

# *Société Alzheimer Society*

WINDSOR - ESSEX COUNTY  
COMTÉ DE WINDSOR - ESSEX

## **Welcome to First Link® - Your Link to a Community of Learning, Services and Support**

The following is information about the First Link® Programs & Services offered by the Alzheimer Society of Windsor & Essex County:

**First Link® Learning Series:** The Learning Series offers information about diagnosis, day-to-day living, positive approaches to care, strategies for challenges and how to prepare for the end of life. Through the First Link® Learning Series participants have the opportunity to learn and share with others who are affected by dementia. Available at no cost.

**Caregiver Education:** Understanding the disease and its process is an important step for both the person with the disease as well as their family and friends. For those who are not at ease with the group format of the First Link® Learning Series we can offer individualized or family education sessions. Available at no cost.

**Social Work:** We offer in-office or in-home assessments to determine individual and family needs. We can work with all those involved to develop an individualized plan of care for your loved one. We also offer individual and family counselling, family mediation and case conferencing. Available at no cost.

**Support Groups:** Groups are held in various locations throughout the county as well as here at the Society. Members are encouraged to openly discuss their feelings, experiences and concerns in a non-judgmental and supportive atmosphere. Available at no cost.

**Day Away Program:** Provides meaningful and appropriate activities for persons with dementia and includes health monitoring by a Registered Practical Nurse. This program brings relief for caregivers as well as socialization and stimulation opportunities for those with the disease. Available for a nominal fee. (Transportation, Bathing, Footcare and Hairdressing/Barber services are also available for an additional fee)

**In-Home Respite Care:** Provides relief for the caregiver. Professionally trained support staff can provide the following services: assistance with personal care, monitoring a client's safety, monitoring intake of medications, meal preparation, socialization, stimulation and companionship. Available for a nominal fee.

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Alzheimer Society of Windsor & Essex County  
2135 Richmond Street  
Windsor, Ontario N8Y 0A1  
519-974-2220

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**Volunteer Companion Program:** Allows for short-term relief for caregivers while providing companionship, socialization and supervision to those with dementia. Available at no cost.

**Safely Home®:** A nationwide program designed to help find the person with dementia who is lost and assist in a safe return home. Upon registering with the Alzheimer Society of Canada, vital information is stored confidentially on a police database that can be accessed by police across Canada. Fee applies.

**Mobility Monitors:** Available in two styles (door style and bed/wheelchair style) these monitors provide peace of mind by allowing you to safely monitor your loved one within your home. The monitor will sound an alarm when the person you are caring for leaves their bed or wheelchair or when they attempt to go out the door of your home. Loaned at no charge.

**Community Services:** First Link® can provide you with information about other community and health care services as well as make referrals on your behalf to these organizations.

**For more information on any of our First Link® Programs and Services,  
please contact Janice Laforest at 519-974-2220 Ext .231**



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