



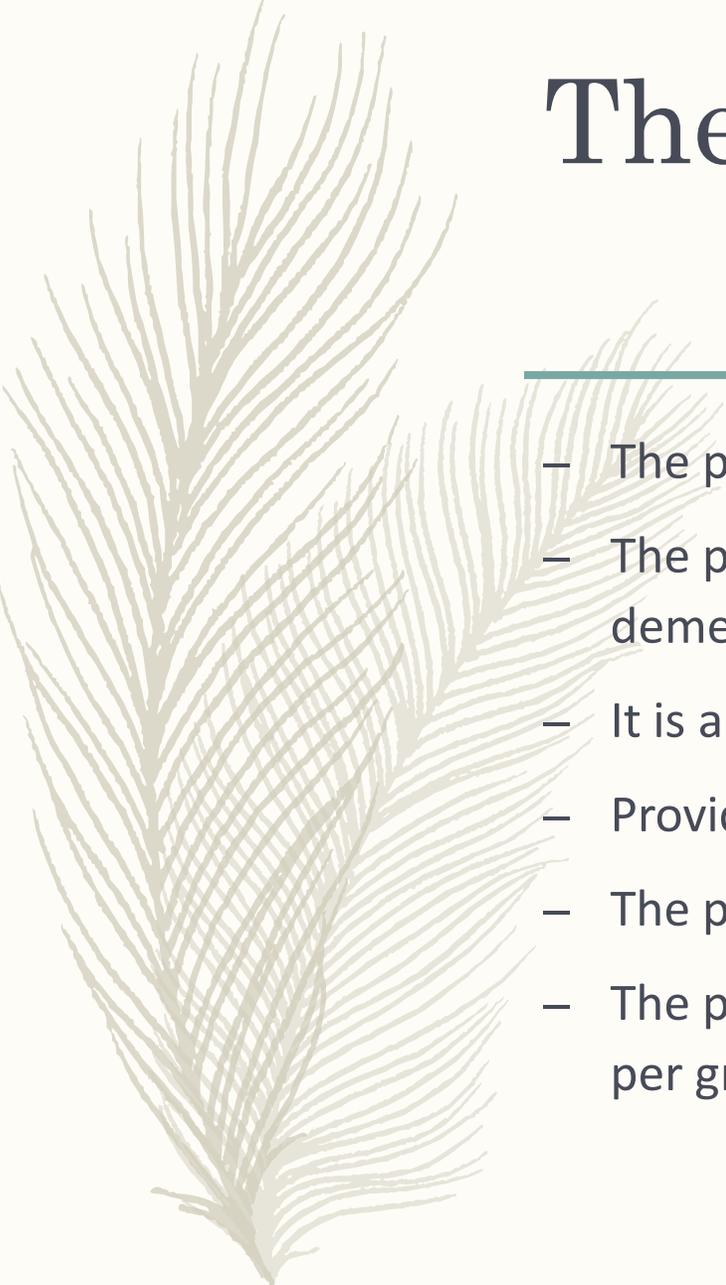
Day Program

Cummings Centre



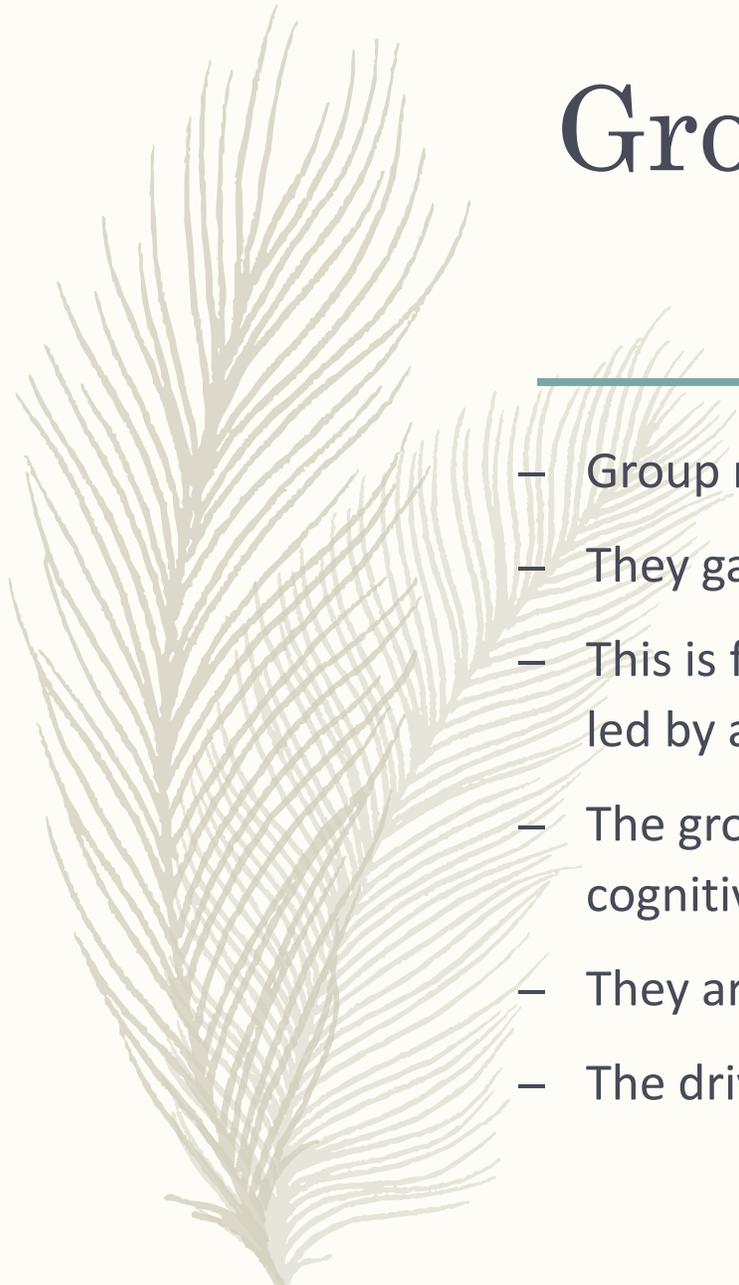
Snapshot of Dementia in Canada

- In 2011, 747,000 Canadians were living with dementia
- By 2031 this will increase to 1.4 million
- 25% of family caregivers are seniors themselves
- In 2011 family caregivers gave more than 444 million unpaid hours of care
- By 2040 this will increase to 1.2 billion unpaid hours
- 75% of family caregivers develop psychological illnesses



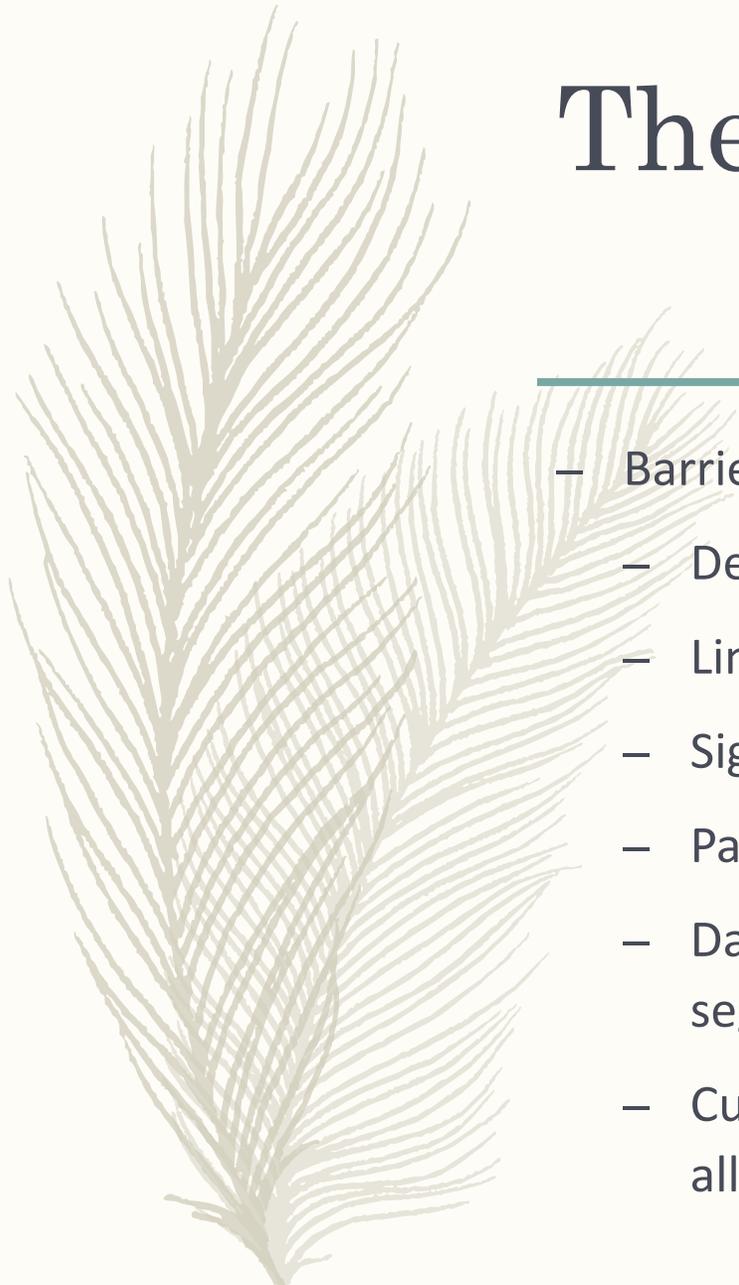
The Day Program

- The program is predicated on the Cummings Centre's philosophy of wellness
- The program is designed for individuals in the early and middle stages of dementia
- It is a highly structured program
- Provides a range of activities
- The program is offered for groups both morning and afternoons
- The program has reached its maximum capacity of nine groups with 10 to 12 per group



Group Agenda

- Group members are picked up and brought to the Centre arriving around 9:30am
- They gather for a greeting and light refreshments
- This is followed by group discussion on a topic of interest such as current events led by a member of the staff
- The group then participate in a range of activities such as physical exercises, cognitive exercises and music or art therapy which varies from day to day
- They are served lunch and join in informal conversation
- The drivers collect the members and transport them home following lunch



The Way Forward

- Barriers We Face
 - Demand for services is increasing exponentially
 - Limited public resources have created lengthy wait lists
 - Significant numbers of the elderly have no family caregiver
 - Paucity of day programs specific to the Jewish community and culture
 - Day programs also need to be developed that address specific cultural segment within the Jewish community
 - Current space being used to accommodate day programs is not sufficient to allow expansion to meet the growing demand





Actions Needed to Move Forward

- Advocacy for increased services and funding at all levels of government
- Access to increased space to house day programs
- Increased funding levels to allow for sufficient professional staff to run high quality programs
- Linkages that allow access to other supportive services such as respite for family caregivers
- Generate research on outcomes from day programs to bolster the push for more community based programs