

Programs & Services



Our Promise

The Alzheimer Society promises to provide Manitobans impacted by dementia with information, support and education that gives them *Help for Today. Hope for Tomorrow...®*

Alzheimer Society staff and volunteers will:

- Interact with people with sensitivity, dignity and without judgement.
- Maintain trust through confidentiality and respect for privacy.
- Communicate with empathy and compassion.
- Provide accurate and practical information.
- Support people to take action and pursue quality of life.
- Promote personal well-being and health.
- Offer services that respond to the needs of individuals.

Information

Receive the monthly e-newsletter, visit the website or request printed materials that provide practical information about living with dementia.

Supportive Counselling

Call or email with your questions about dementia, caregiving strategies, care planning options and community services that can help throughout the continuum of the disease. Client support staff will provide guidance and offer to arrange an in-person office appointment.

Support Groups for People with Dementia

Join a group to learn more about living with dementia and to interact with others who are experiencing similar situations.

Support Groups for Caregivers

Meet with a trained facilitator and other caregivers to learn skills and strategies that will help in caring for a person with dementia. Gain emotional support from other group members.

MedicAlert® Safely Home®

Register for *MedicAlert® Safely Home®* and receive an identification bracelet that helps police and emergency responders identify the person who is lost and assist in a safe return home. Call 1-855-581-3794 or visit: medicalert.ca/safelyhome to register today.

Minds in Motion® Program

Register for *Minds in Motion®*, a program for people living with early to moderate symptoms of dementia to enjoy with a family member or community friend. The program combines physical activity, socialization and mental stimulation.

Family Education

Attend family education in person or by Telehealth and participate in the annual *Care4u®* conference to learn about dementia, caregiving skills, community resources and ways to care for yourself while caring for another.

Professional Education

Hear about best practices in dementia care at the Alzheimer Society's annual *Dementia Care®* conference or through seminars tailored to the needs of staff at your workplace.

Brain Health Promotion

Learn strategies for healthy aging and brain wellness. Find out more about things you can do every day that may reduce your risk of dementia.

Dementia Friendly Communities

Creating Public Awareness

Invite a speaker to your group to discuss the warning signs of dementia, how to communicate and include people with dementia in community activities and ways of supporting the family and friends who provide care.

