

# We are here to help

The Alzheimer Society of Canada works to provide you with access to the information and resources you need. Whether you are a person living with dementia, a caregiver or care partner, or a health-care provider, we are here to help.

The Alzheimer Society of Canada provides:

- **Dementia education and resources** for people living with dementia, caring for someone with dementia, families, friends, co-workers, health-care providers, first responders, financial professionals, businesses and organizations
- Referral services such as **First Link®** that connect people living with dementia to community, knowledge and support
- A national information and referral line at **1-855-705-4636 (INFO)** or **info@alzheimer.ca**
- **Public awareness** for communities and workplaces
- **Advocacy** for health and policy changes
- **Opportunities to participate in research** that can improve understanding of dementia and dementia care

### Other programs and services we offer:

- Counselling services
- Individual and group support
- Brain-health programs
- Social activities

Contact your local Alzheimer Society to learn about what specific programs and services are offered for you.

# Contact Us

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Information and Referrals:  
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Email: info@alzheimer.ca

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- Funds and conducts research to find a cure and improve the care of people with dementia
- Promotes public education and awareness of Alzheimer's disease and other dementias to ensure people know where to turn for help
- Influences policy and decision-making to address the needs of people with dementia and their caregivers

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Charitable registration number: 11878 4925 RR0001

# Alzheimer Society

# Dementia Programs & Services



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The Alzheimer Society is here to support everyone affected by dementia. You may have dementia yourself, or perhaps you are a family member, friend or co-worker of a person living with dementia. In all these situations, the Alzheimer Society is here to help you.

Active in communities across Canada, the Alzheimer Society connects people to dementia services, supports, education and information. Our staff and volunteers are here to help you and improve your quality of life.

## First Link® is your first step

The Alzheimer Society is your first link to a community of caring, support, knowledge and more. Our First Link® program makes it easier for people living with dementia to get services, information and care.

Tell your doctor or health-care provider to share your information with the Alzheimer Society First Link® program in your province or territory. Then we will contact you to follow up.

If a health-care worker isn't able to refer you, then you, a family member or a friend can contact us. For more information, visit [alzheimer.ca/FirstLink](https://alzheimer.ca/FirstLink).

You are not alone. We are here to help. For more information, free support and referrals to your local Society team, call at **1-855-705-4636 (INFO)** or email [info@alzheimer.ca](mailto:info@alzheimer.ca).

## Supporting people in Canada with information

The Alzheimer Society has a large national resource library available in print and digital formats. In recent years, we have expanded resources online. We offer brochures, information sheets, videos, webinars and web articles about all aspects of dementia. Some of our most popular print and online resources are:

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- First Steps For a Person with Dementia [alzheimer.ca/FirstSteps](https://alzheimer.ca/FirstSteps)
- First Steps for Families [alzheimer.ca/FirstStepsForFamilies](https://alzheimer.ca/FirstStepsForFamilies)
- Reducing Caregiver Stress [alzheimer.ca/ReducingCaregiverStress](https://alzheimer.ca/ReducingCaregiverStress)
- What is Dementia? [alzheimer.ca/WhatisDementia](https://alzheimer.ca/WhatisDementia)

### Some of our useful online-only webpages and resources include:

- Young onset dementia hub (including videos, articles and worksheets): [alzheimer.ca/YoungOnset](https://alzheimer.ca/YoungOnset)
- Dementia Talks! Canada webinar series: [alzheimer.ca/Talks](https://alzheimer.ca/Talks)
- 5 communication tips for conversations with people living with dementia (including videos and a helpful online pdf): [alzheimer.ca/Communication](https://alzheimer.ca/Communication)
- Participate in research portal: [alzheimer.ca/ParticipateinResearch](https://alzheimer.ca/ParticipateinResearch)
- Dementia information in multiple languages: [alzheimer.ca/MoreLanguages](https://alzheimer.ca/MoreLanguages)

Visit [alzheimer.ca/Resources](https://alzheimer.ca/Resources) to check out more dementia-focused information.

## Participate in research

If you are looking to join a research study about dementia, visit our national research portal at [alzheimer.ca/Find-Studies](https://alzheimer.ca/Find-Studies). This portal lists research studies that are recruiting people affected by dementia in Canada.

### Why get involved in research?

- Learn about and get access to upcoming treatments for dementia
- Grow your network and meet other people in similar situations
- Interact with researchers
- Help researchers gain knowledge to improve life for people living with dementia and caregivers
- Boost your potential to learn something new and gain valuable skills

The Alzheimer Society supports established and upcoming researchers through the **Alzheimer Society Research Program**. Since 1989, we have invested over \$67 million in biomedical and quality of life dementia research. We sustain one of Canada's most innovative hubs for dementia research. To learn more, visit [alzheimer.ca/ASRP](https://alzheimer.ca/ASRP).

### Here is some of the research we've funded and conducted:

- Developing new drug therapies and treatments
- Understanding risk factors, such as sleep, gender, infectious disease and diet
- Improving care in residential and community settings
- Understanding dementia in diverse populations

To learn more about what our researchers are working on, visit [alzheimer.ca/MeetOurResearchers](https://alzheimer.ca/MeetOurResearchers).

## Amplifying advocacy with our Advisory Group

Our **Advisory Group for People with Lived Experience of Dementia** is a community of people who help guide the direction of the Alzheimer Society of Canada. They provide input that impacts our work around dementia research, education, advocacy and more. Members get to connect with others in similar situations while sharing their voice.

