

# Alzheimer Society of Manitoba

## Programs & Services



### Who are we?

More than 19,600 Manitobans currently have dementia. Dementia can be scary, but it's important to understand the disease so you know what to expect. The Alzheimer Society can help you manage day-to-day and prepare for what's ahead.

For over 40 years, the Alzheimer Society has been the leading resource in the province for dementia education, programming and advocacy.

By connecting with the Society, you're joining a community of support that can help you at all points in your dementia journey.

You do not need a diagnosis to access our services. We help everyone experiencing memory loss and cognitive changes.

Visit our website to learn more about dementia and how we can help.

[alzheimer.mb.ca](https://alzheimer.mb.ca)

### What is dementia?

Dementia is an overall term for a set of symptoms caused by disorders affecting the brain.

Symptoms may include memory loss and difficulties with thinking, problem-solving and language that are severe enough to impair a person's ability to perform everyday activities. Symptoms may also include changes in mood or behaviour. All types of dementia are progressive, meaning symptoms worsen over time.

### Types of Dementia

The most common forms of dementia are:

- *Alzheimer's disease*
- *Vascular dementia*
- *Lewy body dementia*
- *Frontotemporal dementia*

### Brain Health & Risk Reduction

While some risk factors are out of your control, like age and genetics, there are many other ways to take action and reduce your overall risk of developing dementia.

Learn more at [alzheimer.mb.ca/riskreduction](https://alzheimer.mb.ca/riskreduction)

# First Link® Client Support Program



## One-to-one Counselling

Call or email us with your questions about dementia signs or symptoms, creating a care plan, navigating difficult feelings or emotions and more.

Client support staff are sensitive, respectful and experienced. They'll provide guidance through in-person or online appointments or over the phone.



## Support Groups:

### For People Living with Dementia and for Care Partners

Join a group to learn more about living with dementia, connect with others and share helpful strategies. You'll benefit from the emotional support and guidance of other group members.



## Education

Participate in education sessions to hear from experts about the progression of dementia, future planning, understanding behaviour changes, coping with feelings of grief/loss, navigating home care and long-term care and strategies for tending to your well-being.



## Information

Receive a monthly e-newsletter, visit our website or request resources to obtain accurate and practical information about living with dementia.

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**At the Alzheimer Society, we respect differences and believe everyone should have access to the same opportunities.**

**Our spaces are inclusive of people of different abilities, religions, cultures and the 2SLGBTQ+ community.**

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# Dementia-Friendly Community Programs

## Minds in Motion® Program

Sign up for this program, which offers physical, social and brain challenging activities for people living with early to moderate signs of dementia and their care partners.

Minds in Motion is offered in community settings, such as senior centres and recreation facilities.

## Community Partnered Programs

We partner with community organizations like FortWhyte Alive, Assiniboine Park Zoo and Conservatory, the Manitoba Museum and Canadian Mennonite University to offer dementia-friendly programming aimed specifically to you.

These art, music, culture and nature programs provide a safe environment where participants can feel accepted, respected and supported – all while having fun and learning something new.

## Public Awareness Presentations

Invite a speaker from the Alzheimer Society to your business or organization to discuss the warning signs of dementia, how to create dementia-friendly communities and ways to support family and friends who provide care.

## Touch Quilts

Bring comfort and enjoyment to someone living with dementia by volunteering and making a Touch Quilt. If you know someone who lives with dementia and could benefit from a Touch Quilt, call us! They are available at no cost.



**You are not alone.**

**We are here to listen & connect you to a community of support.**

**Call us today: 204-943-6622 (Winnipeg) or 1-800-378-6699 (Manitoba).**



## We are here for you!

Are you worried you or someone you know may be showing signs of dementia?

Are you looking for information about living with dementia or need support navigating our health care system?

Through our in-person and online programs and services, the Society:

- provides support and information to help you manage day-to-day activities
- assists in planning for the future as needs change during the course of the disease
- promotes health and well-being by offering dementia-friendly programming

**Contact the Alzheimer Society of Manitoba for information and support.**

**204-943-6622 (Winnipeg) or 1-800-378-6699 (Manitoba) • [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)**

**Visit our website for all regional office locations and contact information.**

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

