

For Canadians living with dementia, The Alzheimer's Society is their first link to a community of caring and support. Active across the country, we are here to provide:

- information and education for people with dementia
- funding for research in pursuit of a cure and improved care
- a beacon generating public awareness of the range of dementias, ensuring Canadians know where to turn
- a voice in public policy and decision-making to address the needs of people with dementia



# Alzheimer Society

Are you affected by Alzheimer's disease or dementia?

**First Link<sup>®</sup>**  
Your first step to living well with dementia



# Alzheimer Society



# Connecting you to community support and knowledge

Whether you are living with Alzheimer's disease, another form of dementia, or supporting someone who is, First Link connects you to health services and information in your community, from the time of diagnosis throughout the progression of the disease.

First Link is about helping you and your family make informed choices so you can live better with dementia at every stage of the disease.



## Knowledge Changes Everything

When you give your health care provider permission to share your information with our First Link staff, we will contact you directly. Of course, you can also give us a call.

You will be linked to local health services and resources that best suit your situation. In addition, you will have access to Alzheimer Society programs and services to help you learn about dementia, talk about your concerns and live well with the disease.

Connecting with First Link means you can:

- Receive one-on-one or group support
- Be referred to local healthcare providers and community services
- Meet other people in similar circumstances and exchange experiences
- Get help to plan your future

## Support Changes Everything

The progression of dementia brings with it new challenges. First Link provides support and connects you to informative workshops to help you better understand and respond to each phase of the disease with practical tips and strategies.

## Community Changes Everything

First Link is about bringing together Alzheimer Society staff, primary care physicians and other health professionals to make it easier for you to get the help you need.

*"I came to First Link feeling afraid and alone dealing with my husband's Pick's Disease. But I have developed a feeling of gratitude and appreciation of what other caregivers are going through. I strongly recommend First Link to anyone unsure of how to handle Alzheimer's or other dementias. It's such a valuable learning tool."*

- Caregiver

*"Prior to First Link, my wife and I didn't know anything about dementia or Alzheimer's. With the information we received, we were able to become proactive in dealing with this illness."*

- Caregiver