

# This is a great place to begin.



Whether you have noticed some recent changes; been impacted by a diagnosis; or simply wish to expand your knowledge about dementia, caregiving strategies and support, you've come to the right place. We offer:

## Support

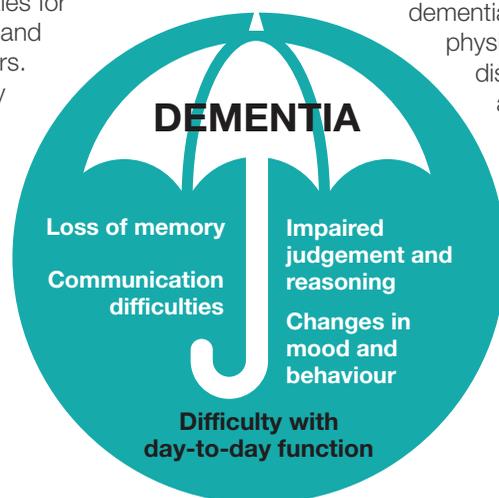
Connect with a friendly voice or explore local support groups. Take advantage of confidential one-on-one support sessions with registered social workers.

## Education

This is where family members, care partners, people living with dementia and the broader community come to learn more. We offer workshops for those employed in all types of dementia care, too. We are the exclusive licensees of the Best Friends™ Approach in Alberta.

## Care

Find meaningful activities for people with dementia and respite for care partners. Our Club 36 Adult Day Program creates a person-centered experience.



At the Alzheimer Society of Calgary, we work to improve quality of life for local people impacted by dementia. More than 17,000 people in Calgary and area are currently living with Alzheimer's disease or related dementias – and for each person diagnosed, another 10 to 12 people are directly impacted. Dementia affects not only the people living with it, but their circle of family members, friends and coworkers, too.

## What is dementia?

"Dementia" is not a single disease. It is an umbrella term that refers to a group of symptoms. There are many types of dementia, some of the most common being Alzheimer's disease, Vascular dementia, Lewy Body dementia and Frontotemporal Lobe dementia.

## What is Alzheimer's disease?

Alzheimer's disease is simply one type of dementia – the most common type. It is a physical, progressive and degenerative disease of the brain where plaques and tangles cause brain cells to die. Although several risk factors have been identified, there is currently no known single cause or cure for this disease.

Symptoms include memory loss, difficulty with day-to-day tasks and changes in mood and behaviour. These symptoms are not a normal part of aging.

## Common warning signs

If you are concerned about any of these signs in yourself or someone you know, please consult a physician.

1. Memory loss that impacts daily life
2. Difficulty with familiar tasks
3. Communication challenges including difficulty with language expression and comprehension
4. Disorientation including getting "lost" in familiar surroundings
5. Impaired judgment or challenges with making basic decisions on a regular basis
6. Difficulty with abstract thinking, such as working with numbers
7. Misplacing things frequently and having difficulty finding them again
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative requiring repeated prompts and cues

Having any one of these signs does not necessarily mean a person has dementia; however, we recommend seeking professional medical advice and exploring the cause of the symptoms.

## Reduce your risk

It's vital to improve and maintain the health of your brain. While there are no definite guarantees for preventing Alzheimer's disease or related dementias, research shows you can reduce your risk by following these **CREATE**-ive steps.

**C**hallenge your brain through a variety of stimulating activities such as crossword puzzles, learning a new language, learning to play an instrument and more.

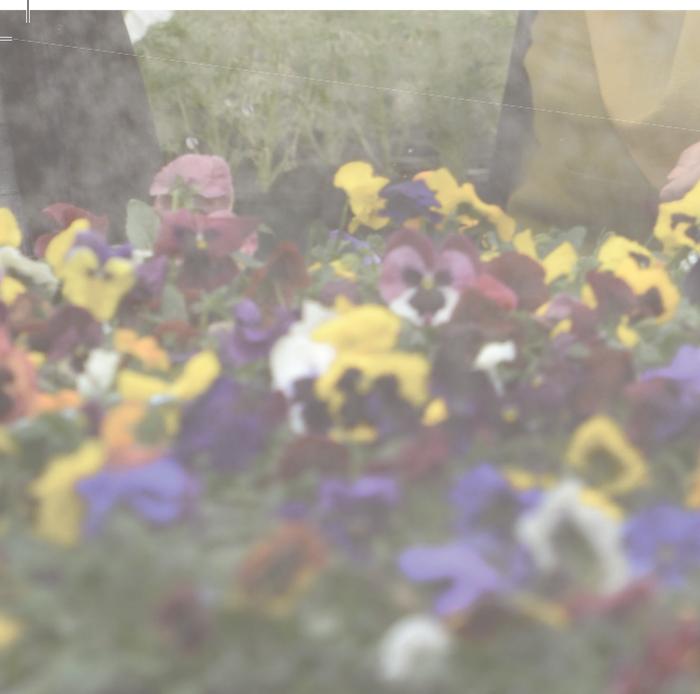
**R**educe stress and pursue relaxation techniques such as meditation, yoga or massage.

