



The
**Dementia
Society**
Ottawa and Renfrew County

LIVING WITH DEMENTIA: RESOURCES TO HELP REDUCE ISOLATION



Living through a global pandemic has been an isolating experience for many. For someone living with dementia, being socially isolated can be especially difficult. If you or someone you know is experiencing loneliness or isolation, it is time to get connected. You may be wondering,

WHAT RESOURCES EXIST IN THE OTTAWA AREA?

Dementia Society Resources/Programs:

- **The Make a Connection, Take a Break program.** This programs aim to connect people living with dementia to a volunteer. Have a chat, play a game, listen to music, or do another activity together. [Click Here](#).
- **Online Social Programs.** Access live exercise programs, music, and more! [Click Here](#).
- **Support Groups.** Connect with others facing similar situations:
 - Support group meetings for caregivers: [Click Here](#).
 - Facebook peer support group: [Click Here](#).
 - Support groups meetings for people living with dementia (young onset or early stages). Contact the dementia society for more information: [Click Here](#).

- **A Dementia Care Coach.** Get help tailoring activities and resources to fit the needs of the person with dementia. A coach can help connect individuals or families to social programs: [Click Here](#).
- **Learn strategies.** The following fact sheets are available:
 - *Meaningful activities to do at home*
 - *How to promote engagement in activities*
 - *Communicating by phone or internet*
 - *To access these fact sheets, [Click Here](#).*
- **Dementia Friendly Activity Packages** can help fill the person's day. Several types of packages are available: [Click Here](#).
- **Activity Book.** Fill these pages together: [Click Here](#).

Other Programs:

- **Senior Centre Without Walls.** Participate in free group activities over the phone (no computer needed): [Click Here](#).
- **Alzheimer's Music Project.** Music can do wonders to help us feel connected to our past and bring meaning to the moment. Free MP3 players are available upon request. Music is tailored to the person living with dementia: [Click Here](#).
- **BBC Reminiscence Archive.** Feel connected with the past through a selection of content from the BBC Archives (sorted by theme or decade): [Click Here](#).

WHAT IF I NEED HELP WITH/ACCESS TO TECHNOLOGY?

- **Connected Canadians.** Reach out to this non-profit organization. Their aim is to connect older adults to technology training and support: [Click Here](#).
- **Seniors Can Connect.** Access pre-configured devices for personal use. Receive help from a tech mentor: [Click Here](#).
- **Cyber Seniors.** Book a one-on-one tech call with a young person to help with your device: [Click Here](#).
- **RCTech Outreach.** If you need a computer, this organization provides refurbished computers for low-income households: [Click Here](#).
- **Canadian Assistive Technology.** Shop sensory aids and more to help people with disabilities interact through technology: [Click Here](#).

MORE RESOURCES:

- **Ottawa Mental Health Resources:** [Click Here](#)
- **COVID-19 community support website:** [Click Here](#)

Ottawa: 613-523-4004 Renfrew-County: 1-888-411-2067 | info@dsorc.org | DementiaHelp.ca

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