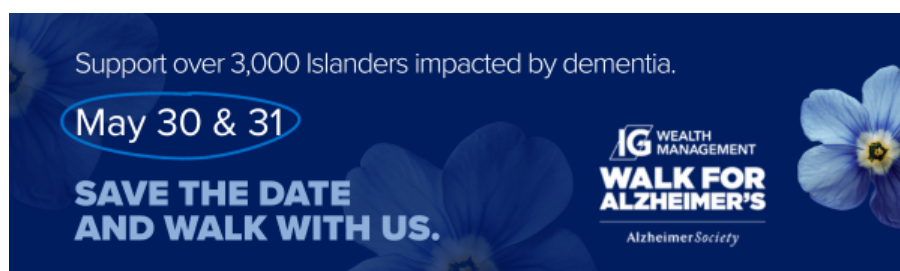


Société Alzheimer Society

PRINCE EDWARD ISLAND

Newsletter

February 2026



SAVE THE DATE for the 2026 IG Wealth Management Walk for Alzheimer's!

This May, the Alzheimer Society of Prince Edward Island (ASPEI) invites you to join our largest annual fundraiser, the **IG Wealth Management Walk for Alzheimer's**. Every step supports Islanders living with dementia and the caregivers who support them.

Mark your calendar for the **last weekend of May 2026** and help us make a difference!

Lace up your shoes, step out into the fresh air, and walk together in solidarity to support over 3,000 Islanders impacted by Alzheimer's disease and dementia. Your participation makes a difference, bringing hope, awareness, and vital funds to our community.

Exciting details are coming in the next month! Stay tuned to register soon.

Start getting your team together, get involved, and make an impact on PEI!

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Programs & Services



Dementia can bring a range of emotions and new situations for the person living with dementia and their caregivers. Too often families struggle to cope with the changes alone and may not reach out until there is a crisis or caregiver burnout.

The Alzheimer Society of PEI is available to provide support from the point of diagnosis throughout the progression of the disease. The First Link® program offers:

- **Routine follow ups** from our staff to check in and offer guidance for your unique situation
- **Individual and family supportive counselling**
- **Connection to programs and services** at the Alzheimer Society as well as in the community and health care services
- **Information and referral** to other services like medications, respite, education, life planning, and more

Whether you're seeking answers, connection, or ongoing support, help is available.

[Click here to learn more about ASPEI programs and services](#)

Connect with us today. Call (902) 628-2257 or email society@alzpei.ca to be connected to a Support Services Coordinator.

NEW: Souris Caregiver Support Group - Join us this spring!

We are excited to announce the expansion of our services with the launch of the **Souris Caregiver Support Group**, a welcoming space for caregivers, family, and friends with a connection to persons living with dementia. This group offers a safe environment to share experiences, connect with others, receive support, and learn strategies to support both your caregiving role and your own well-being.



Souris Caregiver Support Group
3rd Wednesday of each month from 12:00 - 1:30pm
***Starting April 15th! Registration required as space is limited.**

This is an in-person support session with confidential, peer-supported discussions with optional educational topics. Find connection, understanding, and practical support. We look forward to seeing you at our first session!

Contact Maria MacLean, Support Services Coordinator, for more information: 902-628-2257 or email mmaclean@alzpei.ca

Education: Upcoming Webinars & Workshops

FREE EDUCATION SESSIONS



First Link Learning Series: *Care Essentials*

Join us for a free education session for family members and friends caring for individuals with Alzheimer's disease or dementia. This series will offer guidance throughout the caregiver journey and strategies for when care needs have increased for the person with dementia. Topics discussed include: the progression of the disease, understanding behaviour, day-to-day care, and community resources. **Pre-registration is required to attend.**

Virtual on Zoom | Thursday, February 5, 12, & 19 | 12:00 - 2:00pm
[Click here to register for Care Essentials!](#)

First Link Learning Series: *First Steps*

This free education series is for individuals living with early stage dementia, their family members, and friends to help understand their diagnosis and the changes they experience. This series offers participants an opportunity to share and connect with others embarking on a similar journey. They will learn about topics including: what is dementia, memory loss, coping strategies, medications, treatment, research, planning for the future, and community resources and support. **Pre-registration required to attend.**

ASPEI Charlottetown Office | Thursday, March 19, 26, April 2, & 9 | 1:00 - 3:00pm

[Click here to register for First Steps!](#)

Dementia Care Training: Online

Dementia Care Training (DCT) is a comprehensive education program offered by the Alzheimer Society of PEI for **healthcare providers** to build capacity for best practices in dementia care.

March 30 - May 8, 2026

DCT 101: Essentials of Alzheimer's Disease & Dementia

Learn about the types of dementia, dementia & the senses, communication, responsive behaviours, person-centred care, and get U-First! Certification.

