

SKILLS BASED GROUP PROGRAM
FOR CARE PARTNERS OF PEOPLE
LIVING WITH DEMENTIA



— THE REITMAN CENTRE —
CARERS PROGRAM

Coaching **A**dvocacy **R**espite **E**ducation **R**elationship **S**imulation



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

CARERS PROGRAM

- Focuses on **practical skills** and **emotional supports** needed to care for people with living with dementia
- Teaches **problem solving techniques**, a structured approach to address problems
- Coaches care partners in **communication skills** through the use of **simulation**
- Provides strategies for keeping a meaningful relationship with the person living with dementia
- Is an **evidence-based** program developed by the Reitman Centre, Sinai Health System in Toronto

CARERS Program runs for 8 weekly sessions, 2 hours per session, maximum 6 care partners in group and is free of charge to care partners of people living with dementia.

FOR MORE INFORMATION

about upcoming CARERS programs
and to register, please contact:

Alzheimer *Society*

S U D B U R Y - M A N I T O U L I N , N O R T H B A Y & D I S T R I C T S

Alzheimer Society Sudbury-Manitoulin, North Bay & Districts

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