



Celebrating **Compassionate** Care

Annual Report

2025-2026

The
**Dementia
Society**
Ottawa and Renfrew County



La
**Société de la
démence**
Ottawa et comté de Renfrew



Reflections From Our Board Chair & CEO

Dear Friends,

Now is the time to celebrate our accomplishments from the past year. We embarked on new projects, deepened our partnerships and strengthened the community of support that surrounds people living with dementia, caregivers and families across Ottawa and Renfrew County. Powered by our dedicated staff and our amazing, steadfast volunteers, we expanded our visibility and increased our reach, taking on new roles with community partners that continue to position us as a regional leader in dementia support.

Our **Community Support Services Advisor Program** expanded this year, bringing its model of community-based expertise to the francophone community through Hôpital Montfort in partnership with Eastern Ottawa Community Resource Centre. This growth allows us to meet people where they are and ensure that more families can access compassionate, practical guidance when they need it most.

We also introduced new and engaging opportunities for support and social activities. **Connecting with Obie**, an interactive projector that turns a tabletop into a play-space, has brought people together through games that bridge generations and create joyful moments for people living with dementia, caregivers and family members of all ages. **Daisy on the Go** continues to travel from strength to strength with itineraries across Renfrew County that help people find safe, welcoming social spaces close to home.

We advanced work on **Learning through Experience**, a program designed to help participants step into the shoes—and the eyes and ears—of people living with dementia. By building understanding through experience, this initiative will support more inclusive, responsive and compassionate interactions.

Behind the scenes, after months of close collaboration with Shared Services Ontario, we elevated our mission by going live with our new **AlayaCare** client information system. This innovative, cloud-based platform is designed for home and community care organizations and gives us a single, secure and integrated system to manage client information, scheduling and care plans. With real-time information, we can better coordinate support. By streamlining processes, we can increase efficiency. Collecting more accurate data allows us to respond more effectively to the needs of our clients.

Our presence in the broader health and community sector also grew. We contributed to important conversations through the City of Ottawa's Older Adult Plan roundtable, the Ontario Health East collaborative table and the Champlain Community Support Network. We participated in conferences, fairs and community events that allowed us to share resources, learn from others and chart pathways for families affected by dementia.

We continued to raise our voice with decision-makers as well. Through Ageing on the Hill, we met with Members of Parliament to highlight the realities facing people living with dementia and their caregivers. Locally, we engaged municipal leaders, including through public conversations such as on a podcast with Beacon Hill-Cyrville Councillor Tim Tierney. Provincially, we worked in coalition with partners to advocate to MPPs about the vital role of community support services in the health care system.

The **Walk for Dementia** remains our marquee event of the year and a powerful expression of community. Together, we raised almost \$272,000, but the Walk is about more than fundraising. Over 450 participants of all ages joined us at the Dementia Society Centre, walking together while enjoying live music, games, a bouncy castle and the warmth of a community united by care and connection.

Demand for our services grows every day, and is expected to escalate further alongside the growing prevalence of dementia. In the year ahead, we will continue to strengthen our partnerships and advocate for a more dementia-friendly community. We will keep working to reduce isolation, increase understanding and visibility to ensure that every person affected by dementia knows where to turn for help.

Thank you to our donors, volunteers, partners, staff and community champions for making our progress over the past year possible. Because of you, we are building a stronger, more compassionate region where everyone knows they don't have to face dementia alone. We invite you to learn more about our work in this report.

With deepest appreciation,



Margaret Egan
Board Chair



Monique Doolittle-Romas
Chief Executive Officer



Land Acknowledgment



The Dementia Society of Ottawa and Renfrew County gratefully acknowledges the Indigenous peoples of Turtle Island. We gather in the unceded traditional territory of the Algonquin as the original custodians of this land. We are grateful for the opportunity to work and live on this land and we recognize that Indigenous practices of holistic health and well-being have been in place in this territory since time began and are maintained to this day.

We invite everyone who is a guest to recognize our responsibilities and obligations to be good guests on these lands. We offer thanks to the elders and communities from whom we learn. May this wisdom inform our actions towards a more just future.



Our Vision

TM
Here, no one faces dementia alone.

Our community is one where people affected by dementia are valued, supported, and included.

Our programs and services continue to evolve in response to the growing number of people and families across Ottawa and Renfrew County who are traveling this journey. Together we are strengthening care and quality of life for families across the region.

Our Mission

We extend compassionate support, personalized coaching, and practical guidance to all impacted by dementia, while building a community where everyone belongs.



What is Dementia?

