

Programs and services



Who we are

A dementia diagnosis can be scary, but you don't have to face it alone. The Alzheimer Society of Manitoba is a place for you to turn for knowledge, compassion and support.

More than 23,000 Manitobans currently live with dementia. 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.

Here at every step

Whether you're worried about your memory and wondering if it's just normal aging or living with moderate to advanced signs of dementia, we are here to help you manage day-to-day and prepare for what's ahead.

You do not need a diagnosis to access our services. With locations across the province, we help everyone experiencing memory loss and cognitive changes.

Visit alzheimer.mb.ca to learn more about dementia and how we can help.

About dementia

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

Symptoms may include changes in mood or behaviour, memory loss and difficulties with thinking, problem-solving and language that are severe enough to impair a person's ability to perform everyday activities.

Brain health and 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 and find resources about brain health and risk reduction in our [resource library](#).

Our programs and services

AlzheimerSociety
MANITOBA
Dementia Care & Brain Health

First Link® Client Support program

Dementia Helpline

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

Support groups for people living with dementia and care partners

Support groups are safe and welcoming environments where you can share, laugh and help others experiencing dementia through mutual understanding.

Family education

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

Resource library

Access our online library or request resources for accurate and practical information about living with dementia.



Access confidential support

You are not alone

Whether you are looking for one-time guidance or continuous support as you navigate dementia, our experienced and caring staff can provide the resources to help guide you through your next steps.

Reach out today

Our offices are open Monday through Friday, from 8:30 am to 4:30 pm.

Contact our Dementia Helpline

Call **1-800-378-6699** or email support@alzheimer.mb.ca.



The Alzheimer Society of Manitoba fosters a respectful and inclusive environment where differences are embraced and everyone has access to the same opportunities.

Our programs and services

AlzheimerSociety
MANITOBA
Dementia Care & Brain Health

Dementia-friendly programs

Community partner programs

Join us for social, educational and hobby-based activities. Staying involved with your community can boost your emotional, mental and physical well-being.

These programs offer dementia-friendly and supportive environments to enjoy with family and friends.

Minds in Motion®

Minds in Motion® is designed for people living with early to moderate signs of dementia and their care partners.

The program includes gentle chair fitness followed by engaging activities and conversation. These eight-week sessions are offered throughout the province.

Public awareness presentations

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



Stay connected with our community

Updates sent to your inbox

[Subscribe to our eNewsletter](#) to receive updates on our programs, events, dementia news and research. We share stories of Manitobans impacted by dementia and the life-changing support they found through the Alzheimer Society of Manitoba.



alzheimer.mb.ca

Contact us

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