



Newsletter

October 2025

Caregiver Soup for the Soul

Thursday, October 16th
11:30am - 1:30pm
Charlottetown
FREE!



Soci t  Alzheimer Society
PRINCE EDWARD ISLAND

[Click here to register!](#)



Don't miss Caregiver Soup for the Soul happening this week - Thursday, October 16th! Registration still open.



**Light the Way Fundraising Dinner:
November 13th**

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Farm-to-Table Dinner in Support of Islanders Impacted by Dementia

The PEI Farm Centre is hosting a special fundraising dinner in support of the Alzheimer Society of PEI to celebrate community, local Island food, and compassion. Join us for an intimate farm-to-table evening featuring a three-course meal prepared with ingredients grown right on site or sourced from Island producers.

Enjoy a cozy atmosphere, delicious food, and meaningful conversation — all while supporting programs and services for people living with dementia and their care partners across Prince Edward Island.

Date: Thursday, November 13th | 6:30pm

Location: PEI Farm Centre, Charlottetown

Serving: Squash soup, beef wellington with seasonal vegetables, and crème brûlée for dessert

Tickets: \$55 per person – only 40 seats available!

Don't wait — space is limited, and this evening is sure to sell out quickly.

[Click here to buy your tickets!](#)

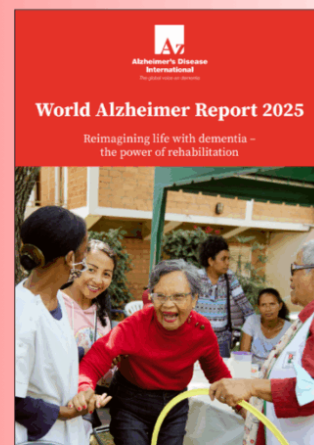
World Alzheimer Report

On September 18th, Alzheimer's Disease International released the 2025 World Alzheimer Report. This year's report spotlights the importance of person-centred rehabilitation in improving day-to-day functioning and quality of life, promoting independence and dignity.

The report presents a world-wide and practical roadmap for 'reimagining life with dementia' through rehabilitation, shedding light on what rehabilitation means in dementia care and why it matters, as well as how tailored and goal-oriented approaches can help people maintain function, independence, and participation across settings and stages.

This report highlights evidence that personalized rehabilitation improved everyday functioning for individuals living with dementia and can delay loss of independence. It notes the current global gap in access to rehabilitation services and calls for rehabilitation to be embedded into national plans, workforce trainings, and benefits packages as a matter of rights and practical economics.

[Click here to learn more and download the report for free!](#)



Programs & Services

Whether you're supporting someone or living the journey yourself, you don't have to do it alone. The Alzheimer Society of PEI is here to support you every step of the way with confidential and personalized support. From counseling, education, support groups, and social programs to resources that help you understand and manage dementia, we're just a call or click away.

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

Island-Wide Support Groups

Facing dementia can feel isolating, whether you're a caregiver or someone in the early stages. But you don't have to go through it alone. Our Support Groups provide a safe space to connect with others on a similar journey, share experiences and strategies, and find strength together.

- **Caregiver Support Groups:** A place for caregivers to exchange insights, find encouragement, and learn coping strategies from others who understand the journey.
 - Available in O'Leary, Summerside, Charlottetown, and Montague
 - Group for Young Onset Dementia caregivers available in Charlottetown or virtually
- **Support Groups for Persons in the Early Stages of Dementia:** A supportive environment for people experiencing changes in thinking and memory to share experiences, discuss challenges, and connect with others navigating similar paths.
 - Available in Charlottetown

These groups are led by compassionate facilitators who provide guidance, resources, and an open ear. **Join a group today! [Click here to learn more.](#) Contact us to register: call 902-628-2257 or email society@alzpei.ca.**



Upcoming Social Activities

Caregiver Soup for the Soul - Charlottetown

October 16th, 11:30am - 1:30pm | Beaconsfield Carriage House, Charlottetown

Join us for a free lunch and enjoy heartwarming soup, fall flavors, and connection with others who understand the caregiving journey. [Click here to register](#), call 902-628-2257, or speak to your Support Services Coordinator to sign up.

