



# Alzheimer Society

Are you affected by Alzheimer's disease or dementia?

## First Link® ... your first step to living well with dementia



Help for Today. Hope for Tomorrow®..

# Alzheimer Society

The Alzheimer Society of Canada is the leading nationwide health charity for people living with Alzheimer's disease and other dementias. Active in more than 150 communities across Canada, the Society:

- offers information, support and education programs for people with dementia, their families and caregivers
- funds research to find a cure and improve the care of people with dementia
- promotes public education and awareness of Alzheimer's disease and other dementias to ensure people know where to turn for help
- influences policy and decision-making to address the needs of people with Alzheimer's and their caregivers

For more information, call 1-800-616-8816 or visit our website at [www.alzheimer.ca](http://www.alzheimer.ca)

Made possible through an unrestricted educational grant from:



# Connecting you to information, support and services

Whether you are living with Alzheimer's disease, another form of dementia, or supporting someone who is, First Link connects you to health services and information in your community, from the time of diagnosis throughout the progression of the disease.

First Link is about helping you and your family make informed choices so you can live better with dementia at every stage of the disease.



*"Prior to First Link, my wife and I didn't know anything about dementia or Alzheimer's. With the information we received, we were able to become pro-active in dealing with this illness."*

- Caregiver

## First Link<sup>®</sup> is easy to access

When you give permission to your health care provider to share your information with our First Link staff, we will contact you directly. You can also give us a call.

You will be linked to local health services and resources that best suit your situation. You will have access to Alzheimer Society programs and services to help you learn about dementia, talk about your concerns and live well with the disease.

Connecting with First Link means you can:

- Receive one-on-one or group support
- Be referred to local healthcare providers and community services
- Meet other people in similar circumstances and exchange experiences
- Get help to plan your future

## You are always connected

The progression of dementia brings with it new challenges. First Link provides support and connects you to informative workshops to help you better understand and respond to each phase of the disease with practical tips and strategies.

## Working together for you

First Link is about bringing together Alzheimer Society staff, primary care physicians and other health professionals to make it easier for you to get the help you need.

*"I came to First Link feeling afraid and alone dealing with my husband's Pick's Disease. But I have developed a feeling of gratitude and appreciation of what other caregivers are going through. I strongly recommend First Link to anyone unsure of how to handle Alzheimer's or other dementias. It's such a valuable learning tool."*

- Caregiver