

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Hybrid- Seeds of Hope Family Learning Series

Hybrid - Winter 2025

Overview: The Seeds of Hope Family Learning Series provides education and support for families of persons living with Alzheimer Disease and related dementias. This program consists of four series targeted at Early, Middle, Late, End of Life Stages. Each series is made up of several sessions with activities and presenters to address specific information.

***These sessions are held online through Microsoft Teams Platform (Virtual)**

***To register call toll free: 1-866-950-5465** Space is limited so register early to avoid disappointment.

Living with Dementia (Early Stage)

Evening: This session will be Hybrid – in-person and online.

On Mondays, from 6:00 pm – 8:30 pm
(February 3rd, 10th, 24th and March 3rd 2025)

***No session on February 17th -Family Day**

Session 1: Exploring the Experience of Dementia

Someone living with dementia will help you understand dementia from their perspective.

Session 2: You as a Care Partner

Learn what to expect from an experienced care partner. Find out how your role may impact your relationship with the person living with dementia. Start planning how to care for yourself.

Session 3: Understanding Dementia

A physician will explain the medical management of the disease including types of dementia, diagnosis, risk factors, symptoms, treatment, and progression.

Session 4: Planning Ahead: Advance Care Planning

A lawyer will explain the legal and financial documents you need to complete in the early stage while the person living with dementia has capacity to make decisions and make their wishes known.

Living With Change (Middle Stage)

Evening: This session will Hybrid – in-person and online.

On Tuesdays, from 6:00 pm – 8:30 pm
(March 25th, and April 1st, 8th, 15th & 22nd, 2025)

Session 1: Introduction to Living with Change

An Alzheimer Society staff will help you understand the experiences faced by people living in the middle stages of dementia. You will have an opportunity to hear from a homecare staff member regarding community supports.

Session 2: Understanding Expressions of Feelings & Unmet Needs

A specialized nurse will help you understand expressions of feelings and unmet needs, as a means of communication. Gain skills and strategies to respond with a problem-solving approach.

Session 3: Communication

A speech language pathologist will help you communicate more effectively with your family member living with dementia.

Session 4: Activities of Daily Living

An occupational therapist will discuss how we can build on a person's strengths to help maintain quality of life.

Session 5: Managing Stress

A trained professional will help you develop coping strategies to manage stress and use supports to maintain care partner health and wellness.



Transition to Alternative Care (Late Stage)

Evening: This session will be *Hybrid* – in-person and online.

On Thursdays from 6:00 pm – 8:30 pm

(April 17th, 24th and May 1st, 8th & 15th, 2025)

Session 1: Growing Seeds of Hope

A trained professional will help you understand the importance of hope during the dementia experience. Self-care and finding help and support is included.

Session 2: Working with Care Providers

A staff member from a care home will help you understand the role expectations of family and facility staff.

Session 3: Preparing for Changes Ahead

A physician will explain the changes individuals living with dementia are likely to experience in the later stages of the disease.

Session 4: Maintaining the Connection

A recreation therapist will provide ideas to help support the person living with dementia in their care home to ensure quality of life.

Session 5: Taking Care of You: Grief & Self Care

A bereavement specialist will help you recognize and understand grief and the grieving process. Identify specific activities to enhance self-care

Dying with Dignity (End of Life)

Evening: This session will be **hybrid**.

On Wednesdays from 1:30 pm -3:30 pm

(February 19th, 26th and March 5th & 12th, 2025)

Session 1: Ethical Choices

A clinical ethicist will help you understand a “good death”. Understand what decisions a care partner may have to make at the end of a family member’s life.

Session 2: End of Life Care

An expert in palliative care will explain what to expect in the end stage of dementia on how to provide comfort to someone who is near the end of life.

Session 3: Arrangements After Death

A lawyer will discuss the legal issues and estate administration when death occurs.

Session 4: Saying Good-Bye and Moving Forward

A grief expert will discuss the grieving process when a family member dies. Learn ways you may celebrate the life of the person with dementia.

Limited Spaces Available

Please call 1-866-950-5465 OR email reception@alzheimer.ab.ca to register.



HELP4DEMENTIA