Dementia is an umbrella term that describes a set of symptoms affecting brain function. Dementia is not a normal part of aging. It's a chronic condition that gets more severe over time and is often characterized by any change in mood and behaviour, as well as:



A decline in . . .

- memory
- planning
- language
- judgement



Physical changes like . . .

- loss of coordination
- loss of bladder control
- weak and stiff muscles
- difficulty standing, sitting or walking

In Ottawa and Renfrew County, 24,000 people are currently living with dementia. Our dementia population is expected to more than double by the year 2050. The Dementia Society needs to reach everyone who needs our help.

When Do People Living With Dementia, Caregivers and Their Families Need Help?

- At the point of first diagnosis and point of noticeable change.
- When psychological and behavioral symptoms occur.
- When functioning is declining.
- At any point in a person's journey.

How Does the Dementia Society Help?



Education

- Dementia awareness and prevention
- Care strategies for people living with dementia
- Planning for living with dementia



Coaching

- 1:1 Dementia Care Coaching
- Peer Support Groups
- Pre-Diagnosis-End-of-life
- Tailored care plans for people living with dementia
- Practical assistance and emotional support



Engagement

- Social connections to reduce isolation
- Support Groups
- Social and recreational programs
- Meaningful participation and enjoyment



Health System Improvement

- For people living with dementia
- Problem solving for caregiver challenges
- Transitions of care
- Gap filling





Key Highlights, 2025-2026

The number of dementia diagnoses is growing. In Ottawa and Renfrew County, 24,000 people are currently living with dementia. That's expected to more than double by the year 2050. As more people are affected by dementia and more of us continue to live longer in the community, the awareness of our services and supports has never been more important.

In 2025-26, we ensured that people living with dementia, caregivers, families and professionals knew where to turn for trusted guidance, practical support and connection throughout the dementia journey.

Through stronger outreach and greater efficiency in the delivery of our core programs and services, we helped more people understand and access the help available to them when they needed it most.

3,811

Caregivers Supported through Dementia Care Coaching and Support Groups.

12,594

Client Visits

79,000

Total People Supported

448,000

Meaningful Interactions with this Community

94%

Clients who would recommend the Dementia Society

88%

Clients who say DSORC gave them the knowledge and guidance to better care for someone living with dementia

In 2025-26, we strengthened our presence across Ottawa and Renfrew County, helping more people learn about and access The Dementia Society's programs and services.

Feedback from our clients showed continued trust and satisfaction. These results demonstrate that clients feel supported, informed and connected.





The Year in Review

Over the past year, our commitment to public education and dementia awareness expanded our reach and strengthened our presence across the community. Through **enhanced programming, improved access to support** and **stronger community connections**, The Dementia Society continued building the foundation needed to respond to the growing prevalence of dementia in our region.

Featured on Rogers TV's An Hour to Give

In June 2025, the **Dementia Society was featured on Rogers TV Ottawa's An Hour to Give**, showcasing our role in supporting people living with dementia, caregivers and families across the region. Through stories shared by our CEO, **Monique Doolittle-Romas**, Board Chair, **Marg Egan**, Fund Development & Communications Committee Chair, **Veronica Engelberts**, and Richardson Wealth's **Sebastien Lacoste**, as well as DSORC staff and caregivers, the program highlighted the impact of Dementia Care Coaching, support groups, education and compassionate community outreach, reinforcing our commitment to ensuring no one faces dementia alone.

Caregiver Gloria offered a powerful example of the impact of these services, describing how intake coaching and peer support provided practical guidance, emotional reassurance and meaningful connection while caring for her husband and mother. Our **Dementia Care Coach Kara Bedell** also underscored the **importance of caregiver well-being**, pointing to The Dementia Society's **peer support, coaching and education programs** as essential supports on the journey with dementia.

Welcoming two new members to the DSORC Board of Directors

We were pleased to welcome **Karla Thorpe** and **Joanne King** to **our Board of Directors**. Karla joins as a **Director and member of the Fund Development and Communications Committee**, bringing senior leadership experience from her role as Vice-President, Programs and Priorities, at the **Mental Health Commission of Canada**. Her personal connection to dementia, following the loss of her father in 2024, has deepened her commitment to community-based services and family support.

Joanne joins as a **Director and member of the Finance Committee**, following a distinguished career leading a community-based charity that supports rural seniors to age in place. She also serves as **Chair of the Renfrew County and District Public Health Unit Board of Directors** and as a board member with the **Killaloe District Housing Corporation**. Together, Karla and Joanne bring valuable governance, health care, rural service and non-profit experience to advance our mission.

