Newsletter **September 2026**

September is World Alzheimer's Month

The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters.

September is World Alzheimer's Month. Each year, people around the world unite to advocate for research and improved support for people impacted by dementia.

Too often, fear and stigma stop people from seeking answers, and many wait far longer than they should for a diagnosis. This World Alzheimer's Month, the Alzheimer Society of PEI joins our global partner, Alzheimer's Disease International (ADI), in sharing a message that can change that: the earlier you know, the more you can do.

An earlier diagnosis opens the door to treatment, support, planning, and hope, and gives people living with dementia and their caregivers more time to live well.

ADI will launch the **2026 World Alzheimer Report** on their website on **September 21**, **2026 (World Alzheimer's day)**, with a focus on a **new era in dementia clinical trials.**

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Quick Links

Our Website
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Alzheimer's Awareness Conference - Tickets Still Available!

Our 15th annual Alzheimer's Awareness Conference, **'*Connected Through Care*'**, is happening on **September 17th at the Credit Union Place in Summerside**.

Tickets:
General Admission - $86
Caregiver, PLWD, Student, and Volunteer Tickets - $49
Virtual Tickets - $22

Note: If you are unavailable on September 17th, please note that all ticket holders will receive a full recording of the conference to watch on-demand.

Throughout the day, you'll hear from expert speakers and individuals with lived experience on vital topics including:

- Navigating relationships between families and healthcare providers
- Support for behaviour change in dementia
- Ambiguous loss and grief in dementia
- Living with Young Onset Dementia
- Dementia risk reduction and brain health strategies for those diagnosed
- And more!

Morning refreshments, and a hot buffet lunch will be provided for all in person attendees. We hope to see you there!

Register now!

Programs & Services

No one should have to navigate the challenges of dementia alone. If you're experiencing changes in thinking and memory or caring for someone who is, we're here to walk beside you on this journey.

The Alzheimer Society of PEI provides confidential and personalized support, resources, and programs and services designed to help you through every step. Find support in PEI:

- Individual and family counselling
- Education
- Support groups for caregivers and for persons living with dementia
- Caregiver therapy
- Social activities & walking groups

Reach out for support today. Call **(902) 628-2257** or email **society@alzpei.ca** to be connected to a Support Services Coordinator.

Click here to learn more and find support in PEI.

Upcoming Webinars & Workshops

First Link Learning Series:
Next Steps for Families
This series will offer family members and friends caring for individuals with Alzheimer's disease or other dementias an overview of the disease. The topics discussed in this series will be much the same as in First Steps.
Summerside Rotary Library - ADL Room | October 15th & 22nd | 1:00pm - 4:00pm
Register now!

First Link Learning Series:
Care Essentials
This series will offer guidance throughout the caregiver journey and strategies for when a person with dementia's care needs have increased. Topics discussed include: the progression of the disease, understanding behaviour, day to day care and community resources.
Alzheimer Society of PEI | October 20th & 27th | 9:30am - 12:00pm

Register now!

Pre-registration required to attend. For more information, please contact society@alzpei.ca or call 902-628-2257.

Dementia Care Training:
DCT 101: Essentials of Alzheimer's Disease & Dementia

With weekly online modules and discussions, you will learn about Alzheimer's and other dementias: the different types, their impact on the brain and day to day functioning, the progression of illness, changes in communication and behaviour, person-centred language, the importance of support for families, and services offered by ASPEI. Includes certification in U-First!® & DCT 101. **Pre-registration required to attend.**

September 21 - October 30, 2026
Register now!

For more information, please contact society@alzpei.ca or call 902-628-2257.

Helpful Tips for Caregivers

Understanding Symptoms

Dementia can affect a person's personality, mood and behaviour. Below are some symptoms that may present from a person living with dementia (PLWD). We encourage you to view the linked pages to gather a better understanding of possible causes at the root of changed behaviours, as well as tips and strategies for engaging with the PLWD.

- **Changes in mood and personality.** PLWD may become depressed or withdrawn and lose interest in activities they used to enjoy. Sometimes, they may lose the ability to manage their emotions. Learn more.

- **Delusions and hallucinations.** With hallucinations (incorrect perceptions of objects or events involving the senses) or delusions (false beliefs), people do not experience things as they really are due to a variety of reasons. Learn more.

- **Disorientation and losing one's way.** If a person living with dementia is walking or moving about more than usual, it may mean they are experiencing pain or they need something. They could be struggling to recognize their physical environment, feeling the need to go to work (even if they may be retired), or experiencing changes in ability to recognize day or night (as a few examples). Learn more.

- **Repetitive behaviours.** Repetitive behaviours (verbal or physical) can be caused by feelings of insecurity or loss, loneliness, separation from a loved one, over- or under- stimulation, or the inability to express a need. Learn more.

- **Restlessness or confusion, especially later in the day.** It is thought that late-day confusion (sometimes called "sundowning") can be a problem for as many as 66% of people with Alzheimer's disease or other dementias. It can occur at any stage of the disease but it tends to peak in the middle stages of dementia and lessens as the disease progresses. Learn more.

- **Sexual behavior.** In some cases, a PLWD's actions will be interpreted as sexual when they are trying to communicate (eg: disrobing because of tight clothing, an overheated room, the need to use the washroom or disorientation of time and space). Learn more.

Participate in Research

Did you know the Alzheimer Society Research Portal connects Canadians to active dementia studies and clinical trials happening across the country?

Whether you're a person living with dementia, a care partner, or a healthcare provider, your participation helps move research forward and brings us closer to better treatments, supports, and understanding.

Why get involved?

For people living with dementia:

- Connect with others who share your experience
- Gain access to new therapies and scientific expertise
- Contribute to discoveries that may improve care and quality of life

For caregivers and family members:

- Learn about new approaches and resources
- Access additional support networks

- Know your experiences are helping shape the future of dementia care

For healthcare providers:

- Collaborate with researchers and contribute to innovation in dementia care
- Give back to your community

Explore current opportunities and learn how to get involved at:
alzheimer.ca/find-studies

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