



Enriching the lives of everyone affected by or living with Alzheimer's disease and other dementias

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AGI Annual Report 2023-2024

Introduction

Alzheimer Groupe (A.G.I.) Inc. is a charitable organization that offers therapeutic programs to individuals living with Alzheimer's disease and other dementias. Additionally, AGI provides support services to families and professional caregivers, focusing on best practices in dementia care while sensitizing the community at large through education and awareness.

For four decades, AGI has been a cornerstone in supporting the Montreal community. With 95% of its clients being Anglophones, AGI stands out as a key provider of enhanced dementia care for this group. There is a growing awareness that Alzheimer's disease impacts everyone's lives.

The number of Canadians affected by Alzheimer's disease or dementia is rapidly increasing, placing significant strain on caregivers and our healthcare system. Currently, 597,355 Canadians are living with dementia, and this number is projected to nearly triple to close to 1.7 million by 2050, with 20,833 new diagnoses each month. Over the next 30 years, an estimated 6.3 million Canadians will be diagnosed, live with, and eventually die from dementia. Women are disproportionately affected, outnumbering men with the disease.

The demand for support services is more urgent than ever. By 2050, over 1 million Canadians will serve as caregivers, providing over 1.4 billion hours of care annually—equivalent to 690,000 full-time jobs. In Quebec alone, the number of people living with dementia is expected to rise by over 145 percent from 2020, reaching 360,000 by 2050.

AGI remains committed to helping families navigate the relentless demands of this disease, providing essential support services to meet the growing needs of our community.

Every day, families reach out to AGI urgently seeking help. AGI's dedicated professionals provide practical solutions and support to these families in need.

AGI's approach to caregiving is founded on the premise that all individuals with dementia deserve an excellent quality of care characterized by joyful, loving interaction. This requires a deep understanding of the individual and their disease, a gentle and empathic approach to physical care, a concern for psychological and emotional functioning, and knowledge of appropriate intervention strategies.

AGI's professional support services team helps the entire family face a new reality with greater understanding of what can be done and give them the hope that even through the progression of the disease, a life can be well lived.

The foundation of AGI's work is based on the following four pillars:



2023 – 2024 Overview

At AGI, we remain steadfast in our mission to positively impact the lives of individuals with dementia and their caregivers in the Montreal community. Our unwavering commitment and person-centered approach guide our efforts to provide comprehensive support.

Over the past few years, AGI has fully embraced a hybrid service delivery model, enabling us to offer a wide range of services tailored to the unique needs of individuals living with dementia and their caregivers. This approach not only addresses the diverse and evolving challenges they face but also ensures that caregivers in areas of Quebec with limited access to services can receive guidance and counseling without the need to travel.

This year, the demand for support groups has surged, particularly for those recently diagnosed and their caregivers. To meet these growing needs, AGI expanded from two to four support groups, that cater to both the increasing demand and the unique challenges that have emerged.

AGI's new Whole Family Support Group brings together spouses, adult children, and other family members who are primary caregivers for a loved one living with dementia. Recognizing

that spouses and adult children often have distinct experiences and responsibilities, this group offers a unique space for them to support one another. While caregiver support groups are often segmented into spouse or adult-child categories, AGI's Whole Family Support Group has successfully integrated both, providing psychoeducational support and coping strategies tailored to the challenges of being a primary caregiver.

The second additional support group was specifically designed for caregivers of individuals with young-onset dementia (YOD). Dementia is considered young-onset when diagnosed before the age of 65, presenting unique challenges as it affects people in the prime of their lives. Currently, AGI supports 10 clients diagnosed in their 40s, 50s, and 60s, offering specialized assistance and creating a secure environment for their families to access information, resources, and emotional support. However, due to the working schedules of these caregivers, who are often still in the workforce, the group format proved unsustainable. Managing their schedules made it difficult to maintain regular group meetings.

