

Learn
Empower
Act



Learn

Become informed about dementia and the avenues open for you and your family. Learn how you can become more dementia friendly by visiting www.DementiaFriendlySaskatchewan.ca

Empower

Empower yourself and those around you by connecting to the Alzheimer Society of Saskatchewan. Our programs and services can help you and those around you live well with dementia.

Act

If you suspect that you or someone close to you might be experiencing the warning signs talk to your doctor and seek a timely diagnosis. Visit www.ABCDementia.ca to learn more about the warning signs of dementia.

What we know is that people who connect with the Alzheimer Society have a far better experience with the disease than those who don't.

Our dementia friendly initiatives are funded by the Government of Canada.



Alzheimer Society

SASKATCHEWAN

Learn More Live Well

**Our Resource Centres
are here to help.
Call for office hours.**

Cypress Resource Centre

The Meadows
2215 Woodrow Lloyd Place
Swift Current SK S9H 5R2
Phone: 306-773-2683

Prairie North Resource Centre

Battlefords District Care Centre
1308 Winnipeg Street
Battleford SK S0M 0E0
Phone: 306-445-2206

Prince Albert Parkland Resource Centre

Victoria Square, Level 2
2345 10th Avenue West
Prince Albert SK S6V 4H5
Phone: 306-922-2296

Regina Qu'Appelle Resource Centre

301-2550 12th Avenue
Regina SK S4P 3X1
Phone: 306-949-4141

Saskatoon Resource Centre

Oliver Lodge
1405 Faulkner Crescent
Saskatoon SK S7L 3R5
Phone: 306-683-6322

Sun Country Resource Centre

Primary Health Services Building
704 5th Street NE
Weyburn SK S4H 1A3
Phone: 306-842-2273

Dementia Helpline

1-877-949-4141

Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m.

Provincial Office

301-2550 12th Avenue Regina SK S4P 3X1
306-949-4141 or 1-800-263-3367

Alzheimer Society
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**Our Programs
& Services**

**Providing help for today
and hope for tomorrow
for people affected
by dementia**

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Living with dementia poses many challenges.

For people affected by dementia, having an understanding of the disease can make all the difference.

We are dedicated to helping people build the knowledge, skills and confidence to live well with dementia.

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"The Alzheimer Society has been a true support in all aspects of the journey that my family and I experienced."

- Myrna Switzer, caregiver

Alzheimer Resource Centres

Resource Centres located throughout the province offer information, educational opportunities, support groups and the opportunity to talk directly with knowledgeable support staff. First Link Coordinators provide information, support, education and connections to community resources.

Dementia Helpline

1-877-949-4141

Support staff are available to provide information, support and connections to Alzheimer Society programs and services.

Hours: Monday to Friday, 8:30 a.m.– 4:30 p.m.

For more information about our programs and services contact your local Alzheimer Society Resource Centre or visit our website at www.alzheimer.ca/sk



Dementia Education

Heads Up for Healthier Brains

Encourages people to actively engage in protecting and maintaining their brains.

ABC's of Dementia

Provides information about the warning signs of dementia and the Alzheimer Society's programs and services.

Learning Series

The Learning Series helps people with dementia and their families to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and supports. Participants have the opportunity to learn and share with others who are affected by dementia.

An Evening of Education

Through the use of video web conferencing, people throughout Saskatchewan have access to learning opportunities. Workshops are offered on a wide variety of topics.

Dementia Support

First Link®

First Link® is a program of the Alzheimer Society that connects persons with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.

Individual Support

Available by phone or appointment. Call your local Alzheimer Resource Centre.

Support Groups for People with Dementia

For those experiencing the symptoms of dementia, these groups offer the opportunity to connect with others.

Caregiver Support Groups

For those caring for someone with the disease - spouses, family or friends.

Minds in Motion®

A community-based fitness and social activity program for people with early symptoms of Alzheimer's disease and other dementias to enjoy with a friend or family member.