

Alzheimer *Society*

ALBERTA AND
NORTHWEST TERRITORIES

BUILDING CONNECTIONS

The Alzheimer Society of Alberta and Northwest Territories supports individuals through seven regional offices. Our programs and services complement the existing healthcare system. *We Advocate, Serve and Innovate* on behalf of people with dementia, their families and care partners. We connect individuals living with dementia to support, education and resources and commit funds to research to find a cause and cure.

Thank you for supporting the Alzheimer Society. For more information please visit alzheimer.ab.ca or call 1-866-950-5465



Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

There are **564,000 Canadians living with dementia** today.

In Alberta, **just over 42,000 have been diagnosed with the disease**. It is estimated that by 2038, one in 10 Albertans over age 65 and nearly half those over age 90 will be living with dementia.

Each year, more than 25,000 Canadians are diagnosed, and in the next 15 years, experts say close to one million Canadians will have the disease.

There are 16,000 Canadians under the age of 65 living with 'young onset' dementia.

There is no known cure or effective treatments for dementia, but there are ways to reduce your risk: exercise regularly, eat healthy and manage your cardiovascular health. And always, continue challenging your brain.

DEMENTIA IS NOT A NORMAL PART OF AGING - LEARN THE 10 WARNING SIGNS

- Memory loss
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and space
- Impaired judgement
- Problems keeping track of things
- Misplacing things
- Changes in mood and behaviour
- Trouble with images and spatial relationships
- Withdrawal from work or social activities

For more information, contact your local Alzheimer Society office or visit alzheimer.ab.ca or call 1-866-950-5465