



The Gratitude Report 2023

The
**Dementia
Society**
Ottawa and Renfrew County



La
**Soci t  de la
d mence**
Ottawa et comt  de Renfrew



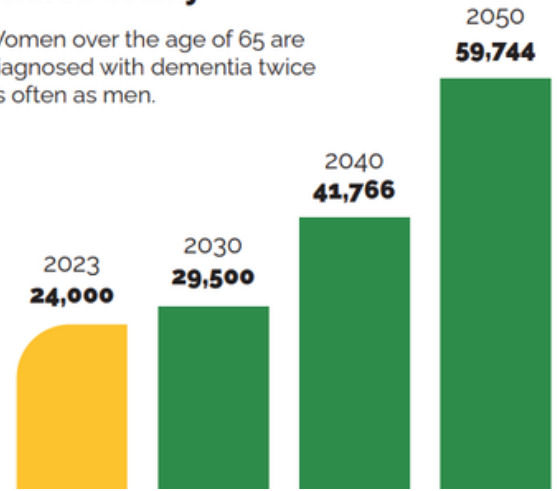
Dementia is a devastating, chronic illness that can become progressively more challenging for individuals, their caregivers and families.

The Dementia Society of Ottawa and Renfrew County provides:

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

Dementia Population in Ottawa and Renfrew County

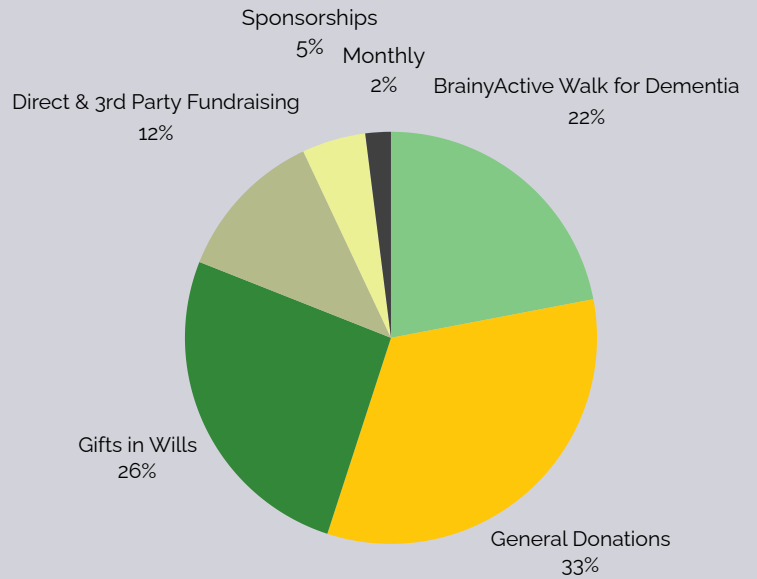
Women over the age of 65 are diagnosed with dementia twice as often as men.



Why Your Support Matters

Since 2007, The Dementia Society has received funding for core education and support programs from Ontario Health. However, this funding is not sufficient to help us meet the growing demand for dementia help.

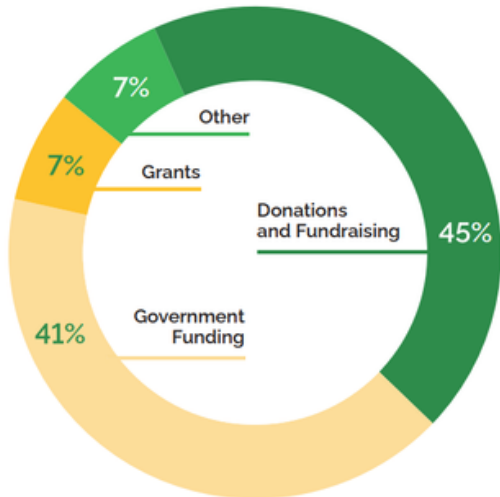
Ways You Supported Us in 2023



Over \$865,000 raised

2023 Calendar Year

Average Revenues (2015-2022 Fiscal Years)



A heartfelt THANK YOU to you, our supporters!

