

**Your support
means that here,
no one faces
dementia alone.**





40 Years
of Support | 40 ans
de soutien

The Dementia Society of Ottawa
and Renfrew County has been
providing services for people
living with dementia in our region
for over 40 years.

Dementia is a devastating, chronic illness that can become progressively more challenging for individuals, their caregivers and families. We know that most people want to stay in their home and remain part of their communities for as long as possible. We also know that people impacted by dementia can live long and meaningful lives.

We provide compassionate support, tailored coaching, and practical education, as well as activities and programs for everyone impacted by dementia while building a dementia-inclusive community.

- ✓ Compassionate Support
- ✓ Tailored Coaching
- ✓ Practical Education
- ✓ Activities and Programs



The Dementia Society of Ottawa and Renfrew County: Near You La Société de la démence d' Ottawa et du comté de Renfrew : Près de vous



The Dementia Society Timeline

1980

The Alzheimer Society of Ottawa-Carleton is established.

1985

The Society established the first Canadian Alzheimer Day Away Program.

1996

The first Walk for Memories is held at Carlingwood Mall.

2000

The Alzheimer Society expands its services to Renfrew County.

2005

Champlain Dementia Forum leads to the formation of the Champlain Dementia Network.

2007

Alzheimer Society of Ottawa and Renfrew County is one of the four pilot sites to receive funding from the Ontario Ministry of Health for Dementia coaching and support.

2014

Alzheimer Society of Ottawa and Renfrew County launches the first-ever e-learning module "Preparing for the Move" to support those moving to long-term care homes.

2017

The name of the organization is changed to The Dementia Society of Ottawa and Renfrew County.

2020

The Dementia Society offers virtual support, education, and activities throughout the COVID-19 pandemic and serves more people than ever.

2022

Post-pandemic, support, education, and activities are offered online and in-person.

The Dementia Society of Ottawa and Renfrew County by the numbers.

76%

more support and services delivered over funded targets.

2,500

individuals Served via Support Groups

Over

1,000

individuals supported in programs to reduce social isolation.

Over

3,500

Individuals benefited from practical prevention and dementia-care education

Launched the pilot for the

1st

dementia-specific home safety and technology program.

Assisted over

150

individuals with hospital-to-home transitions

63,000

individuals supported through programs, education, and support groups.



**Here, no one faces dementia alone.
Our community is one where people affected by
dementia are valued, supported, and included.**

We support individuals impacted by over 100 types of brain diseases that fall under the umbrella of dementia.

We are here for individuals living with dementia and for family members and formal and informal caregivers who are supporting these individuals. We believe in the importance of prevention, education, and practices which can fight and delay the development of these devastating illnesses.

Alzheimer's Dementia

Alzheimer's disease is a chronic neurodegenerative disease that destroys brain cells, causing thinking ability and memory to deteriorate over time.

Vascular Dementia

Vascular dementia occurs when the brain's blood supply is blocked or damaged, causing brain cells to be deprived of oxygen and die.

Frontotemporal Dementia

Frontotemporal dementia is an umbrella term for a group of rare disorders that primarily affect the areas of the brain associated with personality and behaviour.

Lewy Body Dementia

Dementia with Lewy bodies is caused by abnormal 'Lewy bodies' deposits of protein called alpha-synuclein inside of the brain's nerve cells and shares similarities with Parkinson's disease.

Mixed Dementia

More than half of all people with Alzheimer's Disease also have another type of dementia. For example, Alzheimer's Disease and Vascular Dementia often occur together.

Parkinson's Dementia

Parkinson's disease dementia is a decline in thinking and reasoning skills that develops in some people living with Parkinson's. As brain changes caused by Parkinson's gradually spread, the person may also experience changes in mental functions, including memory.

**"It helped me immensely
when I needed coping
strategies. Transitioning my
mom into a home was very
hard and my Dementia Care
Coach was there for me."**





“I have been extremely satisfied and impressed with the Dementia Society as a whole. Seminars I have participated in were excellent and exceeded expectations.”

We deliver practical services and pragmatic advice for people living with dementia in our community

Brain Health promotion in our community

Though the exact causes of dementia are yet unknown, 40% of dementias are preventable. The Dementia Society offers dementia education on brain health promotion. The Dementia Society education, and social and recreational programs aim to reduce social isolation—a known risk factor for dementia — and help prevent and delay illness. For example, we connect people living with dementia to screened volunteers — from seniors to students — for regular friendly visits in-person, by phone and online.

People living with the Impact of Dementia

The Dementia Society also offers a wide variety of programs and support for people living with dementia, their caregivers, and their families. We offer coaching, support, and education for caregivers of people living with dementia. We offer engaging activities and programs for people living with dementia. We train members of the general public and staff in workplaces to recognize and include individuals living with dementia, so they stay active members of their community.



Dementia
Awareness,
Prevention &
Inclusion



Education



Tailored
Coaching



Practical &
Emotional Support
for Caregivers



Social and
Recreational
Activities



Our programs also benefit the health care system at large – by supporting people with dementia in their community we can delay admission to long-term care homes and reduce hospital admissions.

Support Programs are highly regarded by 80% of respondents.



Educational Programs are highly regarded by 89% of respondents.



Social Programs are highly regarded by 87% of respondents.



Care Coaching services are highly regarded by 80% of respondents.