As a result, these caregivers continue to receive support through AGI, either individually or in dyads. This shift in service delivery reflects the unique realities of YOD caregivers, who are often balancing work demands while caring for their loved ones and, in some cases, raising younger family members. Although this support is no longer provided in a traditional group setting, caregivers continue to benefit from the experiences of others through shared resources, facilitated discussions, and peer connections arranged by AGI. This approach ensures that YOD caregivers receive the personalized guidance they need while fostering a sense of community.

To further address the unique needs of our community, AGI continues to innovate and adapt our programs. For instance, we have introduced individual music and art therapy sessions for clients who may not thrive in group settings. Additionally, caregivers can access music or art therapy as a form of counseling. This personalized approach ensures that each individual receives the support that is most effective for them.

This year, we have also seen a growing demand for activity programs tailored to individuals in the early and moderate stages of dementia. In response, following our commitment to inclusivity for clients with higher-than-typical needs, our support team reorganized the activity group schedule, creating 18 additional spaces for tailored programming to accommodate clients with very specific needs.

As we move forward, AGI remains committed to creatively and thoughtfully meeting the needs of families affected by dementia. Our dedication to adaptability and excellence in service delivery allows us to continue supporting our community in meaningful and impactful ways.

In this year's grant report, we are highlighting that AGI has collected its statistics based on individual interactions. This shift allows us to provide a more detailed and accurate representation of the impact our programs and services have on each person we engage with. By focusing on individual interactions, we can better assess the unique needs of our clients and

tailor our services accordingly, ensuring that each interaction contributes meaningfully to their well-being and support.

From July 1, 2023 to June 30, 2024, AGI provided 20 programs and services in person and virtually:



Support for Caregivers

- Support Line
- Email Assistance
- Client Intake
- Individual and Family Counselling
- Support Groups
- Therapeutic Yoga for Caregivers



Programs for People Living with Dementia

- Client Assessment
- Activity Centre
- Support Group for People Living with Young-Onset Dementia
- Individual Music Therapy
- Individual Art Therapy
- Sharing Sounds of Music
- Movement Program
- Animal Therapy
- Individual Counselling



Education and Training

- Courses and Workshops
- AGI Webinar Series
- AGI Awareness Conference
- AGI Education Conference
- Dementia Training for Health & Social Service Professionals



Community Outreach

- Events
- Fairs and Kiosks
- AGI Presentations
- Round Table Meetings

1. Support for Caregivers

Caring for a loved one with dementia requires extensive resources, time, and emotional strength. As the condition progresses, caregivers often find it increasingly challenging to manage daily tasks, run errands, or attend to their own needs. The isolation from family and friends can compound these difficulties. This is where AGI steps in, offering much-needed relief and support.

Support Line

Our Support Line serves as the first point of contact for individuals seeking information. Whether by phone or email, our experienced team is available to provide support, answer questions, and address urgent needs. The Support Line operates Monday to Thursday from 9 am to 5 pm and Fridays from 9 am to 4 pm. While it is not a crisis line, urgent situations are prioritized, and the call will be immediately directed to a counselor.

→ 53 phone call requests for information

Email Assistance

For those who prefer written communication, assistance is also available via email. This service is available to anyone in the community, not just for caregivers, who are seeking help or information about our programs and other community resources.

Once a therapeutic relationship is established, our counselors continue to support clients between sessions, through email. This ongoing communication allows for follow on counseling sessions, sharing of relevant resources discussed during a session, and timely responses to any emerging questions.

→ 912 interactions through email assistance

Client Intake

The introduction of the Intake Assistant role at AGI has significantly streamlined our intake process, ensuring that every new client receives tailored care from the very beginning. The Intake Assistant is the first point of contact for individuals seeking assistance through AGI's programs and services, playing a crucial role in understanding each client's unique needs.

The intake process at AGI is carefully designed to provide personalized support to individuals living with dementia and their caregivers from the outset. The process begins when requests come in through various channels—by phone, email, or an online form. The Intake Assistant promptly responds to these requests, typically by phone, initiating the first step in AGI's comprehensive care approach.