Your support means thousands of families continue to receive the dementia help— support, education and programs— they need to navigate dementia and dementia care with hope and dignity.



BECAUSE OF YOU

5,225

Clients empowered through one-on-one dementia care coaching

In 2023, your support played a critical role in maintaining The Dementia Society as an accessible, vital community resource. **Thanks to your generosity, thousands of individuals received essential support, personalized coaching, and participated in meaningful social and educational activities.**

How You Made a Difference



1,550

People enjoyed countless moments of joy and connection through **200 Social Programs**



3,352

Individuals were empowered with dementia knowledge at **72 Dementia Education Sessions**



3,000

Individuals benefitted from **28 monthly Support Groups** and a community of strength



21,855

People discovered valuable knowledge through our new **Dementia Learning Hub and on-demand resources**



The New Dementia Society Centre

In March 2023, The Dementia Society began welcoming members of the public and our community to the new Dementia Society Centre.

The opening of our new purpose-designed Dementia Society Centre is an important step in making our compassionate, expert dementia-care, support and services more accessible to people in Ottawa and Renfrew County.



One-on-one support in the Evelyn Janet Taylor Room



Multi-purpose program, activities and education room



Dementia Inclusive Space



Public transport and accessible parking available



A Gift-in-Will from Evelyn Janet Taylor Opens New Doors to Dementia Help in Ottawa

Evelyn Janet Taylor, a humble woman, sang in her church choir for over 50 years. She appreciated the support of The Dementia Society while a caregiver to her mother, who lived with dementia. Starting with a \$25 donation in 1992, she later included a gift in her will in recognition of the support she received from The Dementia Society. This gift is the cornerstone for **The Dementia Society Centre, a new home for support and activities for all people facing dementia in our region.**



The Social at the Daisy Café

With donor and volunteer support, The Dementia Society's new The Social at The Daisy Café was launched in January 2023. The 8-week pilot program provided participants living with early to mid-stage dementia with social engagement and entertainment, while also providing essential respite for caregivers.

Based on strong response to the pilot program and thanks to one-time funding from The Centre for Brain Health Innovation Spark+ Program, The Dementia Society has continued The Social at The Daisy Cafe, supporting over 1,200 users in 2023. The Social forms part of the continuum of care that The Dementia Society offers to caregivers across the dementia spectrum, including respite for caregivers, and meaningful engagement for people living with dementia. Other services include access to our Lending Library of meaningful activities and technology, education resources, as well as connections to local Community Support Services, and an introduction to OurSphere—a free, virtual collaborative Day Program.

While we have stretched resources to offer the half-day program more frequently, more funding is needed to keep pace with demand. This includes plans to offer the program in French and extend it to communities in Renfrew County.

Reduce
Caregiver
Burnout

Reduce
Isolation

Regular
Social
Opportunities

"I don't know where we would be without the Café and the staff. It's a relief to not feel judged or looked down upon and it's nice to know that what I say matters. Me and my mom are truly grateful."

"The program is wonderful and is the highlight of the week for me."

He enjoys chatting and spending time with other men, especially those with the same cognitive level. Otherwise, each day would still be the same for him, with mostly just me, his wife, for company.

Your generous donations play a pivotal role in helping to meet the need for engagement and respite, ensuring sustained and improved support for the growing numbers of people in our community impacted by dementia.



In the words of some program participants



EXPANDING INITIATIVES WITH DONOR SUPPORT

In-Hospital Dementia Care Coaching

Strained capacity in emergency departments and hospitals makes headlines daily. In 2022, The Dementia Society initiated a groundbreaking pilot program, staffing a Dementia Care Coach weekly at The Ottawa Hospital (Civic Campus).

With a view to help reduce hospital re-admissions for individuals living with dementia, this pilot program supported hospital care teams with specialized dementia education to enhance in-hospital care plans, and home and community transitions.

