



The  
**Dementia  
Society**  
Ottawa and Renfrew County

## MEANINGFUL ACTIVITIES AND PROGRAMS FOR PERSONS LIVING WITH DEMENTIA AND CAREGIVERS DURING COVID-19



We are all facing challenges in today's uncertain environment. For people living with dementia, their caregivers and their families, this is a particularly challenging time being isolated in homes with no access to respite, services, and meaningful activities that are so important to living well. The Dementia Society of Ottawa and Renfrew County is still here to help. All our Dementia Care Coaches are operating remotely and available to support you. There are many ways to reach out to a Dementia Care Coach – phone, Careteam, e-mail, and live chat on our website.

We have responded to the needs of persons living with dementia, their caregivers and their families and moved our educational, recreational and support programs on-line, offering programs every weekday and on demand. We have put together this document, which includes our own online programs and ideas for activities available to you and your family during this time. If there are any additional programs or activities that you are aware of please let us know.

*Thank you to the Health Innovation Network  
South London for curating some of this content.*

*Updated October 8, 2020*

# The Dementia Society Programs

- **Weekly Round Up**
  - Every Monday, we send you the new e-bulletin with the latest education, meaningful activities and support available. Stay up to date by scrolling down on the main page of our website and registering: <https://dementiahelp.ca/>
- **Dementia Care Coach**
  - All of our Dementia Care Coaches are operating remotely and available to support you. There are many ways to reach out to a Dementia Care Coach – phone, Careteam, e-mail, and live chat on our website.
    - Ottawa: 613-523-4004
    - Renfrew County: 888-411-2067
    - [info@dsorc.org](mailto:info@dsorc.org)
- **Support Groups**
  - We have over 24 support groups each month across Ottawa and Renfrew County. Support groups provide a safe environment for caregivers and families to learn, express, and help each other by offering mutual understanding and support. Support groups are collaborative and are led by a Dementia Care Coach and a peer support volunteer. Choose to join via zoom or by calling in over the telephone. Click on the following links to see the latest schedule and register.
    - [Ottawa](#)
    - [Renfrew County](#)
- **Music Programs at Home**
  - For people living with dementia, memories may begin to fade away, but emotions often remain as vibrant as ever. Music uniquely allows us to explore memories of the past while experiencing the enjoyment and pleasure of a beloved tune or classic boogie. Continue to enjoy our music programs at home. Access the latest videos on our YouTube Page. – [Click Here](#).
- **Arts and Minds at Home**
  - Art and creativity at home. Each session involves instruction, and participants are encouraged to create from a reference or use their own unique artistry to produce works that are meaningful to them. Access the latest videos on our YouTube page – [Click Here](#).
- **Take a Break Program**
  - Caregiving is stressful and can require a lot of resilience. Take a few moments while a trained volunteer visits with the person you are caring for. This virtual respite program is free, just register to request a match. We'll find the right fit so you both get a break. For more information and to register, [Click Here](#).
- **Dementia Friendly Activity Packages**
  - Packages include puzzles, games, and activities that people living with dementia and their care partners can enjoy from the comfort of home. To request a package - [Click Here](#).
- **Pedal Power Program**
  - Cycle in the comfort of your home! We provide the pedals and you're on your way – To learn more - [Click Here](#).
- **10@10**
  - Every weekday at 10am, join us for 10 minutes of chair exercises and movement. Put a little structure into the day and join us on our Facebook page for the live event – [Click Here](#). Download a PDF of the exercises - [Click Here](#).

- **Upcoming Live Events**

- Are you wondering which of our live education sessions or programs are coming up next? Check out the upcoming programs page: [Click Here](#).

- **On Demand Learning**

- Have you missed one of our webinars? Do you feel like learning about dementia, caregiving and everything in between? Search no further than our On Demand Learning page. Start learning today- [Click Here](#).
  - Check out our Youtube page too for more webinars! - [Click Here](#).

## Meaningful Activities from Around the World

- **BBC Reminiscence Archive**

- This archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy. To begin, simply select a Theme (such as Sport, Events etc...) or a Decade (1930s, 1940s etc...) and choose whether you wish to have Image, Audio or Video content - [Click Here](#).

- **Joy for All Project:**

- When you dial the local and toll-free numbers, you will be able to choose from a number of pre-recorded options so that you can listen to stories, kind messages, jokes, and more! - [Click Here](#).

- **Teepa Snow's 13 Engagement Ideas while practicing social distancing's** - [Click Here](#).

## Music

- The best live-streamed classical music concerts available online – [Click Here](#).
- Alzheimer's Music Project: Request a free personalized music player and enjoy old favourites - [Click Here](#).

## Movies/Theatre

- Classic amateur films from around the world from the British Film Institute - [Click Here](#).
- Laurel and Hide slapstick movies:
  - The Flying Deuces- [Click Here](#).
  - Helpmates- [Click Here](#).
- Stratford Festival productions on CBC Gem – [Click Here](#).

## Nature, Zoos and Aquarium Live Streams

- Lions, tigers and bears oh my! Live stream most animals from the safety of your home – [Click Here](#).
- Various animals at San Diego zoo – [Click Here](#).
- Various animals at the Smithsonian – [Click Here](#).
- Monterey Bay Aquarium- [Click Here](#).

## Virtual Museums Tours and more.....

- Canadian Museum of History - [Click Here](#).
- Royal Ontario Museum- [Click Here](#).

- Canadian War Museum- [Click Here](#).
- Art Gallery of Ontario- [Click Here](#).
- National Gallery of Canada- [Click Here](#).
- National Ballet of Canada- [Click Here](#).
- Hockey Hall of Fame- [Click Here](#).
- Rideau Hall- [Click Here](#).
- Petawawa Heritage Village- [Click Here](#).
- A virtual tour of a Canadian Penitentiary – [Click Here](#).
- Google Arts and Culture - This online platform provides digital tours of more than 2,500 museums and galleries around the world- [Click Here](#).
- NASA virtual tours – [Click Here](#).

## Home Exercise

- At home Exercises from the City of Ottawa: “Strength and Balance Exercises”– [Click Here](#).
- Canada’s National Ballet School: “Bring Dance into your Home” online program has a special section for seniors – [Click Here](#).
- Rogers TV Better Strength Better Balance online recordings – [Click Here](#).

## A World without Walls

- The Good Companions Seniors Centre Without Walls program
  - Join health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships – all from the comfort of home! – [Click Here](#).
- Ontario Caregiver Organization weekly support groups for caregivers – [Click Here](#).
  - Support for Caregiver Awareness, Learning and Empowerment (SCALE) webinars aim to empower caregivers with practical information, and skills to enhance self-awareness with a focus on your own needs and well-being. - [Click Here](#).

## Online Activities

- Have you completed all of your jigsaw puzzles? Complete a new online every day – [Click Here](#).
- Do you like colouring? Colour online all day – [Click Here](#). For more advanced, try this app- [Click Here](#).

**Ottawa:** 613-523-4004 **Renfrew-County:** 1-888-411-2067 | [info@dsorc.org](mailto:info@dsorc.org) | [DementiaHelp.ca](http://DementiaHelp.ca)

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