During this initial conversation, the Intake Assistant not only answers questions about AGI's services and programs but also gathers

Client Intake (continued)

essential information about the client's situation. This includes understanding their specific challenges, preferences for online or in-person support, and any additional details such as medical history, personal interests, living situation, and family dynamics. This information is critical in forming a holistic view of the client's needs.

Based on the insights gained during this initial interaction, the Intake Assistant assigns one of AGI's counselors to take the next step. The assigned counselor follows up with the client, conducting a more in-depth assessment to gather further clinical information and making recommendations for services that best match the client's needs.

Throughout the client's journey with AGI, the assigned counselor continues to provide ongoing support, remaining available to address concerns, offer guidance, and adjust services as needed. The Intake Assistant's role is pivotal in setting the stage for this personalized and responsive care, ensuring that both the person living with dementia and their caregivers receive the most appropriate and effective support from the start.

→ 211 phone call requests for service

Individual and Family Counselling

AGI provides personalized counseling services to support individual and family caregivers in managing the daily challenges of dementia and preparing for the future. Our counselors offer tools, information, and resources specifically tailored to each caregiver's needs.

→ 890 individual counseling sessions provided

→ 67 family counseling sessions provided

Support Groups

Led by expert facilitators, AGI's support groups offer caregivers a safe and friendly environment to share experiences, problem-solve, and support one another. These groups meet bi-weekly in a hybrid format, accommodating both in-person and virtual participation, with a maximum capacity of 10 caregivers/group. Virtual Spousal, In-Person Spousal and Whole family support groups are at capacity. Young-Onset support group currently consists of 3 participants.

Virtual Spousal Support Group: 33 hours of support provided through 22 group sessions.

In-Person Spousal Support Group: 35 hours of support provided through 23 group sessions.

Whole Family Support Group: 42 hours of support provided through 28 group sessions.

Young-Onset Caregiver Support Group: 21 hours of support provided through 15 group sessions.

Therapeutic Yoga for Caregivers

The AGI Therapeutic Yoga for Caregivers program is offered weekly via Zoom, providing 45-minute sessions designed to help ease anxiety and stress through movement and breathing techniques. This program is offered at no cost, ensuring accessibility to all caregivers. This year, AGI partnered with a seasoned instructor with over a decade of yoga experience, who completed her first 500-hour training in India.

The program aims to support healthy aging, both physically and mentally, to empower caregivers with the awareness needed for effective self-care within their caregiving role.

→ 17.25 hours of support provided through 23 group sessions, averaging 6 caregivers per session.

2. Programs for People Living with Dementia

AGI offers a range of therapeutic activity programs for individuals living with dementia. These programs are personalized to enhance each person's abilities while addressing their challenges. By fostering experiences of pleasure, success, and competence, these activities play a crucial role in boosting self-esteem.

Client Assessment

The introduction of the Intake Assistant role at AGI has greatly enhanced our intake process, ensuring that every new client receives the most appropriate care from the very beginning. The Intake Assistant is the first point of contact for new clients, gathering essential information to help the Counselor understand each client's unique needs.

Before participating in AGI's Activity Centre programs, individuals living with dementia meet one-on-one with a Recreation Therapist. During this assessment the therapist, in consultation with the individual and their caregiver, develops a personalized care plan tailored to the individual's current needs and abilities. This plan is designed to ensure that the activities and support provided are both suitable and beneficial.

An AGI Counselor remains involved throughout the client's time with the organization, offering ongoing support to the family and adapting the care plan as the client's needs evolve. The addition of the Intake Assistant role allows us to provide timely and effective support, enhancing the overall experience for both individuals living with dementia and their caregivers.

→ 38 assessments were completed.

Activity Centre

AGI's Activity Centre provides engaging activities for individuals living with dementia while offering their family members valuable respite. The Centre recognizes and honors each participant as a unique individual beyond their diagnosis.

