

Alzheimer Society

MONTREAL



Support
Services



Respite and
Stimulation



Education and
Awareness

Programs
and Services

Support Services



COUNSELLING

Our free and confidential counselling service provides strategies, knowledge, and skills to both people living with dementia and their families. Whether it's at our offices, by phone, or by email, our skilled counsellors can help with topics such as:

- Information about getting a diagnosis
- Resources in the community
- Communication strategies
- Reducing caregiver stress
- Planning for the future
- Coping with responsive behaviors.

MONTHLY SUPPORT GROUPS

We facilitate support groups for people living with dementia, as well as their caregivers, family members and friends. By joining a support group, you can:

- Talk to others who are going through similar experiences
- Learn more about dementia and how to cope.

Support groups meet monthly and are offered in different territories across the Island of Montreal. People are encouraged to attend an educational support group session prior to beginning a monthly support group.

MEDICALERT® SAFELY HOME®

This national program is designed to help identify those who are lost and assist in a safe return home. Phone to speak with a counsellor for more information.

You're not alone!

Alzheimer's disease

Alzheimer's disease is a progressive and degenerative disease that destroys brain cells. It is the most common form of dementia, accounting for 64 per cent of all dementias in Canada. Alzheimer's disease is not a normal part of aging. Symptoms include having difficulty remembering things, making decisions and performing everyday activities. These changes can affect the way a person feels and acts. There is currently no way to stop the disease, but research is improving the way we provide care and will continue to search for a cure.

— *Alzheimer Society of Canada, 2011*

Right now...

More than **33,000 Montrealers** are living with Alzheimer's disease or a related form of dementia.

The disease affects more than **125,000 people in Quebec.**

As the population ages, the number of Alzheimer's cases is set to rise accordingly; in fact, it will likely double in just the next few years.

Respite and Stimulation



ACTIVITY CENTRES

The Society operates specialized activity centres in different locations on the Island of Montreal. Stimulating activities based on the needs, interests and functional abilities of participants are offered, and caregivers can benefit from a day of respite.

IN-HOME RESPITE AND STIMULATION

Qualified professionals are available to provide caregivers with a planned period of respite, varying from 2-4 hours weekly. This service provides the person living with dementia the opportunity to engage in a range of activities that are stimulating, therapeutic and socially engaging.



ART THERAPY

Workshops are available for people living with dementia. Through art therapy, many people find the opportunity to express themselves and enhance their wellbeing. *No previous artistic experience is required.*

ART LINKS

People living with dementia and their caregivers are invited each month to the Montreal Museum of Fine Arts. This program provides a space for dialogue and creation through guided visits and workshops led by the museum's educators.

We can help!

Alzheimer Society MONTREAL

Since 1981, the Alzheimer Society of Montreal is a non-profit organization committed to alleviating the social and personal consequences of Alzheimer's disease and related disorders, as well as promoting research into their causes and cure.

The Society adopts a person-centred approach. All services are offered in French and in English, with particular attention given to the cultural diversity of Montreal.

514-369-0800
www.alzheimer.ca/montreal
info@alzheimermontreal.ca

Charity number: 10798 7448 RR0001

How can you access our services?

You can get in touch with a counsellor from the Alzheimer Society of Montreal to learn more about taking part in one of our programs, either by telephone (514-369-0800) or e-mail (info@alzheimermontreal.ca). Healthcare professionals can refer people directly through the *First Link* program. For more information about this process, phone to speak with a counsellor.

Are there fees associated with these services?

The Society depends on the generosity of donors and fundraising initiatives to maintain its programs. For certain services, a fee may be charged. A counsellor can provide you with this information. Please note that the Alzheimer Society of Montreal maintains its policy that no one will be excluded from its services due to the inability to pay.

Several programs benefit from funding by l'Appui Montréal

FINANCÉ PAR

L'APPUÏ POUR LES PROCHES AIDANTS D'AINES
MONTREAL

lappuimontreal.org



I was totally lost. Thanks to the Alzheimer Society of Montreal, I got the information I needed to help me understand the disease. Before, I would sit at home and try to figure out by myself what was happening.

— **MARIE COUPAL** Caregiver

It really helps to be in a group with other people who have Alzheimer's. Getting together on a regular basis makes us feel connected. We talk about how to deal with everyday challenges, share ideas and advice, which gets us to talk more and share more. We need this.

— **Persons living with Alzheimer's disease**

Being able to participate in art therapy is fantastic! Getting a painting to look just the way I want it to requires intense concentration. If Picasso were here, he'd be envious!

— **JEAN-PAUL RIOUX** Person living with Alzheimer's disease

Education and Awareness



EDUCATIONAL SUPPORT GROUPS

We facilitate educational support groups for people living with dementia, as well as their caregivers, family members and friends. These groups offer a series of information about dementia, coping strategies, navigating the healthcare network, and the resources available in the community. A meeting to assess your unique needs and situation may be requested before starting a group.

CONFERENCES

The Society offers conferences for groups with the goal of helping people better understand the nature and impact of dementia.

TRAINING FOR HEALTHCARE PROFESSIONALS

A Core Training Program is available, covering all aspects of caring for a person with dementia. Advanced training workshops are available for those who have completed the Core Training program or its equivalent.

DOCUMENTATION CENTRE

A variety of materials are available to consult or borrow, including books, audio and video recordings, magazines and publications. Certain documents may be available in a variety of languages.

ALZHEIMER CAFÉS

Alzheimer Cafés are organized in different territories of Montreal. These are informal and inclusive meeting spaces for all who wish to socialize and discuss aspects of life with dementia. Talks, music and refreshments accompany each meeting. Everyone is welcome.

Let's Talk!