

Family Education for those Experiencing Dementia

Fall 2016 Calendar

CARE4U FAMILY CONFERENCE



A conference for family and friends caring for a person with dementia

Saturday, October 29, 9 am - 3:30 pm
Canadian Mennonite University
500 Shaftesbury Blvd. / \$40 *includes lunch*

To register online or to view agenda, speakers and sponsors visit alzheimer.mb.ca/care4u2016

FAMILY EDUCATION: NEXT STEPS

Strategies in Managing Personal Care Safely and with Dignity

This session will provide caregivers with ideas to help with personal care techniques that are safe and enable independence for the person living with dementia. Strategies will focus on assisting with areas such as daily hygiene, bathing, toileting and dressing.

Wednesday, September 14, 7 – 8:30 pm
St. Joseph's Residence - 1149 Leila Ave.

Presented by Cindy Campbell, OT Reg (Mb), Community Occupational Therapy Consultant, Health Services on Elgin, Winnipeg Regional Health Authority

Understanding Pain in People with Dementia

Recognizing pain in a person living with dementia can be challenging when there are issues with communication. This session will help caregivers understand changing behaviours and communication patterns in people with dementia and how pain may often be expressed behaviourally.

Wednesday, October 12, 7 – 8:30 pm
Riverside Lions - 188 Worthington Ave.

Presented by Amanda Adams-Fryatt, RN, MN, PhD(c), Nurse Practitioner, Winnipeg Regional Health Authority

Enhancing Communication with Dementia

An information session that will highlight the changes that can occur throughout the journey of dementia. Challenges and strategies to enhance communication will be discussed.

Thursday, November 17, 7 – 8:30 pm
The Wellington – 3161 Grant Ave.

Presented by Kelly Tye Vallis, MS, RSLP, Deer Lodge Centre, Winnipeg Regional Health Authority

All sessions are complimentary, but please pre-register

LIVING WITH DEMENTIA: FIRST STEPS

An information and experiential workshop for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

Part One – Saturday, September 17, 9 am – 12 pm

- Overview of dementia
- Activities to experience what it might be like to have dementia
- We're here for you – the Alzheimer Society

Part Two – Saturday, October 15, 9 am – 12 pm

- Safety for the person with dementia and their caregivers
- Family perspectives
- Legal & financial matters

Part Three – Saturday, December 3, 9 am – 12 pm

- Navigating housing and care options
- Advocating for the person with dementia
- Care for yourself

Sessions located at: Riverwood Square, 1778 Pembina Hwy.

Sessions cost \$10 each which includes refreshments and resources

Register (limited seating)

Three easy ways to register.

1. ONLINE alzheimer.mb.ca 2. Email alzmb@alzheimer.mb.ca 3. Call 204-943-6622 or 1-800-378-6699

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MINDS IN MOTION®

The **Minds in Motion**® program combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease or another dementia to enjoy with a family member or community care partner.

HOW TO REGISTER

Registration occurs through the recreation centres where the **Minds in Motion**® program takes place.
Cost: \$56 per participant pair. Registration opens after Labour Day.

Centro Caboto Centre

1055 Wilkes Ave., Wpg. MB / 204-487-4597
Tuesdays 10 am to 12 pm
October 11 - November 29

City of Winnipeg - St. James Civic Centre

2055 Ness Ave., Wpg, MB / 311
Fridays 1 to 3 pm
October 14 - December 9

The Rady Jewish Community Centre

123 Doncaster St., Wpg. MB / 204-477-7510
Thursdays 10 am to 12 pm
October 13 - December 1

The Wellness Institute

123 Leila Ave., Wpg, MB / 204-632-3900
Wednesdays 2 to 4 pm
October 12 - November 30

The YMCA-YWCA (South Branch)

5 Fermor Ave., Wpg. MB / 204-233-3476
Wednesdays 1:30 to 3:30 pm
October 11 - November 29

The YMCA-YWCA (Elmwood-Kildonan Branch)

454 Kimberly Ave., Wpg, MB / 204-668-8140
Thursdays 1 to 3 pm
October 13 - December 1

Gimli New Horizons 55+ Centre

#17 North Colonization Road, Gimli, MB / 204-857-7772
Mondays 1 to 3 pm
October 17 - December 5

Portage Credit Union Centre

245 Royal Rd. S., Portage la Prairie, MB / 204-857-7772
Mondays 1 to 3 pm
October 17 - December 5

For further information, please contact: Maria Mathews, **Minds in Motion**® Program Manager at 204-943-6622, 1-800-378-6699 or mmathews@alzheimer.mb.ca

EXPERIENCING DEMENTIA

An 8-week program for the person with dementia and their care partner to learn about the progression of dementia, effective communication skills, changing behaviours, coping strategies, options in community living and community resources. Specific topics to be discussed include:

Wednesdays 10 - 11:30 am
Start Date: October 5
End Date: November 23

Please contact Client Support at alzmb@alzheimer.mb.ca or 204-943-6622 for more information.

- The changes in the brain and the impact on behaviours.
- The disease progression.
- The value of respite and community resources.
- Considerations for future planning.
- Skill building techniques designed to promote independence and safety.
- Self-care tips for caregivers.

For more information, please visit alzheimer.mb.ca or call 204-943-6622.