

Alzheimer *Society*

O N T A R I O

Education



Research



Innovation



Advocacy



“You **CAN** do
something about
dementia”

Care



Giving



www.alzheimerontario.ca

1 Care



Care and support for people with dementia and their caregivers early in the disease process prepare them for what's ahead and help them live at home longer.

Dementia strikes. Here's what you can do about it?

8,000 Ontarians will develop dementia this year. With **First Link®**, people recently diagnosed with dementia and their caregivers can connect to the Alzheimer Society through **care** and **support**. Here's how **First Link** works:

Doctor



Caregiver



Person with dementia



1 Register

1 Connect

1 Connect

2 Diagnose

2 Plan

2 Empower

3 Refer

3 Support

3 Take control

4 Treat

4 Educate

4 Live well

How the Alzheimer Society helps

By connecting them to the right education and support, First Link **empowers** people with dementia and their caregivers to live more successfully in the community.



Education and Information



Support groups



Counselling



Respite care

Education and support help prevent unnecessary hospitalization as people with dementia are:

3x - Nearly **three** times more likely to end up in emergency because of falls

2x - **Twice** as likely to visit emergency departments for preventable conditions

People with dementia who get a doctor's referral to First Link get Alzheimer Society support **11 months** sooner.



"We need to do a better job of helping families know what help is available." - Dr. Samir Sinha

2 Innovation

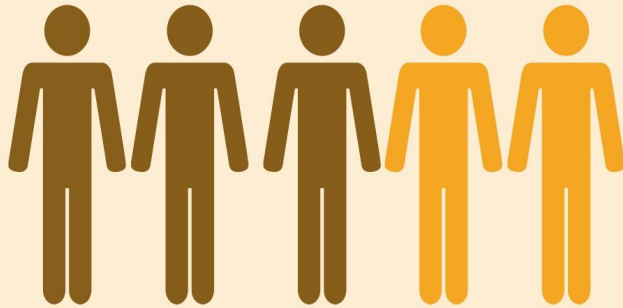


From 2012 to 2020, the number of Ontarians with dementia will increase by 30%. With donor support, the Alzheimer Society is responding to their unique needs with innovative programs.

Finding Your Way™

🔑 The issue

3 out of 5 people with dementia go missing. If missing for 24 hours or more, 50% of cases end in serious injury or death.



💡 The solution

Finding Your Way, available in 12 languages, teaches caregivers to:

- Take preventative actions
- Have a plan in place
- Call 911 if someone goes missing

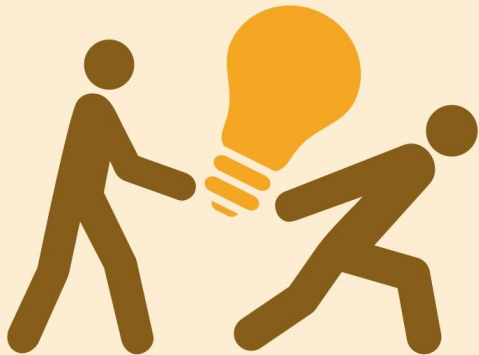


🔑 The issue

People living with dementia want to stay **safe** while remaining **active** in community life.

💡 The solution

Finding Your Way Living Well in the Community, is now partnering with EMS providers, community service organizations and volunteers to help people with dementia live safely in their community.



Taking control of our lives

🔑 The issue

People with dementia are being **diagnosed earlier** in the disease; they want to know what they can do about dementia.

💡 The solution

Taking control of our lives, learning series gives people living with dementia the **tools** to take an active role in managing their condition and learn to live well with the disease.

Minds in Motion™

🔑 The issue

People with dementia and caregivers want to remain **socially** and **physically** active

💡 The solution

Minds in Motion, a therapeutic recreation program for both people with dementia and their caregivers being rolled out in communities across Ontario. The benefits are:



1 in 7 cases of Alzheimer's disease could be prevented if everyone who is currently inactive were to become physically active, according to the Canadian Physical Activity Guidelines

- New friends and a wider social network
- Mental and physical stimulation, which can slow dementia's progression
- Improved health and well-being

"I chose to LIVE with Alzheimers." - Susan Parish

3 Education



A diagnosis of dementia affects many. The Alzheimer Society offers information and education about the impact of dementia.

