

# Alzheimer Society

## DURHAM REGION

Thank you for your interest in Alzheimer Society of Durham Region. We provide a wide range of services to support people living with dementia, their care partners, and the broader community:

### Support Services and Groups

- Information and referral/system navigation (First Link ® program)
- 1:1 support / counselling / case management
- Care partner support groups
- Group therapy for care partners - Reitman Centre Enhancing Care Program: CARERS, TEACH, Mindfulness

### Education and Training

- 1:1 education consults, learning series, seminars
- Safety: [Finding Your Way®](#) and [Medic Alert® Safely Home®](#)
- Public awareness/Dementia-Friendly Communities
- U-First training for Health Care Providers and Care Partners

### Active Living

- Young Onset Adult Day Program
- Recreation Programs / Minds in Motion®

### Other programs and events

- French Language Services
- Respite Program
- MINT Memory Clinics (Oshawa, Bowmanville, Scarborough)

Please visit our website to learn more: [www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)

Here are a few links to popular documents:

[Alzheimer Society of Durham Region Spring Program Guide](#)

[Heads Up For Healthier Brains](#)

[Risk Factors](#)

[Understanding Genetics and Alzheimer's Disease](#)

[Alzheimer's Disease 10 Warning Signs](#)

[Getting a Diagnosis](#)

[What to Expect](#)

A short cut to all the informational pamphlets/info sheets: <https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>

Please contact us if you would like to receive hard copies of any of the resources.

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