Coffee, Connect, and Chat - Souris

November 5th, 9:30 - 11:30am | Silver Threads Club, Souris

Join us for free coffee, tea, juice, and local baked goods provided by [Seaside Bakery](#). Play games and chat with other caregivers, family members, friends, and those who have (or have had) a connection to a person living with dementia. [Click here to register](#), call 902-628-2257, or speak to your Support Services Coordinator to sign up.



Social Activities for Caregivers





Education: Upcoming Webinars & Workshops

FREE EDUCATION SESSIONS



First Link Learning Series: *Care Essentials*

Join us for a free education session for family members and friends caring for individuals with Alzheimer's disease or dementia. This series will offer guidance throughout the caregiver journey and strategies for when care needs have increased for the person with dementia. Topics discussed include: the progression of the disease, understanding behaviour, day-to-day care and community resources. **Pre-registration is required to attend.**

Virtual on Zoom | Wednesday, November 12, 19 & 26 | 6:30-8:00pm

[Click here to register for Care Essentials!](#)

First Link Learning Series: *Care in the Later Stages*

This free education series is to help family members and friends of people with Alzheimer's disease and other forms of dementia understand what to expect in the later stages of the disease. Topics include: understanding the experiences of grief and loss, learning about the later stages, recognizing pain and distress, and providing care that promotes dignity, comfort, and quality of life. **Pre-registration required to attend.**

Charlottetown Alzheimer Society Office | November 14 & 21 | 1:30-3:30pm

[Click here to register for Care in the Later Stages!](#)

First Link Learning Series: *First Steps*

This free education series is for individuals living with early stage dementia, their family members, and friends to help understand their diagnosis and the changes they experience. This series offers participants an opportunity to share and connect with others embarking on a similar journey. They will learn about topics including: what is dementia, memory loss, coping strategies, medications, treatment, research, planning for the future, and community resources and support. **Pre-registration required to attend.**

Summerside Library | November 17 & 24 | 12:30-3:30pm

[Click here to register for First Steps!](#)

Helpful Tips for Caregivers

Occupational Therapy Month

Written by: Olivia McAuley, OT

October is Occupational Therapy Month in Canada. What is occupational therapy and how can it help those living with Alzheimer's/dementia?

Occupational Therapy (OT) is an allied health profession focused on helping patients and clients participate in their meaningful daily activities, or "occupations," by addressing

physical, mental, social, and cognitive challenges. OT can be beneficial for those living with dementia, as cognitive changes resulting from Alzheimer's or dementia can make daily tasks, from meal preparation to personal care, increasingly challenging.

An OT assessment may be recommended when a client shows difficulty or changes in their ability to complete routines due to symptoms of Alzheimer's or dementia. Occupational therapists use individualized assessments to identify strengths and challenges, set personalized goals, and develop collaborative treatment plans, including things like:

- suggesting environmental modifications to improve home safety,
- introducing memory or assistive aids and equipment,
- educating caregivers on how to adapt tasks and manage behavioral changes.

Through these strategies and more, OTs help individuals maintain their independence, improve safety, and support the mental well-being of both clients and their support system.

Access to OT services can be arranged through a referral from a primary care provider at Health PEI. Alternatively, private services can be booked directly with a private OT provider, and the cost may be covered by some health benefits or insurance plans.

More Resources:

[Provincial Dementia Specialty Team](#)

[PEI College of OTs](#); See the list of Registered Occupational Therapists in PEI

[PEI Provincial Home Care](#)

[Document from Canadian Association of OTs about OT and Alzheimer's/Dementia](#)

[Dementia Care Partner Talk Show Podcast](#) - Teepa Snow (dementia care specialist and occupational therapist) offers free short videos on special topics related to caregiving



Participate in Research

Alzheimer Society Research Portal

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

Every study, story, and participant brings us closer to a world without dementia and better dementia care for all.

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

Read the 2024-2025 Annual Report

We are pleased to share our 2024-2025 annual report with you - our clients, donors, sponsors, partners, volunteers, and community members.

With the support of a community like you, we have achieved so much together. Your generosity makes programs, services, education, information, and research happen. [Click here](#) to take a look at this year's highlights:

- Expansion of our team
- The experience of caregivers in PEI



- The impact of our programs and services
- Education highlights
- Honouring volunteers
- Celebrating the Walk & our community partners
- More!



Thank you to all our donors for making our work possible. We can't express our gratitude enough! To read our past annual reports, [click here](#).

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