival)**

Location	Address	Day	Date	Time
Sisters of St. Joseph	485 Windermere Road London	Thursday	Mar. 1, 8, 22, Apr. 12, 19, 26, May 3, 10, 17	3:00 - 4:00 pm
Oakridge Presbyterian Church	970 Oxford Street West London	Thursday	May 24 Concert	7:00 - 8:00 pm

The Intergenerational Choir is generously supported Dr. Jennie Wells and Dr. M.L. Myers

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Intergenerational Choir Social Recreation Program

Recreation Programs

London Life Interactive Memory Tour

For people with early to mid-stage dementia and their care partner **Fee:** No Charge

The Alzheimer Society London and Middlesex offer this program which involves clients and care partners taking day trips to various locations. Guided trips leave by bus from the Alzheimer Society office and typically run for 3-4 hours.

February’s tour is to Eldon House with a lunch before the tour at the Works Gourmet Burger Bistro.

In June, the Memory Tour program is heading to Port Stanley with a stop at Moore Water Gardens and then for lunch at Mackies.

Date	Leaving From	Stop 1	Stop 2	Returning To
February 6 2018	Alzheimer Society (leaving at 11:00 am)	The Works Gourmet Burger Bistro at 11:30 am	Eldon House Tour at 1:00 pm	Alzheimer Society (arriving between 2:30 - 2:45 pm)
June 6 2018	Alzheimer Society (leaving at 11:30 am)	Moore Water Gardens	Mackies in Port Stanley	Alzheimer Society (arriving between 4:00 - 4:15 pm)

The Interactive Memory Tour is generously supported by London Life

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Recreation Programs

Memory Cafés

For people with early to mid-stage dementia and their care partner **Fee:** No Charge

An informal, safe and accepting environment where clients, care partners and family members can come together for mutual engagement, fellowship, recreation, support and brain health education. A series of 'Healthy Brain' activities will be led by a facilitator who can answer questions about brain health, as well as familiarize you with local community resources and support. For individuals living with memory issues, cognitive change or dementia as well as care partners, friends and family.

Location	Address	Day	Date	Time
Family Centre Argyle	1990 Royal Crescent (within Lord Nelson School) London	1st Wednesday	Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2, June 6	1:00 - 3:00 pm
Four Counties Health Services	1824 Concession Drive Newbury	3rd Tuesday	Jan. 16, Feb. 20, Mar. 20, Apr. 17, May 15, June 19	1:00 - 3:00 pm
Trillium Village Senior Homes	400 Dominion Street Strathroy	1st Thursday	Jan. 4, Feb. 1, Mar. 1, Apr. 5, May 3, June 7	1:00 - 3:00 pm

The Memory Café program is generously supported by the City of London and The Ontario Trillium Foundation

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Memory Café Social Recreation Program

Recreation Programs

Minds In Motion

For people with early to mid-stage dementia and their care partner **Fee:** No Charge

The Minds in Motion® program incorporates physical and mental stimulation for people with early to middle stage Alzheimer’s disease and other dementias as well as their care partner. Participants engage in an hour of seated exercises followed by an hour of social activity.

Location	Address	Day	Date	Time
Westminster Community Church	1190 Southdale Road London	Thursday	Jan. 11, 18, 25, Feb. 1, 8, 22, Mar. 1, 8 (no class on Feb. 15)	10:00 - 12:00 noon
Salvation Army	1340 Dundas Street East London	Monday	Apr. 16, 23, 30, May 7, 14, 28, June 4, 11 (no class on May 21)	2:30 - 4:30 pm

Minds In Motion is generously supported by the Government of Ontario and Sunningdale Golf & Country Club

For more information or to register please contact the Alzheimer Society office at 519-680-2404 or info@alzheimerlondon.ca.



Adult Day Programs

Adult day programs provide a much-needed opportunity for mental stimulation for participants and respite time for the caregiver, who may appreciate the time to rest or take care of their own needs. Participants also benefit from interaction with their peers and having an opportunity to engage in both individualized and social activities.

All day program referrals go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

McCormick Day Program

Living with dementia does not mean that quality of life no longer matters. The McCormick Day Program provides a diverse and stimulating range of activities based on the personal needs and backgrounds of clients, including art therapy and research-informed garden programming. In addition, caregivers can enjoy a sense of reassurance that their loved one is well taken care of so that they can have some often much-needed time for themselves. Clients are involved in small and large group programs based on their interests and abilities, where the goal is always to have clients succeed in whatever activity they choose to participate. Each client's social-recreational history is obtained upon admission and is used to guide the staff in developing a person-centred, individualized program.

Programs are offered seven days a week and take place at McCormick Dementia Services, 2022 Kains Road, London.

