

The Alzheimer Society of PEI offers specialized programs and services to support you. These include:

### **Education: Presentations & Workshops**

Staff and volunteers endeavour to raise awareness across the province. We offer a series of information sessions each having a unique focus on Alzheimer's disease. Workshops are developed and delivered to health care and community groups upon request. Continuing Education Units (CEU) available.

### **First Link®**

First Link® is an innovative referral program designed to assist individuals living with Alzheimer's disease and other dementias, their caregivers and family. Partnering with physicians, health professionals, and community, First Link® connects individuals to education, information and support at the time of diagnosis and throughout the progression of the disease.

### **Counselling**

Counselling is available free of charge to all Islanders who are dealing with the effects of caring for someone living with Alzheimer's disease or other dementia. Counselling is also available through telephone support and family interventions. Our staff is available to listen and to discuss your questions and concerns.

### **PEI Statistics**

As of 2017, 2416 Islanders will be living the journey of this disease – 14% of these individuals are under the age of 65 and 65% are females. Each year, the number of Islanders living with dementia grows.

### **Plan a Legacy, help pay it forward**

Individuals like you are our main source of funding for research and services to Island families. As a non-government funded organization, all dollars raised through our fundraising efforts remain in PEI to support our programs & services, advocacy and continued research into the cause and cure – and we need your help.

Through our Gift Planning program, you can plan your charitable gift to provide the greatest benefit to you, your family and the Alzheimer Society. We would love to speak with you about options for planned giving.

### **Support Groups**

We advocate for the value of mutual support through our caregiver support groups. Operated in various areas of the province and facilitated by family caregivers, these groups provide an opportunity to learn more about Alzheimer's disease and other dementias, discuss difficult issues and share strategies for coping.

### **Resource Centre**

Our resources include a complete selection of brochures and fact sheets as well as books, audio-visual materials, journals, and newsletters. Materials may also be requested by phone or e-mail.

### **Brain Fitness Fun (BFF)**

BFF engages seniors by providing physical activity and social connection in a cost effective way to rural communities across PEI. BFF is a functional fitness program which incorporates easy-at-home exercises and stimulating "Brain Games" which help improve cognitive function.

The Alzheimer Society is the leading nationwide health charity for people living with Alzheimer's disease and other dementias. Active in communities right 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 dementia and their caregivers.

Help for Today. Hope for Tomorrow...®

© October 2015, Alzheimer Society of Canada.  
All rights reserved.

## Alzheimer Society

Alzheimer Society of Prince Edward Island  
166 Fitzroy St., Charlottetown, PE C1A 1S1  
Tel: (902)628-2257 Toll-free: 1-866-628-2257  
Fax: (902)368-2715  
E-mail: [society@alzpei.ca](mailto:society@alzpei.ca)  
Web site: [www.alzpei.ca](http://www.alzpei.ca)

## Alzheimer's disease Programs & Services



## Who we are

Active in communities right across Canada, the Alzheimer Society provides information, support and education to people living with Alzheimer's disease and other dementias. We are the voice for over half a million Canadians living with dementia and we advocate on their behalf for positive change. We also fund young and established Canadian researchers working to find the causes and a cure.

The Society relies on the generosity of individuals, the community and partnerships to carry out our vital work.

## You can make a difference

By 2031, an estimated 937,000 Canadians will have dementia. Yet, research shows that too many Canadians are unfamiliar with the warning signs and others wait too long before getting a diagnosis. We need to change this. You can help by:

- raising awareness
- fundraising
- becoming a regular donor
- advocating for change
- volunteering
- sharing your experience with dementia

If you have an idea, or want to get involved, please contact us.

## Supporting Canadians with information

Regardless of the type of dementia you have, the Alzheimer Society can help.

Whether you're concerned about dementia, living with the disease or caring for someone with it, the Alzheimer Society has resources to help you at every stage of the disease. These include information about:

- the causes and warning signs
- the progression of the disease and day-to-day care
- changes in behaviour that might occur and how to respond
- treatment options
- adjusting to long-term care
- end-of-life care

Our web portal, [www.alzheimer.ca](http://www.alzheimer.ca), offers a wide selection of information, brochures and tip sheets on these and other topics. Printed copies are also available at the Alzheimer Society of PEI.

Our web portal also features:

- links to every Alzheimer Society across Canada
- news about dementia research and brain health
- BrainBooster – activities that may help reduce the risk of dementia
- a forum where you can share your experiences with the disease and learn from others
- dedicated resources for health-care providers

## Finding answers through research

The Alzheimer Society funds research to find the causes of dementia, reduce the risk and identify new diagnosis and treatment methods. Our funded research also explores ways to improve the care and quality of life of those living with the disease.

Since 1989, the Society has invested over \$50 million in basic science (biomedical) and quality of life research through our Alzheimer Society Research Program (ASRP). Expert researchers review each application to ensure that we fund the most promising research and make the best use of every dollar that comes to the program.

The ASRP is a funding body for Alzheimer's research in Canada. It supports researchers starting out in their careers and helps established researchers to continue their important work.

Over the years, ASRP-funded research has shed more light on:

- potential new drugs for Alzheimer's disease
- neuroimaging techniques to distinguish different forms of dementia
- how diet may delay Alzheimer's disease
- assistive devices to help people with Alzheimer's disease remain more independent
- strategies to improve care delivery at home, in the community and in long-term care facilities
- ways to help and support caregivers

## Leading change for Canadians with dementia

The Alzheimer Society is the national voice for over half a million Canadians living with dementia. We raise awareness about the issues and concerns that matter most to them.

We work with politicians, policy makers and other community and health-care organizations to advocate for change in legislation, policies and programs at all levels of government.

Canadians repeatedly tell us they want more integrated dementia care and support. According to a recent Nanos survey, 83% said they believe Canada needs a national dementia plan to curb the social, economic and personal costs of this disease and better prepare us for the future.

We have proposed creating a Canadian Alzheimer's Disease and Dementia Partnership (CADDP) to implement a national dementia plan for Canada. The CADDP would bring together dementia experts, governments, researchers, health-care providers, industry, consumer groups as well as people living with dementia and their families to develop a plan that would coordinate research, promote prevention, and improve quality of life and care.

To learn more, visit [alzheimer.ca/nationaldementiastrategy](http://alzheimer.ca/nationaldementiastrategy)

## Dementia and Alzheimer's disease – what's the difference?

Dementia is an umbrella term for a variety of brain disorders. Alzheimer's disease is the most common form. It is a progressive, degenerative and fatal disease that destroys brain cells.