Our team of professional Recreation Therapists and Activity Facilitators tailor activities to individual abilities, creating a caring and inclusive environment that enhances the quality of life for all who attend. The programming focuses on fostering a sense of belonging, promoting feelings of productivity and empowerment, and encouraging social inclusion through peer interaction, to ultimately improve quality of life. Art and Music Therapists contribute enrichments that further enhance these experiences.

For those unable to attend in person, AGI offers virtual activity sessions, led by a Recreation Therapist and Activity Program Facilitator. The composition of each group session varies based on the interests and abilities of the participants, with activities designed to meet their cognitive, emotional, and psychosocial needs. Participants engage in a diverse range of activities, including cognitive exercises, art appreciation, art therapy, peer socialization, trivia, reminiscence, exercise, music appreciation, and music therapy.

Additionally, AGI offers 30-minute individual sessions for those who require one-on-one support. These sessions are tailored to meet the specific needs and abilities of the person, particularly for those in the later stages of Alzheimer's disease or dementia, or for those with higher needs that cannot be addressed in a group setting.

In-Person Group Sessions

→ 248 in-person sessions, benefitting 56 clients.

Virtual Group Sessions

→ 49 virtual sessions, benefitting 6 clients.

Virtual Individual Sessions

→ 125 sessions, benefitting 5 clients.

Support Group for Young-Onset Dementia

The Young-Onset Dementia (YOD) Support Group at AGI was established to address the distinct challenges faced by individuals under the age of 65 who are diagnosed with dementia. Unlike Late-Onset dementia, where symptoms develop in older age, Young-

Onset dementia often impacts individuals at a stage in life where they are likely to be actively working, raising families, or managing significant personal responsibilities. This life stage, combined with the progression of the disease, creates a unique set of challenges that requires specialized support.

The YOD Support Group was initially designed with the needs of three specific individuals in mind. These individuals were at different points in their lives but shared the common experience of facing the early symptoms of dementia. As the group sessions progressed, it became clear that the evolving needs of these participants required more personalized support. As a result, the traditional group setting was phased out, allowing each individual to transition to other AGI services that were better aligned with their current situations.

This evolution reflects AGI's commitment to providing flexible and person-centred care, ensuring that each client's needs are met as their circumstances and needs change. The YOD Support Group, while no longer in its original form, serves as an example of AGI's dedication to adapting its programs to support individuals living with Young-Onset dementia in the most effective way possible.

→ 10 bi-weekly sessions, benefitting 3 clients.

Individual Music Therapy

AGI's Board-Certified Music Therapist provides one-on-one, 30 to 60-minute virtual and in-person sessions each week at no cost, with

**Individual Music
Therapy
(continued)**

some assistance from graduate-level interns from the Concordia University Department of Creative Arts Therapies.

Music therapy goals and outcomes at AGI are psychosocial and emotional, since living with dementia can have a significant impact on a person's quality of life, including their sense of self-worth, autonomy, and belonging. Specific therapy goals include: development of positive coping strategies, enhanced self-esteem and personal growth, accomplishment, social connectivity, emotional healing/regulation, stress management, self-agency, and enjoyment. Therapeutic goals are met by engaging in musical experiences such as song sharing, music listening, instrumental play, improvisation, singing, rhythm-based activities, multi-modal experiences, music and movement, and lyrical analysis or translation.

Each person possesses a distinct identity, causing their interactions with music to differ in intricate ways. Based on an individual assessment that includes reviewing a participant's personal history, cultural background, and musical preferences, our music therapist creates a personalized treatment plan tailored to the psychosocial and emotional needs of each individual. This includes careful observation of non-verbal expression in sessions, meeting participants in their current social and emotional state via musical experiences and verbal techniques.

Individual programming has seen a shift from virtual to in-person which has provided the opportunity to increase the duration of sessions to 60-minutes in some cases and allowed for more interactive live music making between music therapist and participant. Some participants have attended sessions for more than two years reflecting the significant ongoing benefits they receive. Our unique music therapy program is in high demand underscoring the need for expansion, such as offering music therapy as a support for caregivers.

