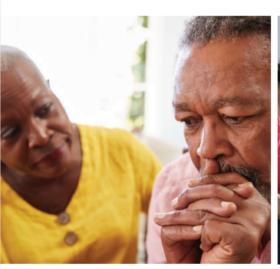
INTERACTIVE GROUP PROGRAM FOR CARE PARTNERS OF PEOPLE LIVING WITH DEMENTIA





TEACH PROGRAM

Training, Education, and Assistance for Caregiving at Home





TEACH PROGRAM

- Focuses on **common caregiving themes** including:
 - 1) Self-care
 - 2) Healthcare System Navigation
 - 3) Relationship Changes
 - 4) Future planning
- Coaches care partners in practical communication and coping skills
- Provides opportunity to **share and learn** from other care partners.
- TEACH program was developed by the Reitman Centre, Sinai Health System in Toronto.

TEACH program runs for 4 weekly or bi-weekly sessions, 1.5 hours per session, maximum 8 care partners in group and is free of charge to care partners of people living with dementia.

FOR MORE INFORMATION

about upcoming TEACH programs and to register, please contact:

Alzheimer Society

SUDBURY-MANITOULIN, NORTH BAY & DISTRICTS

Alzheimer Society Sudbury-Manitoulin, North Bay & Districts 960B Notre Dame Ave., Sudbury, ON P3A 2T4

Contact: Madeleine Sauve, Dementia Care Partner Counselor (705) 524-2024 x245