

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Alzheimer
Society



Community
Changes Everything

January is National Alzheimer's Awareness Month, and the Alzheimer Society of Alberta and Northwest Territories is pleased to announce it is participating in a nation-wide campaign reminding people that the organization is the **First Link®** to Support, Knowledge and Community.

A diagnosis of dementia is not easy. Making a quick connection to a community of support can make a big difference by eliminating uncertainty and unknowns. The Alzheimer Society is the first place to turn – and First Link® is the connection to support, care, knowledge, expertise, and referrals.

First Link® is the Alzheimer Society program offering approved services and information to those living with Alzheimer's disease or other dementias, and care partners. It encompasses the areas of Risk Reduction, Education, Living Well with the Disease, Community, Research, and Advocacy; an umbrella that brings together all aspects of the care and management of dementia in Canada.

With more than half a million Canadians living with dementia today, a number expected to reach almost one million in 10 years, the Alzheimer Society is continuing to enhance its support amongst people living with dementia to meet their needs early in, and throughout, their journey.

The goal of **First Link®** is to ensure a user of the services has the right support and information, from the time of an initial diagnosis and throughout the progression of the disease. By connecting with **First Link®**, a user will have access to all the services available in their local area. There are a variety of programs and services administered at the local level of societies across the country. Such services include tailored education programs and support groups, one-on-one assistance, and a better understanding of the healthcare options available in a specific community. Staff will provide the appropriate access to the right services during any stage of the disease.

To receive access to education programs and support services, users are encouraged to call their local society directly or ask their family doctor about being referred to the Alzheimer Society.

Seven Ways you can Support Alzheimer's Awareness Month

1. Follow and share our First Link® campaign on social media

You are not alone. For people living with Alzheimer's disease or other dementia, the Alzheimer Society is your first link to a community of caring, support, knowledge and people ready to help.

Join us on [Facebook](#), [Instagram](#) and [Twitter](#).



2. Donate to your local Society

Our services are offered free of charge thanks to the generosity of our donors. [Donate today](#) to make a difference in the lives of individuals and families affected by dementia

3. Visit [ca/FirstLink](#)

Visit [alzheimer.ca/FirstLink](#) for more information on the **First Link®** program and supports available



Yes, sign me up to become a member of the

Alzheimer Society

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4. Become a Member of the Alzheimer Society of Alberta and Northwest Territories

[Learn more about membership and how to join us.](#)

5. Learn more about dementia and stigma

Misconceptions are often at the root of stigma. Find out about communication, behaviour, safety, and more. [Learn about the stigma against dementia.](#)



6. Connect with your local Society

Find out what's going on your local Alzheimer Society, including how your local Society helps in your community and how you can get involved. [Find your local Society.](#)

7. Share what you've learned

Talk to your friends and family about dementia and the stigma that's attached with a diagnosis and the supports available through the Alzheimer Society of Alberta and Northwest Territories.





Upcoming Webinar - Wednesday January 19 at 7 PM



Understanding Dementia- Tips and Techniques presented by Arlene Huhn

In this session, you will learn techniques to help you support your family member or friend living with dementia. As care partners, it can be challenging to know what the "right" thing is to say or not to say. Tips and examples will be provided. Communication is key when it comes to helping support someone living with dementia, but communication is more than us speaking to a person. Join us to learn other communication strategies.

To register and join please click [HERE](#).

Alzheimer Society of Alberta and Northwest Territories

#306, 10430 61 Avenue, Edmonton, AB, T6H 2J3

Main: 780-488-2266 **Toll Free:** 1-866-950-5465

CRA Charitable Registration No. 12969-0343

reception@alzheimer.ab.ca

www.alzheimer.ab.ca

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

Please note: The offices of the Alzheimer Society of Alberta and Northwest Territories are closed to the public and all staff are working remotely to provide support to individuals living with dementia and their care partners during the COVID-19 Pandemic.

**We're here to help! If you or someone you know is in need of support,
[contact your local Alzheimer Society office today.](#)**