For: admin staff, managers, coordinators, clinical & direct care staff

Time commitment: 2 hrs/week for 6 weeks + 1hr live webinar

Sign up here: <https://dct101.eventbrite.ca>

April 13 - May 22, 2026

Dementia Care Training 102: Advanced Fundamentals of Care

Advanced theoretical knowledge and hands-on skills including foundations in Teepa Snow's Positive Approach to Care, Dementiability, considerations for LGBTQ2S+ approaches to care, techniques to foster positive interactions between providers and persons living with dementia, including responsive behaviour applications and supports. Includes certification in DCT 102.

For: Managers/coordinators, Clinical, & direct care staff

Time commitment: 9 hours of coursework total completed within 6 week period + 3-hour session for practicum and evaluation

Sign up here: <https://dct102.eventbrite.ca>

*Subject to course fees. Certificates are provided. DCT 101 must be completed before starting DCT 102. Group rates are possible - contact ASPEI for more information.

For more information, please contact society@alzpei.ca or call 902-628-2257.

DEMENTIA CARE TRAINING

A comprehensive education program for healthcare providers to increase best practices in dementia care.





Helpful Tips for Caregivers

GPS Tracking Devices

Did you know that six in ten people living with dementia will become lost at some point, often without warning? Disorientation is common as dementia progresses, and locating technologies can be one tool to help keep the person living with dementia safe and as independent as possible.

What are tracking or locating devices?

Tracking devices are technology used to locate a person or object. The devices vary widely in how they work and what they can do. Some give real-time location information, others send alerts when someone leaves a set area, and many provide additional features like travel speed data or communication options.

Considerations:

Choosing a device isn't just about technology – it's also about values, comfort, and practicality.

- **Feelings about privacy and independence:** some people may see tracking as a helpful safety tool while others may find it intrusive.
- **Use and reliability:** Will you or the person living with dementia remember to use the device? In order for the device to work, the person living with dementia must wear or carry it. Who is responsible for charging it and monitoring alerts?
- **Technology comfort and support:** Some technologies use smartphone apps or computer access. Consider how comfortable you are with tech set up, and whether you'll have support if issues arise.
- **Cost:** Some models are more expensive than others or may come with subscription fees.

No tracking device can guarantee safety or that a person won't get lost. It's best to combine technology with other safety strategies like ID cards, home alarms, or community programs to support peace of mind.

Explore your options: [Download the ASPEI GPS Locator Devices and Technologies Catalogue here](#) for a product comparison of wearable watches, simpler designs like pendants, insoles, item trackers, and smartphone apps along with specifics like battery life, pricing, communication style, and other features.

Other helpful resources:

[Alzheimer Society of Ontario - Finding Your Way webpage](#)

[University of Waterloo - Locator devices for older people at risk of going missing](#)

Participate in Research

Participants Needed: Older Adults 55+

The University of Regina, with approval from the Alzheimer Society Research Portal, are conducting a study to help better understand how older adults experience time, remember life events, and think about the future, which may help researchers design future studies to evaluate how well temporal differences can predict progression from earlier stages of cognitive decline to more advanced stages of dementia.



What Participation Involves:

- 60-90 minute Zoom meeting to complete a series of tasks (eg. completing a questionnaire, watching brief videos and estimating their duration, recalling past events, imagining future events, and answering feedback survey)

If you are interested in participating, [click here to fill out the eligibility form](#).

Recruitment closes April 1, 2026. Participation is voluntary and you have the right to withdraw at any time.

If you have any questions or want more information on the study, please contact Kaniz Anees at kfa207@uregina.ca or the study supervisors, Dr. Natasha Gallant natasha.gallant@uregina.ca or Natasha Taylor nts152@uregina.ca.

Participants Needed: Help Improve Air Travel for People Living with Dementia

The University of Ottawa in collaboration with the National Research Council of Canada are studying the experiences of people living with dementia and their travel companions. The goal is to identify challenges and develop solutions that make airports, airlines, and government agencies more accessible and inclusive.



What Participation Involves:

They are inviting people to share their air travel experiences through **1-hour friendly conversations** (in person, by phone, or via video call). Participants can join individually or together with their travel companion. Participation is **flexible, voluntary, and you can take breaks or stop anytime**. All conversations are confidential and follow strict research ethics guidelines.

[Click here to learn more and get in touch about participating in this study.](#)

*Study recruitment is open until March 1, 2026.

For any questions, please contact Ali Chiarelli at achia026@uottawa.ca.

Participants Needed: Give your thoughts on Art Programming for persons living with dementia in Canada

The Art Gallery of Hamilton Ontario is launching a cross-country survey focusing on museum experiences of people living with dementia and their



caregivers. The goal of the survey is to get a better understanding of the landscape of activity programming designed for persons living with dementia and to inform training of museums and galleries in building programs of their own.



As a thank you for participating, they will be offering participants a \$25 Amazon gift card upon completion of the survey. Responses will remain anonymous, and all information gathered will remain confidential.

Complete the 10-minute survey here:

<https://www.surveymonkey.com/r/MHBBDQ6>

If you have any questions, please contact Laura Robb, independent evaluator for the project, at laurarobb.lr@gmail.com.

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