



Support Group for People with Dementia

What is the “Support Group for People with Dementia?”

- The Support Group is for the person living with an early diagnosis of Alzheimer’s disease or another dementia.

Who can join the Support Group?

- The Support Group is for you if:
- You have recently been diagnosed with Alzheimer’s disease or another dementia
- You feel comfortable with others who talk openly about their diagnosis
- You are able to participate actively in a 1½ hour group session
- You are able to arrive and leave group meetings with arranged transportation.

What will I do?

The Support 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 in mentally stimulating activities

How will this help me?

The Support Group will help you :

- to increase socialization
- to decrease isolation
- to share feelings and develop friendships
- to understand the changes you are experiencing
- to maintain a positive feeling of self-esteem and well-being
- to link with available resources for future planning

How do I join?

- Please contact our Counselling team to arrange an interview to determine suitability for yourself, or someone you know.
- Clients are required to return a Participation Agreement form, consent and application form prior to joining the group.
- All clients and their care providers are required to meet with our Counsellors every term to review ongoing participation and progress.

Who leads the Support Group?

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

When does the Support Group meet?

- The Support Groups meets every other from 1:30 – 3:00 p.m. at the Alzheimer Society Office 60 Briarwood Ave.

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