Walk for Dementia 2025

On September 21, 2025, hundreds of participants gathered at The Dementia Society Centre to mark **World Alzheimer's Day** through our annual **Walk for Dementia**. Special thanks to the incredible support of our sponsors, donors, volunteers and community partners, as well as **City of Ottawa Councillors Rawlson King** and **Jeff Leiper** for joining us, and to **The Mystics** for helping create a fun, energetic atmosphere. The event welcomed **450+ participants** and **49 teams** who raised **more than \$271,000** to help ensure no one in our community faces dementia alone.

Dementia613 update

The **Dementia613.ca** website is the region's most trusted dementia-inclusive resource. We recently updated this directory so that anyone can easily access resources that support living well with dementia. Businesses, organizations and the community at large play a significant role in creating safe and inclusive spaces where people living with dementia can remain meaningfully engaged in their communities. Developed in partnership with the **Bruyère Health Research Institute** and the **Centre for Aging + Brain Health Innovation (CABHI)**, we are continuing our mission to make the entire 613 region dementia inclusive for the 24,000+ people living with dementia and their caregivers.

Thanks to generous support from the **Jason Blaine Charitable Fund** and the **United Way of Eastern Ontario**, **Daisy on the Go** continued to support joyful connections with outings throughout **Renfrew County**. People living with dementia and their caregivers come together to enjoy meaningful activities and build community. With the guidance of our amazing **Dementia Care Coaches**, these sessions have created lasting memories, bright smiles, and supportive friendships.



Daisy on the Go

Strengthening Service Delivery

In 2025, we launched **AlayaCare**, a secure cloud-based client information system designed for home and community care. The platform brings client information, scheduling and care plans into one integrated space, strengthening coordination, improving efficiency and supporting more responsive, high-quality care for people living with dementia and their caregivers. This milestone reflects our ongoing commitment to compassionate service, privacy and continuous improvement.

Alzheimer's Awareness Month

During Alzheimer's Awareness Month, we launched the **Open the Door awareness campaign** with the **Champlain Dementia Network** to reduce stigma and increase understanding of dementia across our region. Through an open house and media outreach on **CFRA** and **CTV's Your Morning Live Ottawa**, CEO Monique Doolittle-Romas reinforced a clear message for individuals and families: no one has to face dementia alone. We continue to offer more than 30 monthly support groups, both online and in person, led by qualified and compassionate coaches for people navigating a shared journey with dementia.

We also partnered with **All Seniors Care** to host a webinar led by **Bruyère Health** cognitive neurologist **Dr. Andrew Frank**, offering updates on Alzheimer's research. The **January webinar provided timely and comprehensive information about Health Canada's newly approved anti-amyloid therapy**, including eligibility and access considerations, while creating space for community questions and learning.

Connect with Obie

With generous support from the Ministry for Seniors and Accessibility Seniors Community Grant Program, **we welcomed Obie to the Dementia Society Centre**. Obie facilitates a vibrant, touch-responsive space where individuals living with dementia and their caregivers can connect, move, and engage together. Whether through an energetic game or within a slower, more exploratory session, the options are endless! The Obie has given families a shared activity that makes room for joy and connection. We can't wait for you to meet him!

O-Town Podcast with Tim Tierney

In March, **Ottawa Councillor Tim Tierney** visited the Dementia Society Centre to **record an episode of his O-Town Podcast** with CEO Monique Doolittle-Romas, highlighting our services and raising awareness of the support available for people living with dementia and their families.



Dementia Society Podcasts

This year, we launched two educational podcasts to support caregivers of people living with dementia. The first, **"Care for the Caregiver"** was released for International Women's Day, and the second, featuring practical information for caregivers was delivered alongside All Seniors Care. Both highlighted coping strategies and expert insights, extending access to trusted dementia education beyond our programs. These podcasts are available, with French subtitles, on the **Dementia Society YouTube channel**.



Compassion Through Partnerships

Expanding an Integrated Approach to Care

Building on the success of the Community Support Services Advisor model at The Ottawa Hospital's Civic Campus, The Dementia Society is working with partners to take this integrated approach to the Montfort Hospital.

In partnership with the Archipel Ontario Health Team, CSS Shared Resources Ontario East and Eastern Ottawa Resource Centre, a bilingual CSS Advisor has been hired to help patients and caregivers connect with community-based supports, ease transitions from hospital to home and support emergency department teams.

The expansion will also include collaborative data tracking and a community of practice to compare outcomes, strengthen learning and support the continued growth of hospital-community partnerships in dementia care.



Compassion in the Community

Raising Awareness at Events and Conferences

The Dementia Society values every opportunity to be present at community events and conferences, where meaningful conversations can raise awareness, strengthen partnerships and help build more accessible and dementia-inclusive communities.

