

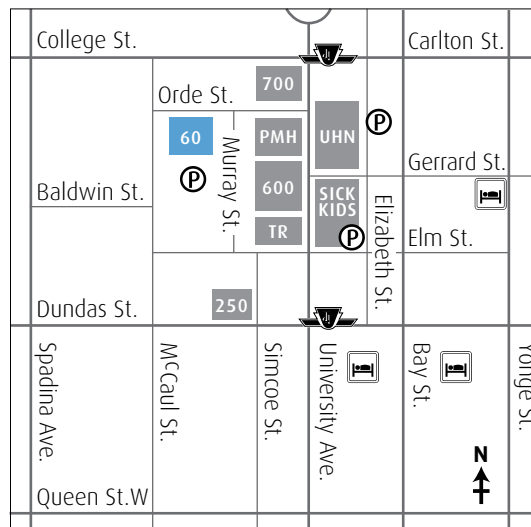
Why focus on family caregivers of people with dementia?

- Family caregivers usually need training to provide essential support for the emotional and day to day needs of the person with dementia
- Welfare of persons with dementia is improved when caregivers are trained
- Evidence has shown that a therapeutic skills-training program can help caregivers learn skills and strategies



Other services you may be eligible for:

- Programs for employed family caregivers
- Concurrent arts-based group for people with dementia



- TTC subway/streetcar access
- Elizabeth Street Bus Terminal; GO Transit and other carriers; Union Station is on Front Street
- Parking
- Hotel

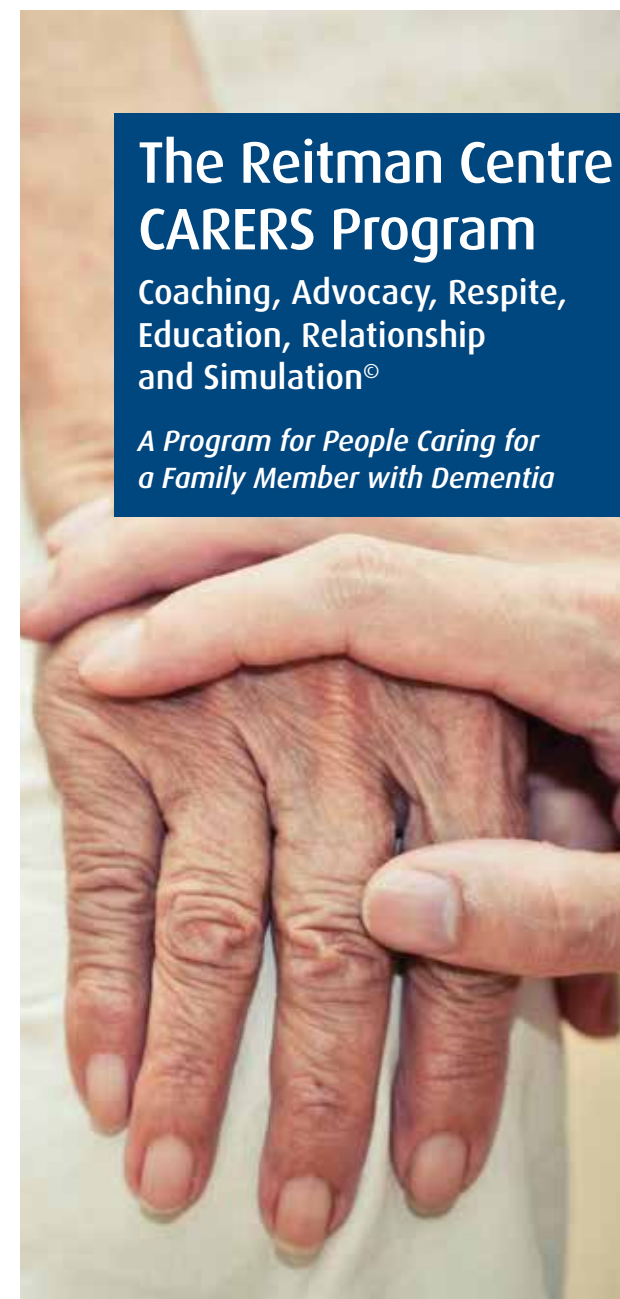
Mount Sinai Hospital

- 700** Ontario Power Generation Building
700 University Avenue
- 600** 600 University Avenue
- 60** 60 Murray Street — Centre location
- 250** Centre for Fertility & Reproductive Health
250 Dundas Street West
(Parking available underground)

MOUNT SINAI HOSPITAL

Joseph and Wolf Lebovic Health Complex

The Cyril & Dorothy, Joel & Jill Reitman
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The Reitman Centre CARERS Program

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

*A Program for People Caring for
a Family Member with Dementia*

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.

Our Services:

Our services are tailored to you and responsive to your changing needs, whatever your stage of caregiving

We help you:

- Identify problems, learn and then practice skills to manage them
- Understand why the person you care for behaves the way they do
- Communicate effectively with someone with dementia through simulation

"We help caregivers manage their emotions and learn the specific skills necessary to deal with dementia."

Dr. Joel Sadavoy, Reitman Centre Program Director

To connect with us:

- Caregivers are welcome to call us directly to make contact
- We accept referrals from health-care professionals
- Please see contact information on the back of this brochure

"With dementia, caregivers are constantly forced to adapt to a moving target."

Dr. Rhonda Feldman, PhD, CPsych Program Clinician

What can I expect when I call?

- A quick response to your inquiry
- Assessment by an expert clinician to understand your need and recommend the best method to help
- Collaboration with your health-care professionals to the extent you wish
- Linking you to community services and resources
- Engaged staff with a special interest in working with families

"Increasingly, caregivers are doing dual duty — they're caring for a parent but at the same time trying to hold down a job and it's very difficult to juggle those things."

Dr. Virginia Wesson, Program Psychiatrist

How to find us:

- We are located at **60 Murray Street**, Level 1, room L1-012, behind the main Mount Sinai Hospital building
- There are parking lots to the south of the building
- The accessible entrance is at the south end of the building
- The TTC stop closest to us is Queen's Park
- Please see back page for map