

We all forget things, experience changes in our mood, or mix-up our words from time-to-time. But when this begins to affect our day-to-day functioning, it could be a sign of a condition called dementia.

What is dementia?

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem solving and language. While they may seem small at the start, they can affect the day-to-day lives of people with dementia. Dementia is caused when the brain is damaged by diseases or a series of strokes. There are many diseases which can cause dementia, with Alzheimer's being the most common. Regardless of the cause, dementia can be frightening, which makes it difficult to find the right help.

But there is help.

Learning how to live well with dementia, and how to manage the symptoms, can help you gain control and confidence along your journey.

The Alzheimer Society is here to provide you with the support and information to do just that, no matter where you are on this journey.

Société Alzheimer Society

serving the
Cochrane and Temiskaming
Districts

Programs and Services

CONTACT US

Email:

director@alzheimerstimmings.com

38 Pine St North, Unit 107A

Timmins, ON P4N 6K6

Toll Free: 1-844-288-4554

Phone 705-268-4554

Fax: 705-360-4492

Satellite Offices:

Temiskaming Hospital Suite 722

- **Temiskaming First Link & Education**
705-679-4038

North Cochrane

10 Drury St, Kapuskasing

- **North First Link: 705-332-2504**
- **North Activation: 705-406-5708**





- First point of contact for caregivers and those with a diagnosis of Alzheimer's disease or a related dementia or those with cognitive concerns
- Support Groups; facilitated by staff- families experience emotional relief, share common experiences creating a network of support, increased confidence and self management of unique needs
- One on One ongoing education, support and counselling
- Caregiver Education Sessions; Topics include: information about the disease, coping skills for day-to-day living, positive approaches to care and strategies to overcome challenges.
- iPad and iPod Music Project; use of technology to support persons living with dementia with apps designed to engage **the brain**.



Behavioural Supports Ontario Soutien en cas de troubles du comportement en Ontario

- Works as part of a triple hat approach; the Behaviour Support Facilitator works one on one with caregivers of persons who are exhibiting responsive behaviours who have a diagnosis of Alzheimer's disease or a related dementia .
- One on One ongoing support
- Evaluation of needs, coping skills and supportive strategies are discussed
- Goal to reduce responsive behaviours and to prolong living at home in a safe secure environment.
- Utilizes Montessori, UFirst, P.I.E.C.E.S and Personhood support techniques

Activation/ in home recreation

- In Home social support & relief for caregivers
- Activation support for persons living with dementia
- Transition support for moves into long term care

Adult Day Program

- A bilingual, safe environment for intentional activities and programming for those living with a diagnosis of dementia as well as frail older adults wanting socialization and friendships
- Caregiver support and social groups will operate concurrently to support the wellbeing of caregivers
- Cost \$20 per day- covers meals, and resources.

Education and Resource Program

Bilingual public information sessions on a variety of topics:

- Head Up for Healthier Brains- Prevention
- What is Alzheimer's Disease
- Dementia in the Workplace/Business
- 10 Warning Signs
- Dementia 101
- The Importance of Self Care
- Finding Your Way-Safety planning for wandering