



# Alzheimer Society

## **“Time to Talk” A Discussion group For Caregivers**

### **What is the “Time to Talk” Group**

The discussion Group is a time to discuss issues related to dementia.

### **What it is not**

- A socializing time
- A therapy/ counselling time
- A time to learn about specific topics
- A place to discuss non dementia related issues

### **Who can join the Group?**

The Group is for you if:

- You are providing care for someone with an Alzheimer’s disease or another dementia
- You feel comfortable in a group setting discussing concerns with others who talk openly about their issues.
- You are able to participate actively in a 1½ hour group session
- You are able to arrive and leave group meetings on time.

### **What will I do?**

The Time to Talk group offers a supportive environment in which you have an opportunity:

- to meet and to discuss common concerns
- to enjoy mutual support from others
- to gain knowledge about the disease
- to exchange ideas and coping strategies
- to participate non judgementally and confidentially in a group setting.

### **How will this help me?**

The Group will help you :

- to increase socialization
- to decrease isolation
- to share feelings and develop friendships
- to understand the disease and progression
- to maintain a positive feeling of self-esteem and well-being and learn to cope with the emotions of caregiving
- to link with available resources for future planning

### **How do I join?**

- Please contact our Counselling team to arrange a meeting to determine suitability for yourself.
- Clients are required to return a Participation Agreement form and Confidentiality form.
- All participants are required to meet with our Counsellors every year (or sooner) to review ongoing participation with a group setting.

### **Who leads the Group?**

- The Outreach Counselling Team members will facilitate the group, at times accompanied by a trained volunteer facilitator.

### **When does the Group meet?**

- The Group meets weekly either morning, afternoons or evenings at each of our 4 local sites. Please call the local site to get specific dates and times.

#### **For more information contact:**

**Outreach Counselling**

**Brampton**

**905-792-1319x703**

**Meadowvale**

**905-542-7415x404**

**Port Credit**

**905-278-3667x201**

**Brunel**

**289-632-2273x308**

**[www.alzheimerpeel.com](http://www.alzheimerpeel.com)**