→ 151 in-person individual music therapy sessions

→ 142 virtual individual music therapy sessions

Individual Art Therapy

AGI's Art Therapy Program supports participants in meeting their social and emotional needs through creative expression. Led by AGI's experienced Art Therapist, with assistance from graduate-level interns from Concordia University's Department of Creative Arts Therapies, the program offers a nurturing environment for people living with dementia.

For individuals with dementia, engaging in art within a supportive setting can enhance coping abilities, helping them navigate the life changes associated with the disease. The program prioritizes emotional well-being and quality of life over artistic achievement. AGI offers art therapy both in-person and virtually, tailored to the specific needs of participants and their capacity to benefit from the program.

→ 7 participants attended a total of 90 individual art therapy sessions

Sharing Sounds of Music

AGI's Sharing Sounds of Music is offered through Zoom twice weekly on Mondays and Wednesdays. Facilitated by our full-time music therapist, each 45-minute session provides music therapy for people living with dementia in the comfort of their own homes at no cost. The goal of these sessions is to promote relaxation, presence, and feelings of connection and expression in an intimate therapeutic setting while reducing traits often associated with sundowning, such as agitation and confusion. While this program provides an opportunity for caregivers to direct their attention to other activities, such as preparing supper or enjoying a moment of rest for themselves, many choose to participate with their loved ones. Many caregivers expressed in a recent survey, the Sharing Sounds of Music program holds significant value and meaning for both themselves and their loved ones. By participating in sessions, caregivers have identified the following benefits:

- Increased feelings of relaxation
- Greater mindfulness of the present moment
- Improved emotional regulation
- Strengthened connections with self and others
- Opportunities for emotional expression, both verbal and non-verbal

**Sharing Sounds
of Music
(continued)**

Additionally, caregivers emphasized the importance of the program in their own words:

“I do believe that the music therapy sessions are essential for all the group. It also helps the caregivers as well, it lifts the mood for the evening and puts everyone in a better frame of mind”

The AGI Sharing Sounds of Music program is currently the only sundowning-focused music therapy program in Montreal.

→ 77 sessions attended by 7 clients on average per session (only the person living with dementia)

In the event of a session cancellation, participants are provided with a YouTube playlist tailored and curated by our music therapist. These playlists offer both visual and auditory stimuli, giving participants unlimited access to a musical resource to be enjoyed beyond scheduled sessions.

→ 5 playlists curated in place of 5 sessions with a total of 608 views

Over the past year, a total of 33 individuals participated in the program, including 16 participants living with dementia and 17 caregivers.

**Movement
Program**

The Movement Group was developed in response to the isolation and lack of stimulation caused by the COVID-19 pandemic, providing both individuals living with dementia and their caregivers with meaningful engagement. Since returning to in-person services, the Movement Group has been offered seasonally, as needed, to support clients awaiting entry into the in-person activity centre. This year, the program resumed in October 2023 for a seven-week period.

The program focuses on various types of movement exercises that participants can perform in the comfort of their own homes. Facilitated online, the group sessions include adaptations of exercises such as Tai Chi, chair yoga, balance training, Zumba, and dance aerobics. Occurring weekly, this hour-long program allows participants to engage in exercise according to their fitness levels, which is particularly important as people living with dementia have

varying abilities. The program also fosters a sense of community and team spirit, encouraging participants to interact with one another and feel supported and included.

From October 26, 2023 to December 14, 2023:

→ 8 sessions, averaging 2 participants per session.

Animal Therapy

AGI is proud to incorporate Animal Therapy into our programs, catering specifically to people living with dementia.

At AGI, our clients have the pleasure of interacting with Jupiter, a gentle and obedient Shih Tzu, who serves as our resident therapy dog. Along with other certified therapy dogs, Jupiter regularly visits our Activity Centre, where he brings comfort and happiness to our clients. These visits provide an opportunity for our participants to experience the unconditional love and soothing presence of therapy animals, enhancing their overall well-being and enriching their daily lives. The regular interaction with these therapy dogs helps to reduce stress and anxiety, foster social connections, and create moments of joy and engagement for those living with dementia.