By showing up in these spaces, we connect with individuals, families, organizations and volunteers who share a commitment to inclusion, understanding and support for people living with dementia, their caregivers and families.



Measuring Meaningful Impact



Key performance indicators help keep us on track and measure our progress toward our strategic objectives. By tracking **overall client satisfaction**, the Dementia Society can assess the quality and impact of its programs and services for caregivers and people living with dementia. Monitoring **client service reach** shows whether programs are expanding equitably and meeting community demand across the region, while **awareness** reflects how effectively we're building public recognition and reinforcing our role as a trusted regional leader in dementia caregiver support. Together, these indicators provide governance-level insight into whether we're advancing our priorities, improving the client journey, and sustaining meaningful impact.

Overall Client Satisfaction

95%

Overall Approval Rating
(Dementia Society's 2025
Annual Client Survey)

Awareness

2,810

Total Referrals
Received from
Professionals and
Self-Directed

Client Service Reach

79,000

People Supported

448,000

Meaningful Interactions



Motivated by Heart

Our Volunteers Drive Our Impact

As a local charitable organization providing services in Ottawa and Renfrew County, our volunteers are the foundation of what we do. We would not be able to help as many people as we do without them providing their time and expertise. When staff were asked to describe our volunteers in one word, one answer stood out: **selfless**.

In 2025-26, The Dementia Society and the individuals and families we serve benefited from:



Volunteers



Volunteer Hours
Contributed



Program Sessions
Supported



Education Sessions
Delivered (108% of our
target) reaching 3,810
participants

Every day, our volunteers share their time, energy, and compassion to support people living with dementia and their caregivers across Ottawa and Renfrew County.

Through programs, connections, education, and behind-the-scenes support, their impact is felt throughout our organization and across this community.



Recognizing With Gratitude Our 2025-26 Board of Directors

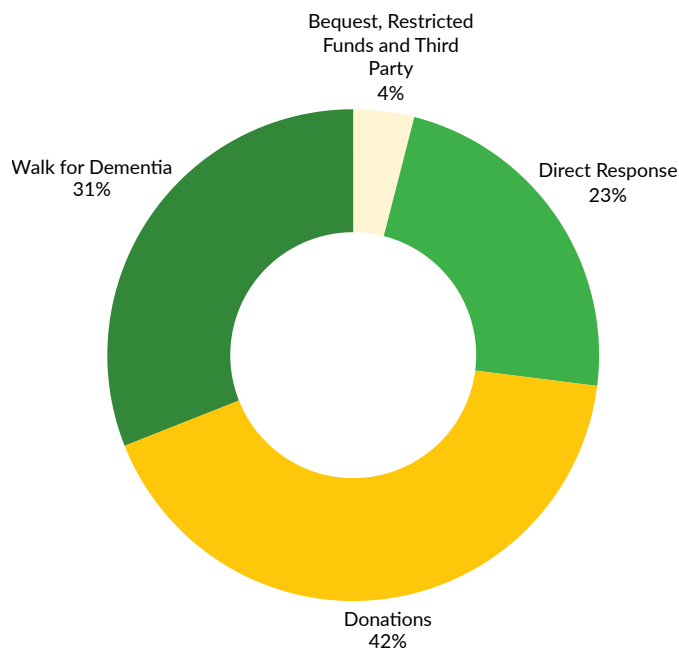
- Margaret N. Egan (Chair)
- Marilyn Fevrier (Vice-Chair)
- Louise Laramée (Secretary)
- Paul Morton (Treasurer)
- Veronica Engelberts
- Tom Caldwell
- Joseph Power
- Megan Wright
- Hillel Finestone
- Karla Thorpe
- Joanne King



Fund Development

While The Dementia Society of Ottawa and Renfrew County receives partial funding from the provincial government, and from other institutional sources, we rely on individual donations and corporate sponsorships for about half of the funds needed to deliver our programs and services. The following are just a few of the many exciting highlights from the last year.

Fund Development Revenue Distribution



3,285

Donors

1,931

NEW Donors

4,932

Gifts

+\$882,000

Raised

Thank you to all our donors and supporters who generously contributed to our fundraising success. Together we raised \$882,000 for families in this community!

This money will help fund our programs and directly benefit people affected by all forms of dementia right here in Ottawa and Renfrew County.



Giving Tuesday

Response to our Giving Tuesday and Holiday Matching campaigns in December 2025 was amazing and surpassed all of our expectations.

Thanks to the dedication and kindness of our donors, we were able to maximize the generosity of our Matching Campaign champions Margaret Egan, and Margaret and Dave Thomas. The total donations secured their full combined match of **\$55,000**, a result that went well-beyond our ambitious targets.