**E**xercise regularly and aim for 30 to 45 minutes of activity on most of the days of the week.

**A**ctivate your social life through social interaction, taking on new hobbies or volunteering.

**T**ake care of your numbers by keeping your blood sugar, blood pressure, cholesterol and body weight in the recommended range.

**E**at healthy, balanced meals and follow a Mediterranean diet including whole grains, oily fish, fruits, vegetables, dairy and olive oil. Reduce your intake of red meat, sugars and processed foods.



Find support, education and care right here.

We're just a click or a phone call away.

**Alzheimer Society of Calgary**  
Call: 403.290.0110  
Toll Free: 1.877.569 HELP (4357)  
Email: info@alzheimercalgary.ca

[www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

800-7015 MacLeod Trail SW, Calgary, AB T2H 2K6  
Charitable Registration Number 13072 5740 RR001



Where community, insight and empowerment begin.

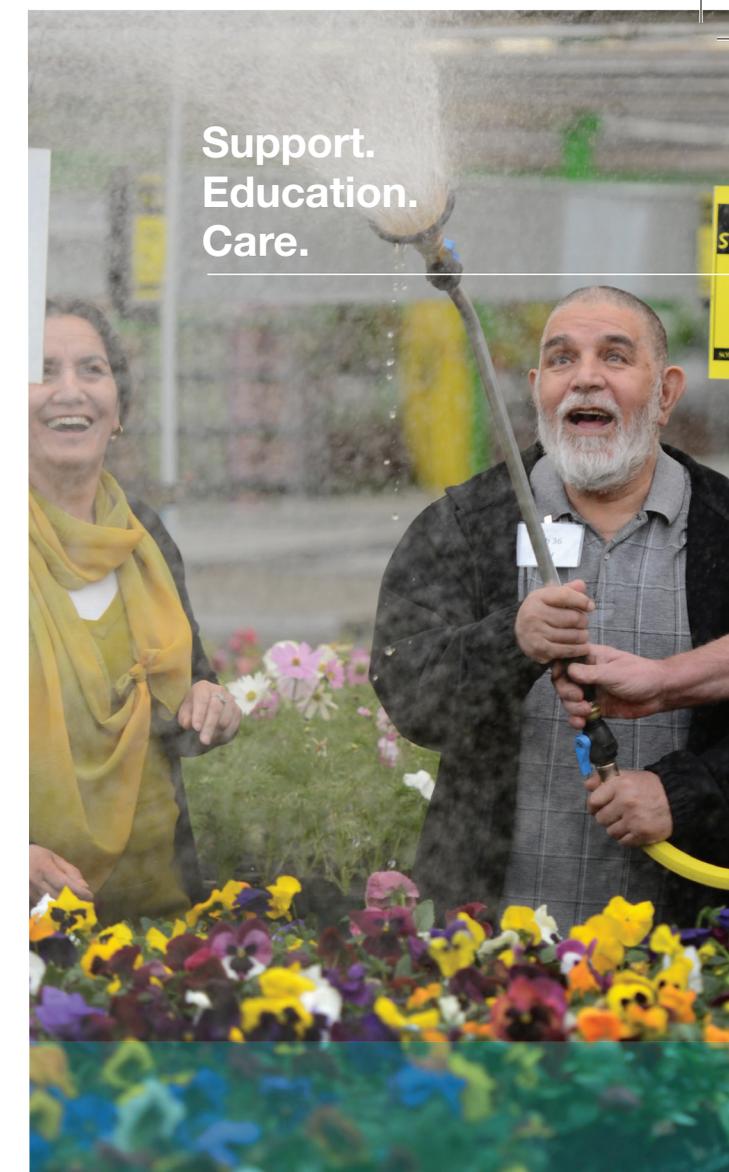
We're proud to serve these communities



North to Didsbury  
East to Strathmore  
South to Carmangay  
West to the B.C. border

Would you like to help?

The Alzheimer Society of Calgary is a non-profit organization working to create positive change for people impacted by dementia in Calgary and area. Over 70% of our operating revenue comes from donations and other contributions. If you would like to know more about how you can support our work and make a direct local impact, please visit us online or give us a call.



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Education.  
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[www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

