

**Too many Canadians face lack of understanding, support from others when caring for a family member with dementia**

**Alzheimer Society asks public to show their support this National Carers Day**

**Toronto, ON – April 3, 2018** – A recent study from the Alzheimer Society reveals that 1 in 5 Canadians have experience caring for someone with Alzheimer’s disease or another form of dementia, while 87 per cent of caregivers wish that more people understood the realities of caring for someone with dementia.

The results are from an online survey conducted by Leger last fall that asked 1500 Canadians aged 18 to 65 about their perceptions and attitudes towards dementia, a condition that affects over half a million Canadians today.

The survey also found that a lack of understanding from friends and colleagues, inadequate services and being excluded from treatment and care decisions leave too many caregivers feeling lonely. In fact, two-thirds of caregivers feel isolated as a result of their caring role.

“Without a strong support network and people around who understand dementia and its impact, many caregivers can feel that their world is shrinking,” says Pauline Tardif, CEO at the Alzheimer Society of Canada, who has first-hand experience caring for a parent with dementia.

The number of Canadians with dementia is increasing—in just 13 short years, 937,000 Canadians will have dementia, which means more of us will be providing care. Due to the progressive nature of dementia, which gradually makes it more difficult for the person to carry out day-to-day activities, caregivers eventually become responsible 24/7 for every aspect of the person’s care. This places a tremendous toll on caregivers’ mental, emotional and financial well-being.

That’s why on this National Carers Day, the Alzheimer Society calls on Canadians to do their part in recognizing and supporting the caregivers in their lives and communities, by checking in and lending a helping hand. The Society also encourages anyone providing care to someone with dementia to connect with their local Alzheimer Society for information, support, programs and other resources.

“Caring touches us all, but no one should feel alone as a caregiver, and it’s important that caregivers take care of their own health and well-being,” says Tardif.

Learn more about Alzheimer’s disease and other forms of dementia, including our survey results, and find a local Alzheimer Society for help and support, at [www.alzheimer.ca](http://www.alzheimer.ca).

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