Fees: \$10.00/day **Extended Hours Program:** \$9.00/day **Weekend Program:** \$19.00/day

Admission Process

All referrals to the McCormick Day Program go through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

McCormick Day Program Transportation

Transportation to and from the McCormick Day Program is available from the Boys' and Girls' Club seniors transit service, which shuttles clients within the London city boundary. This service is arranged by McCormick Dementia Services and confirmed by calling the applicant's contact person. Caregivers/family members may also choose to bring the day program client to the program on their own.

Fees: \$10.00/day **Extended Hours Program:** \$9.00/day **Weekend Program:** \$19.00/day

Adult Day Programs

Overnight Respite

Because caregivers may occasionally need to have their loved one in care for a longer period of time, an extended respite opportunity can provide some much-needed time for themselves. Dates and times vary and require advanced booking.

McCormick Dementia Services Overnight Respite, 2022 Kains Road, London Fee: \$17.00/overnight
For more information call 519-439-9336 or email community.support@mccormickcare.ca.

The VON Adult Day Program

The VON Adult Day Program provide social, recreational and therapeutic activities for older adults and adults with disabilities. Two overnight respite beds are available for registered clients (four times per month, Strathroy site only). The day program helps to support family caregivers who provide day to day care. Nutritious snacks and noon time meal provided as well as medication monitoring and assistance. Bathing available for an additional fee. The program runs Monday-Friday from 9am-2:30pm. The cost to attend the Adult Day Program is \$10.00/day.

VON transportation, including wheel-chair accessible transportation, is available to and from the program for an additional \$10.00. The overnight respite program allows for caregivers to have up to 30 continuous hours to themselves. Clients are cared for in a home like setting by Personal Support Workers whom they are familiar with. The staff are able to provide individualized activities that focus on the clients interests and that will create a safe and comfortable night.

The overnight respite program is for clients who are currently registered in the Adult Day Program. Advance booking is required.

The cost for overnight is \$35.00

VON Strathroy Adult Day Program, 274 Head St. N., Strathroy, ON 519-245-3170

Other Adult Day Programs Available

- Craigwiel Gardens (Ailsa Craig) Craigwiel Adult Day Programs
- Dearness Home (London) Adult Day Program and Wellness Centre
- Four Counties Health Services (Newbury) Adult Day Away Program
- The Salvation Army (London) East London Adult Day Program
- VON Middlesex-Elgin (Dorchester) Adult Day Program

Adult Day Programs must be accessed through Home and Community Care South West Local Health Integration Network at 1-800-811-5146.

Other Community Dementia Support Resources

Behavioural Supports Ontario

southwest.behaviouralsupportsontario.ca
519-455-5110 Ext. 47379

Brain Health Network

www.brainhealthnetwork.ca
(519) 642-4539

brainXchange

www.brainxchange.ca/public/home

Canadian Centre for Activity and Aging

www.uwo.ca/actage/
519-661-1603

Caregiver Exchange

www.caregiverexchange.ca
519-660-5910 ext. 5929

Finding Your Way

www.findingyourwayontario.ca

Health Services in South Western Ontario

<http://www.southwesthealthline.ca>
519-660-5910

Home and Community Care South West Local Health Integration Network

www.healthcareathome.ca/southwest/en
1-800-811-5146

Meals on Wheels

www.meals-on-wheels.ca
519-660-1430

Medicalert Safely home

www.medicalert.ca
1-800-668-1507

Southwestern Ontario Stroke Network

www.swostroke.ca
519.685.8500 x32462

Specialized Geriatric Services

www.sjhc.london.on.ca/specializedgeriatrics
519-685-4000 ext. 44028

Third Age Outreach Program

www.thirdageoutreach.ca
519-661-1621 or 519-661-1620

We're Here To Help

The Alzheimer Society London and Middlesex, McCormick Dementia Services and the VON Alzheimer Community Support Program assist families living with dementia in London and Middlesex County. We strive to provide a seamless and simple navigation of the dementia journey as we deliver programs and services including support, counselling, education, advocacy, information and resources. These vital dementia care services are delivered at little or no cost to the public thanks to the support of the Government of Ontario, granting organizations, sponsors, donors and our large collective team of volunteers. On behalf of the thousands of clients we serve, we are grateful for their support.



January is Alzheimer's Awareness Month. Please join us for these two informative events.

Driving and Dementia

How do I know when it is no longer safe for me (or a family member) to drive? Who is available to help with making this decision? What transportation options might be available in the event that a decision is made to stop driving? These are a few of the questions that will be addressed by our expert panel, including a lived experience perspective.

Wednesday, January 17th from 6:30pm to 8:30pm at Kiwanis Seniors' Community Centre, at Riverside Drive and Wharncliffe Road. Hosted by the Alzheimer Society London and Middlesex and McCormick Dementia Services.

