

# Alzheimer Society

CALGARY

*The mission of the Alzheimer Society of Calgary is to alleviate the personal and social consequences of Alzheimer Disease and other dementias and promote the search for a cause and cure.*

The Alzheimer Society of Calgary was incorporated in 1981 as the regional arm of a provincial and national non-profit organization dedicated to the improved well-being of people living with Alzheimer Disease or a related dementia.

While it is not possible to restore brain function to brain cells damaged by Alzheimer Disease, there are treatments and strategies that can help both the person with the disease and the caregiver. The Alzheimer Society of Calgary offers education and support to families and professionals within the Calgary Health Region.

## PROGRAMS & SERVICES

### **Dementia Care Training Centre (DCTC)**

The Dementia Care Training Centre was launched in 2004 to offer care providers the most up-to-date knowledge, strategies, and best practices available for effective, person-centred care. It is information that can be applied across the care continuum, to significantly improve care quality from disease onset until end of life.

1. Staff Training includes *Dementia Basics*, *Practical Care*, and *Best Friends<sup>TM</sup> Approach* workshops. The *Best Friends<sup>TM</sup> Approach* to dementia care has been adopted by the Alzheimer Society of Calgary for its capacity to be applied immediately in any care environment, at any level of experience. The Alzheimer Society of Calgary is the only Society in Canada licensed to deliver this program, and has received training requests from as far away as Australia.
2. Family Education is designed to help those providing dementia care at home, with an eye to making dementia care most effective while avoiding caregiver burnout. Family education is delivered primarily through *Caring with Confidence* workshops. Workshops provided on other topics most requested by caregivers include *Considering Long Term Care* and *Quality of Life at End of Life*.
3. Public Information about Alzheimer Disease is provided in a free, one-hour information session entitled *Memory Problems? Could it be Alzheimer Disease?* This popular program is frequently requested by service groups, community organizations, and corporate/employee groups and is also provided to the community at large approximately six times per year.

## **Family Support Services**

The Alzheimer Society of Calgary offers numerous services designed to provide practical and emotional support to individuals and family living with dementia in the community.

1. A registered social worker

Available by appointment or on a walk-in basis, the social worker provides

- Information on dementia
- Information on other support services available in Calgary and area
- Individual support and referral
- Consultation with families
- Development of specific strategies
- Assistance with future planning

2. Support Groups

The Society provides a variety of support groups throughout Calgary and area. Facilitator workshops provided by the Dementia Care Training Centre enable others to lead support groups of their own.

3. Information and resource library

Members of the community enjoy free access to the latest books, videos, periodicals, and other information that pertains to Alzheimer Disease and other types of dementia.

## **Club 36 Day Programs**

Club 36 is an adult day support program for people with dementia. The Club provides meaningful, person-centred activities including hobbies, community outings, fitness programs, memory exercises, music therapy, and intergenerational activities. Caregivers receive dependable weekly respite, enabling them to recharge and provide ongoing quality care at home.

Although this program is administered and programmed by the Alzheimer Society of Calgary, access to the program is only available with assessment and referral by the Home Care agency of the Calgary Health Region.

## **Safely Home™ Wandering Registry**

A nation-wide partnership between the Alzheimer Society of Canada and the RCMP, the registry is designed to help find the person who is lost and assist in a safe return home.

## **RESEARCH**

In addition to providing programs and services, all Canadian Societies also support national research that may lead to the discovery of a cause and cure.

*In these ways, we provide help for today, and hope for tomorrow.*