



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
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