Free admission and free parking. RSVP to Susan at 519-680-2404 ext. 233 or Shelley at 519.439.9336 ext.2347

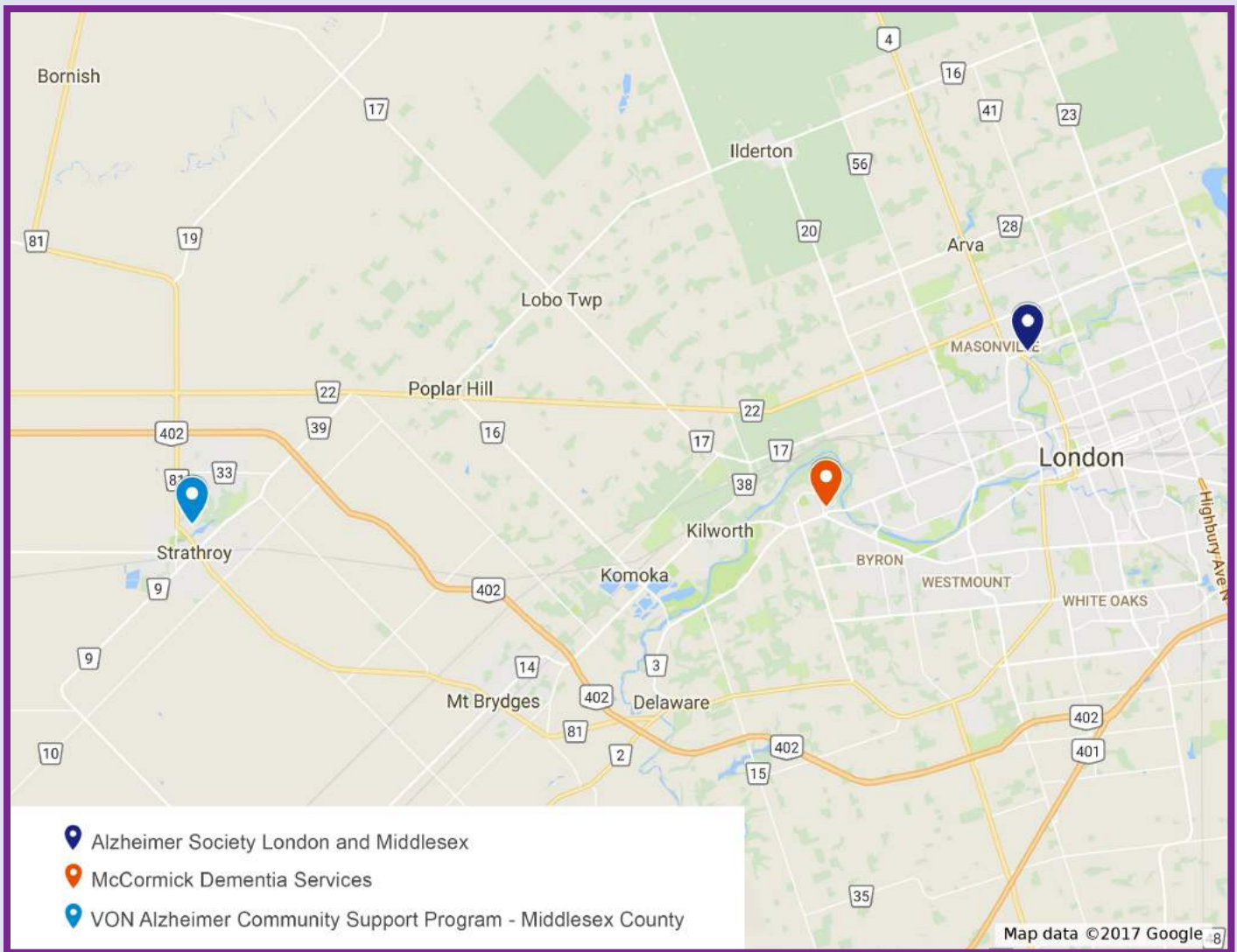
Improving Care for Individuals with Dementia: Practical Tools and Strategies

Featuring Brynn Roberts, OT Reg (Ont), Enhanced Psychogeriatric Resource Consultant, Behavioural Response Team, London Health Sciences Centre.

Thursday, January 25, 2018 from 6:30pm to 8:30pm at Sprucedale Care Centre, 96 Kittridge Ave., Strathroy. Hosted by the VON Alzheimer Community Support Program.

Free admission and free parking. RSVP to Lesley Latchford at 519-245-3170 or email at lesley.latchford@von.ca





Alzheimer Society London and Middlesex

435 Windermere Road, London ON N5X 2T1
 519-680-2404
www.alzheimerlondon.ca
info@alzheimerlondon.ca

McCormick Dementia Services

2022 Kains Road, London ON N6K 0A8
 519-439-9336
www.mccormickdementiaservices.ca
community.support@mccormickcare.ca

VON Alzheimer Community Support Program – Middlesex County

274 Head Street North, Strathroy ON N7G 4L7
 519-245-3170
www.vonmiddlesexelgin.ca
lesley.latchford@von.ca