This initiative is part of the broader McGill Student Wellness Hub Animal Therapy (SWHAT) program, which aims to bring stress relief, joy, and companionship to various community organizations, including senior residences, addiction rehabilitation programs, drop-in centers for the homeless, and palliative care units.

→ 10 animal therapy sessions, 64 interactions

Individual Counselling

Individual counseling for people living with dementia focuses on providing emotional support in a non-judgmental and safe environment. The goal is to listen to and respond to their concerns, allowing them to guide the direction of the conversation. This counseling is rooted in a person-centered approach, where the individual's needs and preferences lead the way.

Counselors support this process by summarizing what was discussed and offering tools to help. This might include a recap of the session, outlining key points, and providing assignments or strategies that

were collaboratively developed. The emphasis is on empowering the individual to take an active role in their counseling journey.

→ 122 sessions, total of 10 clients

Education and Training

The AGI Lassner Learning Centre provides a comprehensive curriculum for both family and professional caregivers that promotes a greater understanding of dementia-related topics while teaching practical skills and offering valuable solutions. All education and training programs have been modified to hybrid.

Courses and Workshops

Dementia 101

Dementia 101 is a two-part in-depth course that covers a wide range of topics, including the signs and symptoms of dementia, effective communication strategies, or other forms of dementia.

→ 12 instructional hours delivered to 13 participants (in-person)

Let's Talk About Dementia

AGI adapted the Dementia 101 course for children aged 9 to 13 who spend significant time with individuals living with dementia. Recognizing that young family members can play a crucial role in caregiving and emotional support. This adaptation helps children understand dementia in an age-appropriate manner. Accompanied by an adult, children learn about the condition and are encouraged to engage in open communication within the family. This tailored approach not only supports the children's understanding and coping but also strengthens family bonds and ensures a supportive environment for both the young learners and their loved ones.

→ 3 instructional hours delivered to 4 participants (in-person)

Supportive Communication

This course covers understanding how dementia affects communication, including the challenges of aphasia, a condition where individuals may have difficulty speaking, understanding, reading, or writing, due to the impairment in language production,

Courses and Workshops (continued)

comprehension and expression. It provides practical strategies for assisting with daily activities through adapted communication methods. Additionally, the course provides techniques on how to calmly manage and resolve communication breakdowns, reducing stress for both the caregiver and the person with dementia.

This course equips participants with skills to navigate these challenges and enhance their interactions with those living with dementia.

→ 3 instructional hours delivered to 14 participants (online)

Collaborative Care Workshop: Building Partnerships with People Living with Dementia

This full-day workshop provided participants with practical, hands-on skills to foster a collaborative relationship with individuals living with dementia. Through interactive activities, attendees learned how to work together with their loved ones to complete tasks and solve everyday challenges, promoting a sense of partnership and mutual understanding.

→ 18 participants, 4 hours (in-person)

AGI Webinar Series

The AGI Webinar Series features expert speakers delivering informative lectures on current issues and concerns related to dementia and caregiving. These webinars are offered free of charge to the public 1-2 times per month through an online platform, making them easily accessible to caregivers both within and beyond the Montreal area. Each session provides valuable practical information to caregivers aimed at improving their daily lives and deepening their understanding of dementia.

By focusing on increasing awareness and knowledge, the series supports AGI's goal of fostering a dementia-friendly community where individuals with dementia are understood, respected, and supported. Each session is attended by an AGI moderator who provides technical support and manages questions via the Q&A function. Webinars are recorded and made available on AGI's YouTube channel for further reference and sharing.

This year, the recorded webinars have received 651 views.

