

## CARERS PROGRAM

- Focuses on **practical skills and emotional supports** needed to care for people 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
- **Evidence based** program developed by the Reitman Centre, Sinai Health System



CARERS Program runs for 8 weekly sessions, 2 hours per session, maximum 6 care partners in a group and is free of charge to care partners of people living with dementia. Individual Intake Assessment is Required Prior to Group Enrollment. Care partners must be caring for a person with a Dementia Diagnosis who resides in the Community (not suitable for persons residing in Long Term Care).

**Online Spouses/Partner/Significant Other's Group  
Caring for spouse/partner/significant other with Dementia**

**Tuesdays from January 27 to March 24, 2026**

**(no group on February 24th)**

**Time: 10:00 AM- 12:00 PM**

**Facilitator: Hemal Joshi, Social Worker- Enhanced Care Clinician  
Alzheimer Society of York Region**

**For more information please contact Hemal Joshi at**

**1-888-414- 5550 ext. 541**

**[hjoshi@alzheimer-york.com](mailto:hjoshi@alzheimer-york.com)**