In 2023, the program was expanded to include weekly Dementia Care Coach support at the Queensway Carleton Hospital's Alternate Level of Care site (Park Place).

Over 250 caregiver referrals have been received by The Dementia Society through this initiative, underscoring the need for vital emotional and practical support during and after hospital stays.

Community support remains essential to sustain this high-impact initiative.



"It's peace of mind for me to know that the caregivers referred to Dementia Society Care Coaches are followed up on after being discharged from our team."

Registered Nurse at The Ottawa Hospital

Women's Mind Matters: Creating Awareness of How Dementia Impacts Women

The Dementia Society's Women's Mind Matters initiative was launched in January 2020 to shine a light on women's brain health.

2X

Women over 65 are diagnosed with dementia twice as often as men

70%

of family caregivers are women

80%

of professional caregivers are women

Your support is helping us to empower women to mind their brain health. To date, hundreds of women have attended our in-person and live virtual education sessions, while thousands more have accessed our on-demand recordings. **Donor support allows us to further explore the sex and gender differences affecting brain health and ways to mitigate risks for dementia, offering practical tips for maintaining healthy brains in the coming years.**

What are they saying about Women's Mind Matters?

“

I really want more information on the subject. It was high time! Women's health is of great importance, as we saw from the evidence and statistics shared in the webinar.

“

The presentation was very hopeful that we all can do our part every day to decrease our chances of getting dementia.



COMMUNITY SUPPORT IN ACTION

We are honoured by the incredible gifts of our community fundraisers and amazed by the creativity of their efforts. Thank you for spreading joy, building connections, and supporting people impacted by dementia.

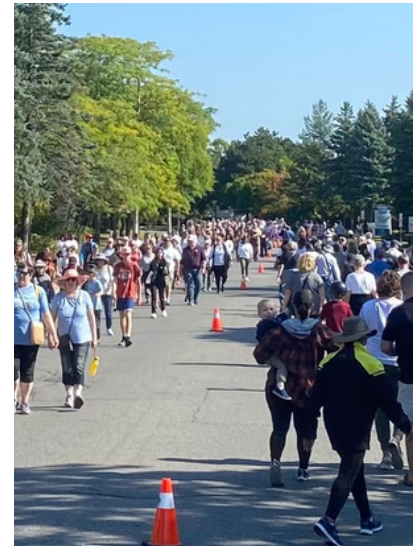
Burbs in Bloom by Katrina

Katrina is a dedicated healthcare provider in Ottawa whose passion for supporting older adults led her to create **Burbs in Bloom**. Initially launched for her personal well-being, Katrina's love for gardening and growing flowers evolved into a fundraiser. In 2023, Katrina raised over **\$10,000 spreading joy through flowers to sponsor 15 sessions of The Social at The Daisy Café**.



A Celebration of Song by Donna

Donna's cabaret-style fundraiser in June 2023 featured musicians who've been impacted by dementia and caregiving and **raised over \$1,000**. As a caregiver to her mother who lived with dementia, Donna gratefully sings praises for the support she received from The Dementia Society.



The Walk for Dementia 2023

\$225,000 **Over 800**
Fundraised Generous Donors

The 24th edition of the BrainyActive Walk for Dementia in 2023 was a remarkable success to raise vital funds for critical dementia programs and services in Ottawa and Renfrew County.

After a three-year pandemic hiatus, friends, families, volunteers, dignitaries, and Dementia Society staff gathered on Sunday, September 24th to walk, together again, to change the story of dementia in our community.

Thank you one and all!



OUR DONORS AND FUNDERS

The Dementia Society is grateful to the thousands of individual donors and our corporate sponsors for their loyal and generous support, and for core funding and special project grants from the following:



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



Thank you for being a champion for people facing dementia in Ottawa and Renfrew County.



We sincerely hope this Gratitude Report brings as much joy to your heart as your support does to ours.

There are many ways to support people living with dementia and impacted by dementia in our community. To learn more, **use your smartphone camera to scan the QR code on the left**, or visit :

DementiaHelp.ca/Donate