The success of our holiday campaigns is a huge motivator for our staff and clients alike, and goes a long way toward ensuring that families, caregivers and people living with dementia can continue to access the compassionate care and support they deserve.

The support of our incredibly generous donors is why we continue to be the key resource of dementia support for families across Ottawa and Renfrew County.



Thank You to Our 2025 Walk for Dementia Corporate Partners





Financial overview 2025-26

Revenue

	2026	2025
Government annual funding	1,459,015	1,270,999
Other funding	489,677	746,158
Donations	366,269	513,677
Fundraising	492,029	405,274
Government one-time funding	53,519	234,790
Other	54,497	42,746
Investment income	86,570	91,319
Restricted donations for other programs	7,075	18,923
Bequests	10,000	439
Total revenue	3,018,651	3,324,325

Expenses

	2026	2025
Salaries and benefits		
Programs and services	1,684,903	1,445,634
Administration	187,212	160,626
Fundraising	208,013	178,474
Other Expenses	487,283	746,158
General operating expenditures	452,242	472,201
Government one-time funding	25,753	193,703
Ministry of Health-directed expenses	95,316	114,500
Other fundraising costs	84,085	84,130
Amortization of capital assets expense	87,980	94,706
Total expenses	3,312,787	3,490,132

Net revenue (expense) for the year

	2026	2025
Realized and unrealized gain (loss) on investments	272,117	213,459
Net revenue (expense)	(22,019)	47,652

2025 Condensed Statement of Revenue and Expenses, March 31, 2026.
Audited financial statements are available on request.



Focused on the Future

A Path to Meet the Growing Needs of Caregivers With Compassion

The number of people living with dementia continues to grow. So, too, does the number of people who find themselves in the role of caregiver.

We're moving forward to address these needs with renewed focus and purpose. The 2025–2028 Strategic Plan offers a practical road map to guide our priorities, strengthen sustainability, and ensure programs continue to meet the needs of caregivers and people living with dementia across Ottawa and Renfrew County.

The plan is anchored by four interconnected objectives:



Increasing
Awareness



Strengthening
Organizational
Capacity



Supporting Caregivers
and People Living
With Dementia



Improving the
Client Journey
Together



These objectives are founded on our commitment to responsive, person-centred care. Progress is being measured through clear indicators, including awareness, service reach, client satisfaction, sustainability, and collaboration.

Together, these priorities position The Dementia Society to expand its impact, deepen partnerships, and remain a trusted source of support, compassion, and leadership for the communities it serves.



Thank You!

None of what we accomplished this year would have been possible without your trust, your generosity and your belief in our mission.

To our **community partners**, whose collaboration helped shape our work; to our **funders** and **donors** whose investment gave us the resources to turn ideas into action; and to our **sponsors**, whose support amplified our reach and impact, we extend our deepest gratitude. Each of you chose to stand with us, and that choice has made a real difference in the lives of the individuals and families we serve.

As we look ahead, we're filled with hope and momentum, knowing we have such a dedicated community walking with us. Thank you for believing in our work, and for helping us dream even bigger about what's possible in the year to come.



- Agnes Tennant Fund - OCF
- Benefaction Foundation
- Canadian Online Giving Foundation
- Paypal Giving Fund Canada
- Charities Aid Foundation Canada
- Canadian Online Giving Foundation
- Private Giving Foundation
- Gift Funds Canada
- Strategic Charitable Giving Foundation
- Miller Waste Systems Inc.
- Justin PS Mooney Professional Corp.
- NP53 Marketing
- St. James Lutheran Church
- Gloucester South Senior Center
- Women On Skis
- The Women's Guild of St. Andrew's Church
- Rideau Park United Church Women
- The Estate of Nona MacMartin

- United Way Greater Toronto
- The N.A.R. Foundation
- Gweneth J. Gowanlock Family Charitable Trust - SCGF
- Carl and Rhoda Sylvester Foundation - SCGF
- Fondation Alain et Micheline - SCGF
- Ottawa Valley Community Foundation
- Blattel Family Fund – OCF
- Leo and Pat Curtin Fund – OCF
- Ödön and Yvonne Panek Family Fund - OCF
- Janet Mulcahy Fund – OCF
- Paul E. K. and Suzanne Cornforth Fund - OCF
- P. and M. Cahill Fund - OCF
- Barbara Weston Fund - OCF
- Gunther and Inge Abrahamson Fund - OCF
- Margaret E. Hill Fund – OCF
- Erdelyi Karpati Memorial Fund – OCF
- Helen Scafe Fund – OCF
- Jackie Bruneau Fund – OCF



With thanks to our funders:



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