

## SUPPORT GROUP FOR PEOPLE WITH DEMENTIA

### What is the “Support Group for People with Dementia?”

The Support Group is for the person living with an early diagnosis of Alzheimer’s disease or another dementia.

### Who can join the Support Group?

The Support Group is for you if:

- you have recently been diagnosed with Alzheimer’s disease or another dementia
- you feel comfortable with others who talk openly about their diagnosis
- you are able to participate actively in a 1½ hour group session
- you are able to arrive and leave group meetings with arranged transportation.

### What will I do?

The Support Group offers a supportive environment in which you have an opportunity:

- to meet and discuss common concerns
- to enjoy mutual support from others
- to gain knowledge about the disease
- to exchange ideas and coping strategies
- to participate in mentally stimulating activities

### How will this help me?

The Support Group will help you:

- to increase socialization and decrease isolation
- to share feelings and develop friendships
- to understand the changes you are experiencing
- to maintain a positive feeling of self-esteem and well-being
- to link with available resources for future planning

### How do I join?

- Please contact our client support department to arrange an interview to determine suitability for yourself or someone you know.
- Clients are required to return a client history form prior to joining a support group.
- All clients and their care providers are required to meet with our client support staff every three months to review ongoing participation and progress.

### Who leads the Support Group?

Client support staff or Regional Coordinators will facilitate the group, at times accompanied by a trained volunteer.

### When does the Support Group meet?

The Support Groups meet weekly on Wednesdays & Thursdays and bi-weekly on Tuesdays. All groups meet from 10 - 11:30 am at the Alzheimer Society Provincial Office at 10-120 Donald St.

To attend a Support Group or for more information contact the Alzheimer Society of Manitoba at:

**204-943-6622 or 1-800-378-6699**

**E-mail: [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)**

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

The Alzheimer Society of Manitoba’s mission is to alleviate the individual, family and social consequences of Alzheimer’s disease and related disorders while supporting the search for a cure.

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