*FY2021/22

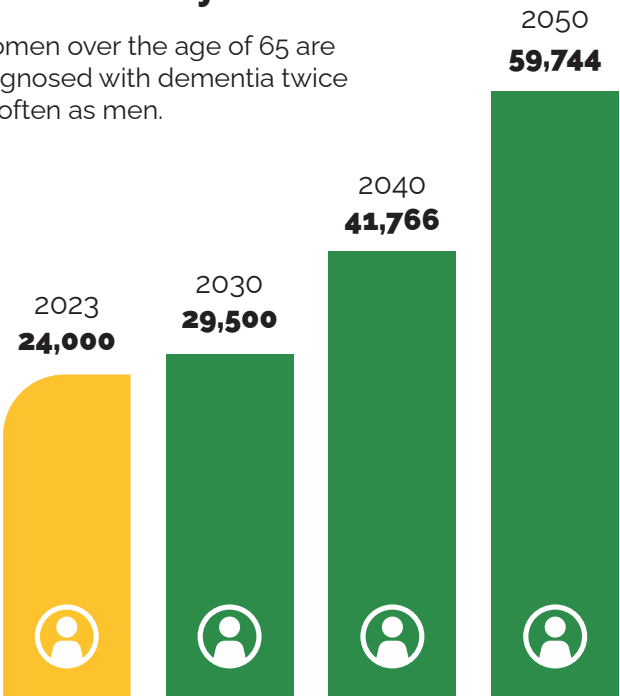


Today more than 24,000 people are living with dementia in our region. Largely driven by the aging of our population, rates of dementia in our region are projected to triple by 2050.



Dementia Population in Ottawa and Renfrew County

Women over the age of 65 are diagnosed with dementia twice as often as men.

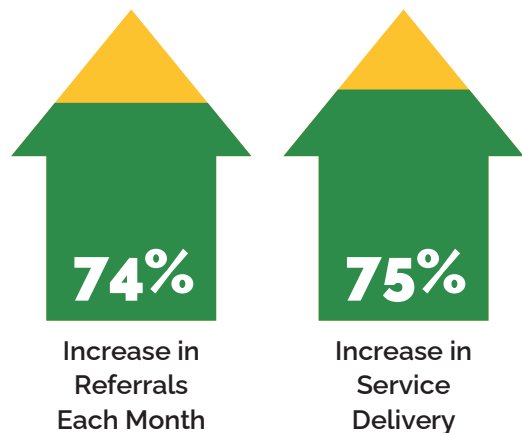


With the increased demand for services comes the cost of delivering them.

Since 2007, The Dementia Society has received funding for core education and support programs from Ontario Health. However, our services have been chronically underfunded, with an annual shortfall of almost \$400,000. Over the last 10 years, The Dementia Society has spent \$3M in its own fundraised dollars to cover operating expenses to meet the demand for support. Like many not-for-profit organizations, during COVID the Dementia Society experienced significant drops in donations and skyrocketing costs. Without additional revenue, hundreds of families will not receive the services and support they need.

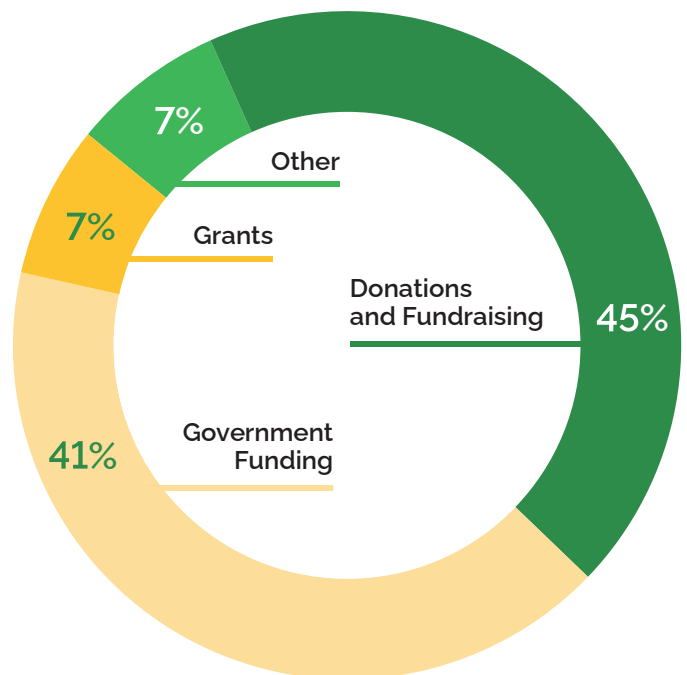
Overall, direct costs associated to raise revenue for The Dementia Society are minimal.

With the increase of dementia in our region comes an increased demand for service*.



*FY2021/22

Revenues (average from 2015)



95% of funds received go directly into programs and services.



“The support group is great for me as a caregiver. I look forward to it each week. Thank you so much for providing this space for me as a caregiver.”

Your support will help ensure our community is a welcoming place for people living with dementia and that anyone affected by dementia is able to get the support they need.

More people are facing dementia in our region and are calling for our help more often. Government funding is not enough to cover the Dementia Society's practical education, support and programs.

To ensure we can continue to support individuals in our community who are living with dementia, we need your help. With your generous donation, we can realize our goal of providing:

- \$50 funds a coaching session for a person in need of dementia help
- \$175 provides support for a year for one more individual facing dementia
- \$500 covers the cost of a dementia-specific home safety and technology support assessment
- \$800 a week is needed to respond to the need for a new caregiver wellness program
- \$70k supports 400 individuals in need for a year

Ultimately your support means that no one has to face dementia alone, and that is well worth striving for.

"Keep up the good work. If it wasn't for you guys I would not be aware and capable of reaching out for help when I or my caregiver need it. Thank you for being there for us."

How you can help.

We welcome your one-time or monthly donation. There are also many other ways to provide support for The Dementia Society, such as through gifts of securities, life insurance and estate gifts. To learn more, please visit DementiaHelp.ca/ways-to-give

You can also contact Kavya Nair at (613) 523-4004

