

We wish to extend our heartfelt gratitude to the Carswell Family Foundation (CFF) for their generous and ongoing support. They helped to make this publication a reality. Dr. Allan Carswell, founder and president of CFF, also offered a contribution to our collection of stories.



CARSWELL
FAMILY FOUNDATION

We are also tremendously grateful to all the courageous individuals who shared their stories for this volume of the Hearts Linked by Courage series, *Honouring Loved Ones and Caregivers on the Dementia Journey*. Your stories made this book possible.

Alzheimer's Disease and Other Dementias

Through the telling of these stories, references are made to Alzheimer's disease and other dementias. Dementia is a general term for loss of memory, language, problem-solving, and other cognitive abilities that are severe enough to interfere with daily life. Alzheimer's disease is the most common form of dementia. All types of dementia are fatal. There is currently no cure.

D.A.Y. Programs

The Alzheimer Society of York Region provides D.A.Y. (Day centre for Alzheimer's in York Region) programs at three locations in York Region. D.A.Y. programming provides individualized care and social stimulation for people living with Alzheimer's disease and other dementias while providing respite for caregivers.

Minds in Motion®

Minds in Motion® is a program for people living with early to mid-stage dementias and their care partners. The in-person program offers an hour each of physical activity and mental and social stimulation.