

About us

The 20 Alzheimer Societies of Quebec share a common mission to support people living with Alzheimer's disease or another form of dementia, their caregivers and family members. With over 35 years of experience helping people with lived experience following a person-centred approach, the Alzheimer Societies strive to support and improve the quality of life of people living with dementia and their caregivers, from the initial diagnosis and throughout the course of the disease.

Don't stay alone

While the announcement of a diagnosis can be associated with a wide variety of feelings such as anger, fear, sadness or denial, it's crucial to not remain alone and to seek support.

The Alzheimer Society is here to support you!

Programs and services are available to help you better understand the disease, its progression and symptoms, and provide you with communication and stimulation strategies that can really make a difference.

"The Alzheimer Society is the best support system to help make your journey a safe one. After all, they've been on this journey a thousand times!"

J. Levesque – Caregiver



Looking for answers to your questions?

Contact your local Alzheimer Society today.

Visit www.my-society.ca

Or call our toll-free number:
1-888-MEMOIRE

FEDERATION OF QUEBEC ALZHEIMER SOCIETIES

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FEDERATION OF QUEBEC Alzheimer Societies

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Alzheimer Society

ALZHEIMER'S DISEASE SERVICES AT YOUR SERVICE



FOR FAMILIES

The importance of early diagnosis

Some symptoms of Alzheimer's disease or other forms of dementia can mimic those of other illnesses, such as depression, thyroid or heart disease, an infection, drug interactions, or alcohol abuse.

Being DIAGNOSED with Alzheimer's disease or another form of dementia doesn't mean life is over.

People with dementia can continue to live rich and productive lives for many years following a diagnosis.

Early diagnosis allows the person living with dementia and their family to:

- Take the time to learn more about the disease and its progression;
- Become actively involved in making personal decisions, including healthcare;
- Start medication which has been proven to be more effective in the early stages of the disease;
- Encourage and maintain autonomy for longer;
- Participate in clinical research;
- Focus on what's important;
- Benefit from the services provided by the Alzheimer Society.

Alzheimer's disease and dementia

Did you know that Alzheimer's disease is the most common form of dementia, accounting for more than 60% of all cases?

Few FACTS



More than 153,000 Quebecers are living with dementia.



Alzheimer's disease is a progressive neurodegenerative disease that is not part of normal aging.



The risk of developing Alzheimer's disease doubles every 5 years after the age of 65.



45% of caregivers of people living with Alzheimer's disease experience feelings of distress.

**You are not alone.
Contact your local Alzheimer Society
www.my-society.ca**

Need more information about Alzheimer's disease?

The Alzheimer Society is here to answer your questions and offer support.

SERVICES provided by Alzheimer Societies



Information



Counselling and follow ups for people with dementia, their caregivers and family members



Support groups for people with dementia, caregivers and couples



Respite and stimulation, at home or in a day centre



Education for caregivers

**Flexible formats to meet your needs:
One-on-one, as a family, in a group setting,
in person by appointment or online.**

Our approach

The **20 Alzheimer Societies of Quebec** adopt a person-centred approach from the initial diagnosis through every stage of the disease. Our approach recognizes that each person has:

- A personal history;
- A unique personality and values;
- The same rights to dignity, respect and privilege to fully participate in the decision-making process and to enjoy a quality of life;
- The right to be encouraged to maintain their independence and autonomy;
- The right to a safe environment that meets their needs.

***"See the person,
not the disease!"***

