

Individuals diagnosed with Alzheimer's disease and related dementias experience changes in their memory and other mental abilities, which over time can affect all aspects of their functioning.

As a family carer, you may experience complex emotions and stress, and have to take on new roles and responsibilities. At times you may also find it difficult to balance the different aspects of your life.

The Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training provides support that will benefit carers and their family members with dementia.



## **MOUNT SINAI HOSPITAL**

Joseph and Wolf Lebovic Health Complex



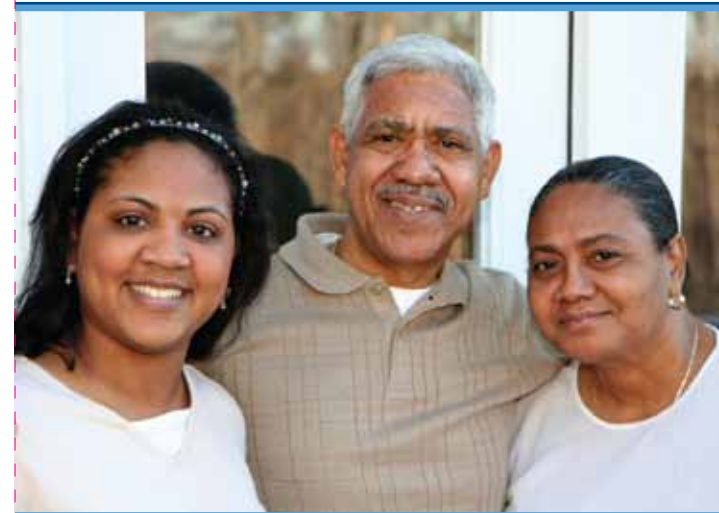
The Cyril & Dorothy, Joel & Jill Reitman  
Centre for Alzheimer's Support and Training

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## **The Reitman Centre CARERS Program**

Coaching, Advocacy, Respite, Education, Relationship and Simulation®

**Helping You to Care for  
Family Members with Dementia**



**Canada**  
This project is funded in part  
by the Government of Canada

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**The Reitman Centre offers services for carers of family members with dementia:**

- The **CARERS** program
- Individual and family interventions as needed
- Access to the Outpatient Geriatric Mental Health Clinic

**Am I eligible for the services available at the Reitman Centre?**

- Your family member has been given a diagnosis of dementia.
- You provide direct care to your family member.

**How do I access the services available at the Reitman Centre?**

- You may be referred by a health care professional or you may contact us directly.



**What is the Reitman Centre CARERS Program?**

This innovative 10 session program for family carers offers the practical skill-based tools and emotional support needed to provide care for family members with dementia. A concurrent arts-based program for cognitive and interpersonal stimulation is provided for the family member with dementia. Our dedicated team of professionals offers our services at no cost.

**What will you learn?**

Group participants will learn a problem-solving approach to address the challenges they experience in caring for a family member, and discover strategies that are tailored to their specific needs and those of their family members.

Through the use of role play and experiential learning, carers will learn practical strategies and skills to cope more effectively. The program introduces the innovative use of standardized patients who are trained to develop and enact scenarios with carers based on their own challenging situations.

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