

**Alzheimer** *Society*

HASTINGS - PRINCE EDWARD

Who We Are  
*and*  
What We Do



Help for Today,  
Hope for  
Tomorrow...

# First Link Program<sup>®</sup>

First Link is a program that gives persons living with dementia and their family/ care partners a direct connection to a wide variety of services and supports offered through the Alzheimer Society and within the community. The sooner people get help, the better informed and equipped they are to live well with dementia.

## **What exactly can First link do for you?**

First Link connects people and family/ care partners to programs and services at the Alzheimer Society of Hastings-Prince Edward, including:

1. One-on-one education and support and support groups.
2. Tips for navigating the health system to get the care you need.
3. Four-part learning series tailor-made for families at various stages of the illness. Topics include practical information about the disease and daily living, positive approaches to care, strategies for challenges and how to prepare for end of life.
4. Links you to other health and social services in the community.
5. Helps you find resources to manage issues such as decision-making, adjusting to the loss of a driver's license, financial planning, power of attorney and long term-care placement.

**Contact your local First Link Care Navigators  
at [First.Link@alzheimerhpe.ca](mailto:First.Link@alzheimerhpe.ca) or  
by calling our toll-free number.**

# How can we help?

The Alzheimer Society of Hastings-Prince Edward provides free education, referral, advocacy and support to families, friends, caregivers and persons with memory loss.

Living with memory loss or some form of dementia isn't easy and can make day-day living a challenge.

## We are here for you.

### Our mission:

*To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.*



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Dementia is an umbrella term that describes a wide range of symptoms that are caused by disorders of the brain. Symptoms include memory loss, impaired judgement and reasoning, and changes in mood and personality.

The symptoms are enough to impact someone's day to day living. Some of the causes of dementia are reversible such as the side effects of medication and nutritional deficiencies. Some causes like Alzheimer's and Vascular Dementia are irreversible.

Alzheimer's is the most common form of dementia. For more information visit your local Alzheimer Society office or go on-line to:  
[www.alzheimer.ca/hpe](http://www.alzheimer.ca/hpe)

**565,000 Canadians**

**are living with Alzheimer's Disease or some form of dementia and this number is set to rise to nearly 1 MILLION Canadians in less than 15 years.**

# What We Do

## **TO SUPPORT PERSONS WITH DEMENTIA**

- Early to late stage life planning
- Understanding Early Diagnosis
- Self Management Strategies
- One-to-one & family support
- Support Groups
- Medic-Alert Safely Home
- Project Lifesaver

## **TO SUPPORT FAMILY & INFORMAL CAREGIVERS**

- Understanding Dementia
- Understanding Communication
- Understanding Caregiver Care
- Life Planning
- System Navigation
- One-to-one & Family Support
- Support Groups
- Community Support Service Referral

## **TO SUPPORT FORMAL CARE PARTNERS**

- Understanding Dementia
- Behaviour Modification (GPA)
- Training
- Client Referral
- Case Collaboration
- Welcome to my World Dementia Tour Training

## **TO SUPPORT THE PUBLIC**

- Education/Awareness
- Stigma Reduction
- Finding Your Way
- Dementia Friendly Communities Training
- Lending Library

# Contact us

## **Belleville**

470 Dundas Street East  
Bay View Mall  
K8N 1G1  
Tel: 613-962-0892

## **Picton**

90 King Street  
K0K 2T0  
Tel: 613-476-2085

## **Bancroft**

1 Manor Lane, PO Box 1786  
K0I 1C0  
Tel: 613-332-4614



**Toll Free: 1-800-361-8036**



**[www.alzheimer.ca/hpe](http://www.alzheimer.ca/hpe)**



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**Charitable registration number:  
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