### Who can get involved in the Advisory Group?

- Anyone living with dementia or mild cognitive impairment
- Anyone providing care or who has provided care for a person living with dementia or mild cognitive impairment
- People who are newly diagnosed with dementia or who have been living with dementia for a while
- People from all different backgrounds, including ones of race, ethnicity, culture, language, gender and sexuality

### What would I do on the Advisory Group?

- Contribute to research that is funded by the Alzheimer Society
- Evaluate summaries of researcher funding applications
- Review various public and educational materials to ensure they are helpful
- Help with advocacy and policy projects
- Participate in webinars and conferences
- Engage in fundraising and outreach events

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Tell your doctor or health-care provider to share your information with the Alzheimer Society First Link® program in your province or territory. Then we will contact you to follow up.

If a health-care worker isn't able to refer you, then you, a family member or a friend can contact us. For more information, visit [alzheimer.ca/FirstLink](https://alzheimer.ca/FirstLink).

You are not alone. We are here to help. For more information, free support and referrals to your local Society team, call at **1-855-705-4636 (INFO)** or email [info@alzheimer.ca](mailto:info@alzheimer.ca).

## Supporting people in Canada with information

The Alzheimer Society has a large national resource library available in print and digital formats. In recent years, we have expanded resources online. We offer brochures, information sheets, videos, webinars and web articles about all aspects of dementia. Some of our most popular print and online resources are:

- 10 Warning Signs [alzheimer.ca/10WarningSigns](https://alzheimer.ca/10WarningSigns)
- First Steps For a Person with Dementia [alzheimer.ca/FirstSteps](https://alzheimer.ca/FirstSteps)
- First Steps for Families [alzheimer.ca/FirstStepsForFamilies](https://alzheimer.ca/FirstStepsForFamilies)
- Reducing Caregiver Stress [alzheimer.ca/ReducingCaregiverStress](https://alzheimer.ca/ReducingCaregiverStress)
- What is Dementia? [alzheimer.ca/WhatisDementia](https://alzheimer.ca/WhatisDementia)

### Some of our useful online-only webpages and resources include:

- Young onset dementia hub (including videos, articles and worksheets): [alzheimer.ca/YoungOnset](https://alzheimer.ca/YoungOnset)
- Dementia Talks! Canada webinar series: [alzheimer.ca/Talks](https://alzheimer.ca/Talks)
- 5 communication tips for conversations with people living with dementia (including videos and a helpful online pdf): [alzheimer.ca/Communication](https://alzheimer.ca/Communication)
- Participate in research portal: [alzheimer.ca/ParticipateinResearch](https://alzheimer.ca/ParticipateinResearch)
- Dementia information in multiple languages: [alzheimer.ca/MoreLanguages](https://alzheimer.ca/MoreLanguages)

Visit [alzheimer.ca/Resources](https://alzheimer.ca/Resources) to check out more dementia-focused information.

## Participate in research

If you are looking to join a research study about dementia, visit our national research portal at [alzheimer.ca/Find-Studies](https://alzheimer.ca/Find-Studies). This portal lists research studies that are recruiting people affected by dementia in Canada.

### Why get involved in research?

- Learn about and get access to upcoming treatments for dementia
- Grow your network and meet other people in similar situations
- Interact with researchers
- Help researchers gain knowledge to improve life for people living with dementia and caregivers
- Boost your potential to learn something new and gain valuable skills

The Alzheimer Society supports established and upcoming researchers through the **Alzheimer Society Research Program**. Since 1989, we have invested over \$67 million in biomedical and quality of life dementia research. We sustain one of Canada's most innovative hubs for dementia research. To learn more, visit [alzheimer.ca/ASRP](https://alzheimer.ca/ASRP).

### Here is some of the research we've funded and conducted:

- Developing new drug therapies and treatments
- Understanding risk factors, such as sleep, gender, infectious disease and diet
- Improving care in residential and community settings
- Understanding dementia in diverse populations

To learn more about what our researchers are working on, visit [alzheimer.ca/MeetOurResearchers](https://alzheimer.ca/MeetOurResearchers).

## Amplifying advocacy with our Advisory Group

Our **Advisory Group for People with Lived Experience of Dementia** is a community of people who help guide the direction of the Alzheimer Society of Canada. They provide input that impacts our work around dementia research, education, advocacy and more. Members get to connect with others in similar situations while sharing their voice.

### Who can get involved in the Advisory Group?

- Anyone living with dementia or mild cognitive impairment
- Anyone providing care or who has provided care for a person living with dementia or mild cognitive impairment
- People who are newly diagnosed with dementia or who have been living with dementia for a while
- People from all different backgrounds, including ones of race, ethnicity, culture, language, gender and sexuality

### What would I do on the Advisory Group?

- Contribute to research that is funded by the Alzheimer Society
- Evaluate summaries of researcher funding applications
- Review various public and educational materials to ensure they are helpful
- Help with advocacy and policy projects
- Participate in webinars and conferences
- Engage in fundraising and outreach events

If you would like to get involved in the Advisory Group, visit [alzheimer.ca/AdvisoryGroup](https://alzheimer.ca/AdvisoryGroup) or email [advisorygroup@alzheimer.ca](mailto:advisorygroup@alzheimer.ca).



## Here to help

Over 600,000 people in Canada are living with dementia. And this number is expected to grow.

The Alzheimer Society is here to support everyone affected by dementia. You may have dementia yourself, or perhaps you are a family member, friend or co-worker of a person living with dementia. In all these situations, the Alzheimer Society is here to help you.

Active in communities across Canada, the Alzheimer Society connects people to dementia services, supports, education and information. Our staff and volunteers are here to help you and improve your quality of life.

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