

For people living with dementia, support changes everything.

The Alzheimer Society connects people living with dementia in Alberta and NWT to support, knowledge, and community.

EDMONTON, ALBERTA- JAN 2, 2024 – A diagnosis of dementia is not easy. During National Alzheimer’s Awareness Month in January, the [ALZHEIMER SOCIETY OF ALBERTA AND NORTHWEST TERRITORIES](#) connects people living with dementia and their care partners with free support, knowledge, and a sense of community so they don’t have to face the journey alone. With more than half a million Canadians living with dementia today, a number expected to reach 1.7 million by 2050, the Alzheimer Society is continuing to offer support to people living with dementia to meet their needs early in and throughout their journey.

“[When you reach out to one of our 7 locations throughout Alberta and NWT](#), you gain access to free dementia-friendly expertise and resources to help you feel understood and supported,” says President and CEO, Dr. George Andrews.

At any point in your experience living with dementia or caring for a person with dementia, the Alzheimer Society is your first place to turn – and the [Society’s First Link® program](#) offers services and information to people living with dementia and their care partners. First Link includes information about risk reduction, living well with dementia, the latest research and advocacy efforts, and referrals to programs to help you manage the challenges that dementia can present.

By connecting with the Alzheimer Society of Alberta and Northwest Territories, you’ll gain access to information sessions that will help you navigate the road ahead, help you make clearer decisions and live a fuller life, either as a person living with dementia or caring for someone with a dementia diagnosis. We offer an early intervention program that connects people living with dementia and their care partners to us and provides resources that can help you plan for the future. We offer [hybrid support groups](#) where we exchange practical coping strategies, and we also offer a free [learning series](#) tailored towards family members caring for a person living with dementia to help them better understand and prepare for cognitive and behavioural changes that may arise during the caregiving journey.

Learn more at www.alzheimer.ab.ca or call toll-free 1-866-950-5465.

Media inquiries: Carrie Candy, Communications Manager, Alzheimer Society of Alberta and NWT

Ccandy@alzheimer.ab.ca or text 780-953-8825

Quick facts

- Today, more than half a million Canadians are living with dementia, including Alzheimer's disease.
- By the year 2050, more than 1.7 million people in Canada will be living with dementia
- Alzheimer Societies across Canada provide programs and support services for people with all forms of dementia, including Alzheimer's disease, and their caregivers.
- Care partners for people with dementia provide an average 26 hours of caregiving per week compared to 17 hours per week for seniors with other health issues (coming from data out of the Canadian Institute for Health Information (CIHI)). Data from the CIHI has shown that:
 - 45% of care partners providing care to people living with dementia exhibit symptoms of distress. This is twice the rate compared to care partners of older adults with health conditions other than dementia (26%).
 - 21% of care partners feel unable to continue their caring activities due to stress
- Alzheimer Societies across Canada provide caregivers and families with information, education and resources to help them support the person in their care who is living with dementia.
- The Alzheimer Society is a leading Canadian funder of dementia research. Since 1989, we have invested over \$70 million in grants and awards toward innovative dementia research through the Alzheimer Society Research Program, improving the quality of life for people with lived experience and bringing us closer to a future without Alzheimer's disease and other dementias.
- The Alzheimer Society is a key partner in the development of Canada's first national dementia strategy, which will enhance research efforts and ensure access to quality care and support for all Canadians affected by dementia,
- The Alzheimer Society is the organization behind First Link® and all the important services and supports it provides to those diagnosed with dementia across Canada.