

Programs and Services in Ottawa

Family Support & Education Services – Our family support and education team can provide bilingual services in the form of information, support and education to families who contact the Alzheimer Society of Ottawa and Renfrew County in person, over the phone and in caregiver groups. Call them from Monday to Friday, 8:30 a.m. to 4:00 p.m. at 613-523-4004.

Monthly Support Groups – Support groups offer a confidential, compassionate and knowledgeable environment where individuals can discuss challenges they encounter in everyday living with dementia. Education and information sharing is an integral part of these support group sessions. We offer:

- English and French Family Support Groups
- Wives Support Group
- Husbands/Sons Support Group
- Daughters Support Group
- “Especially for You” Support Groups for individuals in the early stages of dementia
- Caregiver Support Groups for carers of those in the early stages of dementia
- Caregiver Support Groups in collaboration with Day Programs
- “Between Us” Support Group for persons with Early Onset dementia (persons under the age of 65 years with a diagnosis of dementia)
- Early Onset Caregiver Support Group (caregivers of persons with dementia under the age of 65 years)
- “Morning Break” Caregiver Support Group in Metcalfe
- Koffee Klatsch: a social group for persons in the early stages of dementia and their carer (in French & English)
- Info Rencontre: Caregiver information/discussion session

Education Workshops – Two hour workshops are held once a month, designed for family members and caregivers on topics relating to various aspects of caregiving. Topics such as communication, challenging behaviours, coping strategies, and ethics are presented. Resources for future reference are shared.

Volunteer Education Program – This program is offered to adult and/or student volunteers who find themselves working with residents/clients who have Alzheimer’s disease or a related dementia.

Specialized Workshops – Workshops are held at various times throughout the year on topics such as: After Placement, Bereavement, and Autopsy. Learning sessions are offered to Family Councils in long-term care homes, to family members in retirement homes, and facilitator workshops are offered to volunteers leading support groups.

Enhancing Care Program – An assessment program for long term care homes and day programs facilitated by the Alzheimer Society of Ottawa and Renfrew County. This program assists organizations to assess their own programs and services for clients with dementia using the Alzheimer Society of Canada’s *Guidelines for Care*.

First Link™ Program – This program links individuals newly diagnosed with dementia and their families to a community of learning, services and support. In collaboration with the Champlain Dementia Network, First Link offers information, support, referral and a progressive learning series. The learning series include: First Steps, Next Steps, Care Essentials, Options for Care, & Care in the Later Stages. Sessions are available in French.

Speakers' Bureau – Presentations on various aspects of Alzheimer's disease and related dementias as well as the programs and services of the Alzheimer Society can be given to community organizations.

Newsletter – Our chapter's newsletter, *Alzheimer lifeline*, provides information on: caregiver tips, research, local news, educational programs, etc.

Website – Our chapter's website is filled with numerous files on Alzheimer's disease and related topics of interest to caregivers, family members and the general public. Visit www.alzheimer-ottawa-rc.org

Alzheimer Info Line – A telephone information service that consists of short messages on topics such as symptoms of Alzheimer's disease and how to obtain a diagnosis, and the Safely Home™: Alzheimer Wandering Registry. Operating outside office hours (evenings and weekends), callers can access this service by calling our office at 613-523-4004 on a touch tone phone. One message is dedicated to news on upcoming meetings, support groups and activities of interest to Alzheimer families.

Renfrew County Offices – Caregivers in Renfrew County can access support and education through the Pembroke and the Renfrew offices. Support groups are held monthly in five different locations in the County and portable libraries can be accessed at Pembroke, Renfrew, Barry's Bay, Deep River, Beachburg, Arnprior, and Eganville. Speakers' Bureau presentations are available. Volunteers are always welcome. For more information, please call 613-732-1159 in Pembroke or 613-433-5896 in Renfrew or toll free at 1-888-411-2067.

Safely Home™ Program: Alzheimer Wandering Registry – Developed by the Alzheimer Society of Canada with the RCMP, this program is designed to help find the person with Alzheimer's disease or a related dementia who is lost and assist in a safe return. Registration is voluntary. When registered, vital information about the individual is stored confidentially on a police database. This information can be accessed by police anywhere in Canada. For a one time fee of \$35, an identification bracelet, a Caregiver Handbook and ID cards are provided. Registration forms are available at our Ottawa, Renfrew and Pembroke offices, as well as our chapter's website at www.alzheimer-ottawa-rc.org

Resource Centre – Books and videos on Alzheimer topics such as coping techniques and strategies, activities for the Alzheimer person, or placement issues are available to help both family and professional caregivers. Fact sheets, Alzheimer journals and other reference materials are also available.

For further information, please contact:

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Renfrew County Offices

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