**AGI Webinar
Series
(continued)**

→ 12 informative hours provided to 350 participants through the following Webinars:

1. AGI & You with Ainslie Quilliams, SCC and Susana Alarcon, RT
2. Fraud Prevention with the SPVM with Marc Berthiaume, SPVM Sociocommunity Agent
3. Advocating Effectively with avec Amy Fish, Concordia University Ombudsman, author of I Wanted Fries With That: How to Ask For What You Want and Get What You Need
4. Stigma & Dementia with Deborah O'Connor, MSW, Ph.D., founding Director of the Centre for Research on Personhood in Dementia, Professor, UBS School of Social Work
5. Self Care with Mitzi Perez, Personal Trainer and Self-Care Advocate, author of Thrive Through Self Care.
6. The Piece of Mind Project with Naila Kuhlman, Ph.D., Postdoctoral fellow at McGill School of Physical and Occupational Therapy.
7. Person-Centred Communication with Dr. J.B. Orange, Ph.D., Professor Emeritus and Adjust Research Professor in the School of Communication Sciences and Disorders, Western University.
8. Driving and Dementia with Isabelle Gélinas, Ph.D., OT(c), erg. Associate Professor, Graduate Program Director of the Graduate Certificate Program, McGill University School of Physical and Occupational Therapy.
9. Reflections on Dementia Care with Justin Sanders, MD, MSc, FAAHPM, Kappy and Eric M. Flanders Chair of Palliative Care; Director, Palliative Care McGill
10. Tax Season: What Caregivers Should Know with Kathryn Hejnar, Financial Advisor
11. Identifying and Promoting Good Treatment Practices for English-Speaking Seniors with Darla Fortune, Ph.D., Associate Professor in the Department of Applied Human Sciences, Concordia University
12. Walking Toward Wellness with Nancy Mayo, Ph.D., Professor in the Department of Medicine and the School of Physical and Occupational Therapy at McGill University, Senior Research Scientist at the Center for Outcomes Research and Evaluation (CORE)

AGI Awareness Conferences

Breakthroughs and the Future Landscape in Dementia Treatment and Prevention

Dr. Howard Chertkow, Neurologist.

Dr. Howard Chertkow outlined what we can anticipate in Canada over the next decade regarding the treatment, diagnosis, and prevention of dementia and Alzheimer's disease. He addressed the challenges ahead, including the accessibility of new treatments, the need for enhanced support systems for families, and the ongoing efforts required to overcome these obstacles as we progress.

→ 114 Attended, 2 hours (online), 229 YouTube views.

AGI Education Conference

Community, Connectivity, Conversation: How to Live Well Through the Dementia Journey

Claire Craig & Patricia Belchior

This interactive online conference offered insights into award-winning, evidence-based resources designed to enhance the lives of people with dementia and their families. Attendees explored how these resources were developed in collaboration with individuals living with dementia, learned about their application in diverse settings such as communities, hospitals, and care homes, and discovered ways to participate in future initiatives.

→ 31 Attended, 2 hours 30 minutes (online), 82 YouTube views

Dementia Training for Health and Social Service Professionals

This year, AGI partnered with two organizations to enhance the training of health and social service professionals in interacting with vulnerable populations.

INCommunity is a summer program led by the International Federation of Medical Student Associations (IFMSA). Through this initiative, medical students from the Université de Montréal participate in observational internships at AGI. These internships are designed to prepare future physicians for the complexities of working with vulnerable populations, offering them firsthand experience in a supportive and educational environment.

Immersion MTL is an educational initiative by the Service de police de la Ville de Montréal (SPVM). As part of their training, SPVM recruits are immersed in diverse community settings, including AGI, to learn how to approach sensitive interventions with vulnerable populations in Montreal. This program aims to foster understanding and empathy, equipping future police officers with the skills needed for thoughtful and effective engagement with the communities they will serve.

Each day began with an introduction to appropriate conduct with people living with dementia, followed by hands-on experience in an Activity Centre and a reflective debrief with a counselor, equipping students and recruits with valuable skills for their future roles in the community.

→ INCommunity attended 8 times, total 13 medical students

→ SPVM attended 13 times, total 26 recruits.

4. Community Outreach

Through its outreach efforts, AGI seeks to enhance public awareness, knowledge, and support regarding Alzheimer's and related dementias. By providing practical, hands-on information to the community, AGI aims to foster a dementia-friendly environment where individuals with dementia are understood, respected, and supported.