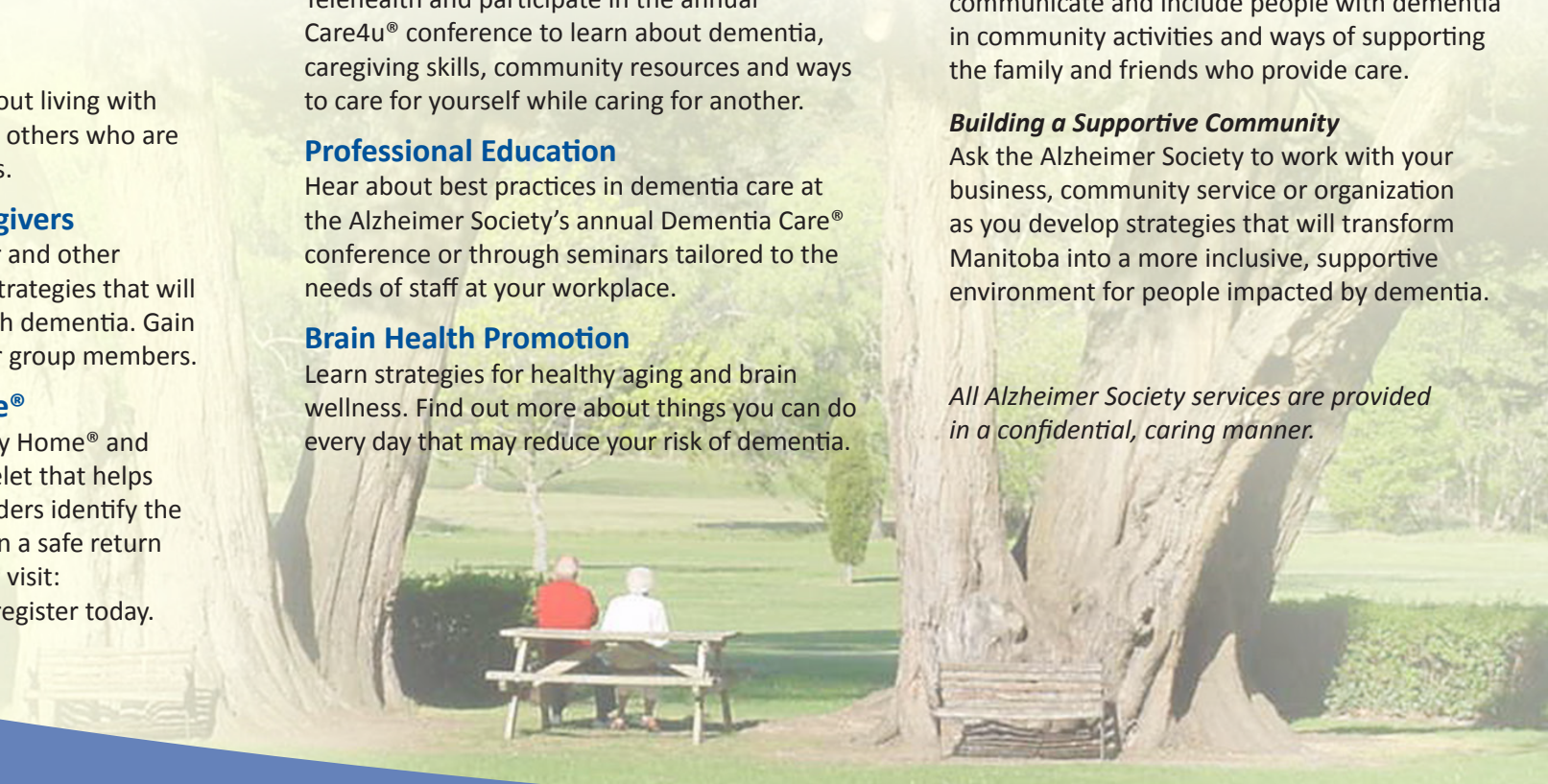
Building a Supportive Community

Ask the Alzheimer Society to work with your business, community service or organization as you develop strategies that will transform Manitoba into a more inclusive, supportive environment for people impacted by dementia.

All Alzheimer Society services are provided in a confidential, caring manner.

Call 204-943-6622 (Winnipeg) or
1-800-378-6699 (Manitoba).

Visit alzheimer.mb.ca for information,
upcoming education sessions and events.





alzheimer.mb.ca
Toll Free: 1-800-378-6699

PROVINCIAL – WINNIPEG
 10-120 DONALD STREET R3C 4G2
 TEL: 204-943-6622 FAX: 204-942-5408
 EMAIL: alzmb@alzheimer.mb.ca

INTERLAKE / EASTERN – BEAUSEJOUR
 Box 1786, 31 1ST STREET R0E 0C0
 TEL: 204-268-4752 FAX: 204-268-4799
 EMAIL: alzne@alzheimer.mb.ca

NORTH CENTRAL – PORTAGE LA PRAIRIE
 108 B SASKATCHEWAN AVENUE EAST R1N 0L1
 TEL: 204-239-4898 FAX: 204-239-0902
 EMAIL: alznc@alzheimer.mb.ca

PARKLAND – DAUPHIN
 118 MAIN STREET NORTH R7N 1C2
 TEL: 204-638-4483 FAX: 204-638-4493
 EMAIL: alzprk@alzheimer.mb.ca

SOUTH CENTRAL – WINKLER
 105-650 SOUTH RAILWAY AVENUE R6W 0L6
 TEL: 204-325-5634 FAX: 204-325-6496
 EMAIL: alzsc@alzheimer.mb.ca

SOUTH EASTMAN – STEINBACH
 9A-90 BRANDT STREET R5G 0T3
 TEL: 204-326-5771 FAX: 204-326-5799
 EMAIL: alzse@alzheimer.mb.ca

WESTMAN – BRANDON
 UNIT 4B-457 9TH STREET R7A 1K2
 TEL: 204-729-8320 FAX: 204-726-1082
 EMAIL: alzwm@alzheimer.mb.ca



What is dementia?

Dementia is an “umbrella term” for a variety of progressive brain disorders. Symptoms may include memory loss and difficulties with thinking, problem-solving or language that are severe enough to impair a person’s ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour.

Types of Dementia

The most common forms of dementia are:

- *Alzheimer’s disease* • *Vascular dementia*
- *Lewy body dementia* • *Frontotemporal dementia*
- *Creutzfeldt-Jakob disease*

Brain Health

The brain is one of the body’s most vital organs. It plays a role in every action and thought, and like the rest of the body, it needs to be looked after.

Can dementia be prevented? There are no guarantees, but positive lifestyle choices will help keep the brain as healthy as possible as one ages.

Be good to your brain. It’s never too soon or too late to make lifestyle changes to improve your brain’s ability to sustain long-term health.

Do you have a concern?

If the service you receive does not meet your expectations, please contact the Alzheimer Society at the offices listed above. The Alzheimer Society of Manitoba complaints policy can be viewed at alzheimer.mb.ca/complaints-policy/

Alzheimer Society of Manitoba Programs & Services



Who are we?

The Alzheimer Society of Manitoba is an organization that has been providing information, support, education and advocacy for people with dementia, their caregivers and the general public for over 35 years.

Currently, more than 22,500 Manitobans have dementia. Forty-three per cent of Manitobans have a family member or close friend living with dementia.

Each year, the Alzheimer Society funds research projects at the provincial and national levels, including co-funding of the Manitoba Dementia Research Chair.

The Society relies on the generosity of individual and corporate donors, communities and volunteers to help us carry out our vital work.

Visit alzheimer.mb.ca to read more about the programs and services available to Manitobans impacted by dementia.



Alzheimer Society
 MANITOBA
 Dementia Care & Brain Health

alzheimer.mb.ca