

“Working together
to link individuals
and families affected
by Alzheimer’s
disease or a
related dementia
to a community
of learning,
services
and support.”

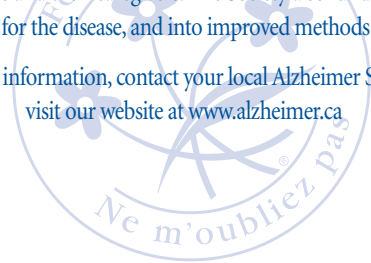
*The Learning Series is presented in partnership
with community partners.*



The Alzheimer Society advocates for people living with Alzheimer’s and related diseases across Canada. The Society believes everyone living with these diseases should have access to treatments that enhance their quality of life.

The Alzheimer Society is a national not-for-profit health organization dedicated to helping people affected by Alzheimer’s and related diseases. The Society has numerous resources and support programs for people with the disease and their caregivers. The Society also funds research into finding a cure for the disease, and into improved methods of caregiving.

For more information, contact your local Alzheimer Society or visit our website at www.alzheimer.ca



Help for today. Hope for tomorrow...

CONTACT

First Link® Coordinator
Alzheimer Society

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Alzheimer Society



All photos are of models and are used for illustrative purposes only.

Learning Series

For People with Alzheimer’s Disease
or a Related Dementia and their
Families and Friends





First Steps for People with Dementia and Caregivers

This series is to help individuals newly diagnosed with a dementia and their caregivers understand their diagnosis and the changes they experience. This series will also offer participants an opportunity to share and connect with others embarking on a similar journey.

- What is dementia
- Memory loss, changes to the brain and resulting behaviours
- Coping strategies
- Drugs, treatment and research
- Future planning - legal and financial matters
- Community resources and support systems

Next Steps for Families and Friends

This series will offer family members and friends caring for individuals with Alzheimer's disease (or a related dementia) an overview of dementia. The topics discussed in this series will be much the same as those listed above under First Steps.

Care Essentials

This series will offer family members and friends caring for people with Alzheimer's disease problem solving strategies, approaches for communication and available avenues for support, all of which can strengthen their ability to provide care. Topics discussed at this series will include:

- The progression of dementia
- Understanding behaviour
- Day to day care
- Community resources and a personal story

Options for Care

This series is to help family members and friends caring for people with Alzheimer's disease evaluate their current care giving needs and explore other possible care options available, including long term care. The following topics will be discussed in this series:

- Where to turn when care needs are increasing
- Long Term Care - how the system works
- Coping with change - how to make the transition

Care in the Later Stages

This series is to help family members and friends of people with Alzheimer's disease understand what to expect in the later stages of dementia. The series will also explore how participants can provide comfort to the person with dementia as well as review the experiences of grief and loss. The following topics will be discussed in this series:

- Natural course of the later stages
- How to recognize pain and distress
- How to provide care that promotes dignity, comfort and quality of life



The courses in the Learning Series are progressive. Each course builds upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. Participants have the opportunity to learn and share with others who are affected by dementia.