AGI successfully reached its outreach goals by delivering presentations at various community organizations and participating in fairs and kiosks.

Events

- AGI Open House - 40 participants
- AGI Holiday Sing-Along - 17 participants et participante
- AMI Québec Symposium québécois sur les jeunes proches aidants - 165 participants
- Congrès québécois sur la Maladie d'Alzheimer et les Maladies apparentées (CQMA) - 120 participants

Fairs and Kiosks

- Jewish General Hospital Caregiver Forum - 50 participants
- Eva Marsden Centre Community Health Fair, 100 participants
- Elder Abuse Awareness Day - 40 participants

- Vanier College Career Fair - 39 participants

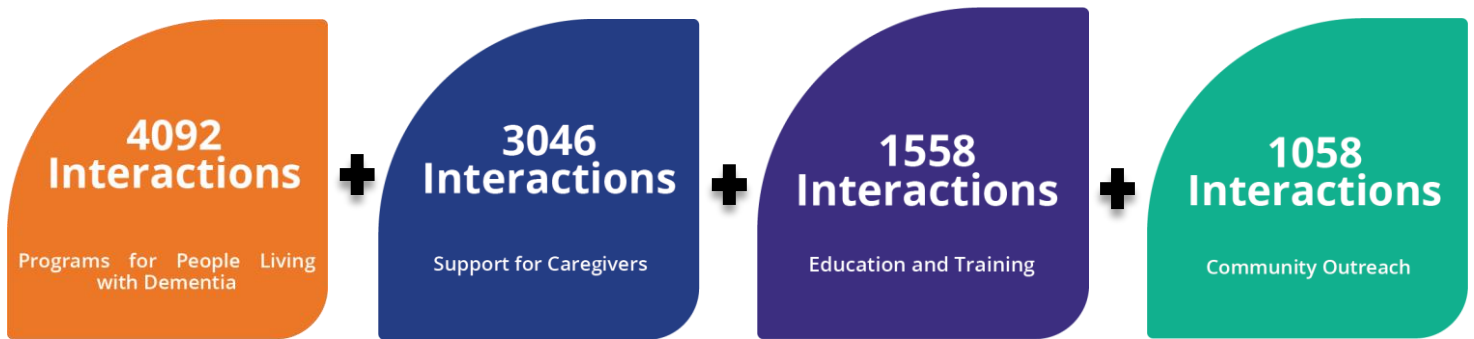
AGI Presentations

- McGill School of Social Work, Undergraduate Course on Aging - 50 participants
- Côte Saint-Luc Men's Club, Memory Loss: What You Should Know - 112 participants
- Carrefour des Aînés, Perte de mémoire : ce que vous devez savoir - 70 participants
- Côte Saint-Luc Women's Club, Memory Loss: What You Should Know - 80 participants
- Hadassah-Wizo, Memory Loss: What You Should Know - 20 participants
- B/OLD Conference, Concordia University Department of Creative Arts Therapies - 30 participants

Round Tables Meetings

- West Island Table de Concertation, September 18, 2023 - 20 participants
- West End Senior's Table, September 29, 2023 - 20 participants
- West End Senior's Table, February 16, 2024 - 20 participants
- West End Senior's Table, May 24, 2024 - 20 participants
- Mental Health Round Table, October 26, 2023 - 15 participants
- Mental Health Round Table, February 29, 2024 - 15 participants
- Mental Health Round Table, May 16, 2024 - 15 participants

2023-2024 Overview



This year, AGI’s programs and services reached 549 individuals—96 people living with dementia and 453 caregivers—resulting in 7,138 interactions across our community.

Additionally, AGI’s education and outreach initiatives resulted in 2,516 interactions among the greater public, including family caregivers and health and social service professionals.

These numbers reflect AGI’s commitment to ensuring that individuals living with dementia have access to essential resources and support. By collaborating with local organizations, we foster awareness and enhance the quality of life for those affected by dementia in our community.