



FOR IMMEDIATE RELEASE

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**Better Days, Better Ways To Help Almost a Quarter of Local Residents Live
Better in Arnprior and McNab/Braeside**

ARNPRIOR--On Saturday May 7th, 2022 the Town of Arnprior and the Township of McNab/Braeside present an initiative of The Dementia Society of Ottawa and Renfrew County, ***Better Ways, Better Days***. **This age-friendly, weeklong community event will raise awareness of brain health and ways to become more inclusive of people impacted by dementia.**

Dementia, including Alzheimer's Disease, affects a growing number of people in Canada each year. Currently, half a million Canadians are living with dementia, and the risk increases exponentially each year after the age of 65. Approximately [24%](#) of the Arnprior and McNab/Braeside population is over the age of 65; this means that countless people in the area are experiencing the impact of this progressive illness, either directly, or as caregivers to people living with dementia.

Both people living with dementia and caregivers wish that more people understood the realities of caring for someone with dementia. *Better Ways, Better Days* features an Information Fair on brain health and related community support services taking place at Nick Smith-Community Center on **Saturday, May 7th, with a welcome ceremony at 10:30 am featuring dignitaries Walter Stack, Mayor of Arnprior, and Tom Peckett, Mayor of McNab/Braeside Township. Free workshops** follow throughout the day and week, including **dance from Canada's National Ballet School, woodworking from The Men's Shed** of Arnprior and McNab/Braeside, **dementia-inclusive training for businesses and individuals** from The Dementia Society, and fun activities for kids of all ages.

The *Better Days, Better Ways* initiative will help people living in Arnprior and McNab/Braeside better understand the needs of seniors and people experiencing cognitive decline. Small changes to activity programming, how we communicate, and how we conduct or design businesses can all help make our community a place where everyone feels valued and included.

For more information and to register for free workshops, visit:

www.DementiaHelp.ca/Arnprior

About Dementia-Inclusive Training and Certification

Dementia-Inclusive training and certification are available at no charge and can be delivered virtually, on-demand or in-person and on-site at business and organization locations. Businesses that become Dementia Inclusive-Certified can benefit from increased traffic and demonstrate good corporate citizenship.

More:

- A no-cost training session that is customized to your business, lasting 30-45 minutes. The outcome is to sensitize businesses, service providers and individuals to the needs and concerns of people living with dementia and their caregivers.
- Gain strategies for:
 - Approaching a person living with dementia and recommended communication tactics
 - Environmental considerations to assist people living with dementia in a given business or service recommend strategies, practical tips and approaches for improving accessibility and support.
- Receive personalized advice on opportunities to create a dementia-inclusive environment for your business.
- Receive a Dementia Society Dementia-Inclusive Training Certification to display.
- Receive a complimentary post-training audit and ongoing support.

Enquiries: cves@dsorc.org

Quotes

“This is a wonderful initiative to come to the Town of Arnprior. One of the key goals of our Age Friendly Community Plan is to expand services for seniors and people living with dementia. This initiative will provide invaluable tools for our youth, business community, front line workers as well as town staff and members of Council to support those living with dementia – including their caregivers – in our community.”

-- Mayor of Arnprior, Walter Stack

“Dementia has impacted my family and many others in the Town of Arnprior and throughout Renfrew County. I know first-hand the impact dementia has on those diagnosed with it and their caregivers. We are grateful to The Dementia Society and their work with the Greater Arnprior Seniors Council to organize Better Days, Better Ways in Arnprior, May 7-13.”

-- Mayor of Arnprior, Walter Stack

About The Dementia Society of Ottawa and Renfrew County

In Ottawa and Renfrew County, 24,000 people live with a diagnosis of dementia and in Canada, one in 5 of us cares for someone living with dementia. In the next decade, the number of diagnosed cases is expected to double. The Dementia Society is the Ontario Health-funded not-for-profit agency charged with supporting and providing services in our region for people affected by dementia. For over 40 years, The Dementia Society has provided free support, social, recreational and educational programs to reduce isolation and meaningfully engage people living with dementia and their caregivers and families so that here, no one faces dementia alone.

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