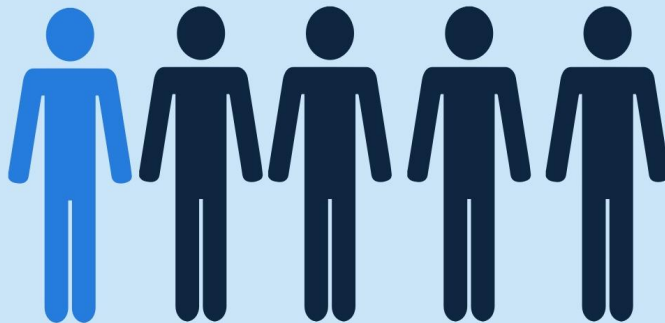
Education for caregivers and families

The dementia journey project collected the unique experience of people living with dementia at different stages to develop new online resources.

45% of people with dementia have **3 or more** chronic health issues.

45%

1 in 5 caregivers report feeling distressed or unable to continue providing care.

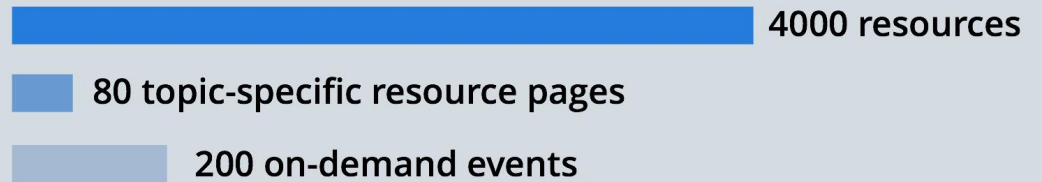


Shifting Focus. A short, user friendly resource to people, caregivers address difficult dementia behaviour. It is available on the web, as a printed guide and in video.

Pain and Dementia toolkit. Many people with dementia are living with untreated pain, reducing quality of life. The toolkit is available as a brochure and helps family members look for the signs of pain and get help.

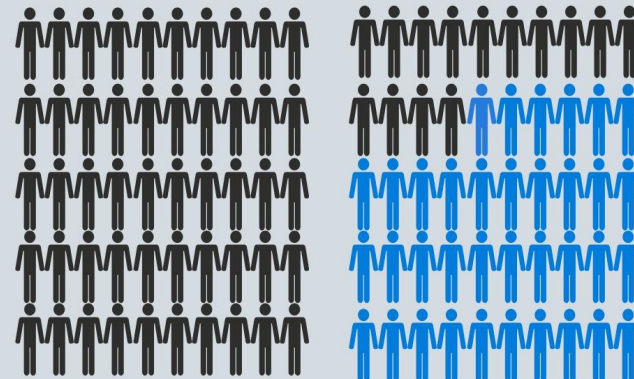
Education for health-care professionals

BrainXchange connects health-care workers from diverse settings to exchange ideas, explore new dementia resources and access free webinars on dementia issues. It hosts:



Partnering with family practice groups

Memory clinics assistant family practice groups through **training** to provide high quality care for people with dementia



It is estimated that 64% of people living with dementia in the community are undiagnosed and untreated.

64%

“Dementia will test the future sustainability of Ontario’s health-care system.” Dr. Frank Molnar

4 Research



Research is the key to unlocking the mysteries of Alzheimer's disease. See how our donors are helping to advance the search for a cause and cure.

Help find a cure



Funding the **best and brightest** researchers in Ontario



Giving people with dementia access to cutting edge **treatments** and clinical trials



Partnering with Ontario Brain Institute and Ontario Neurodegenerative Disease Network to coordinate research efforts

Contributing to the Alzheimer Society Research Program, a national research initiative that **provides grants** to Alzheimer researchers



Asking you

We asked you about research and here's what you told us:

I want more research into preventative strategies as a cure is far off

"We need to make dementia the squeaky wheel to get the funding it deserves."

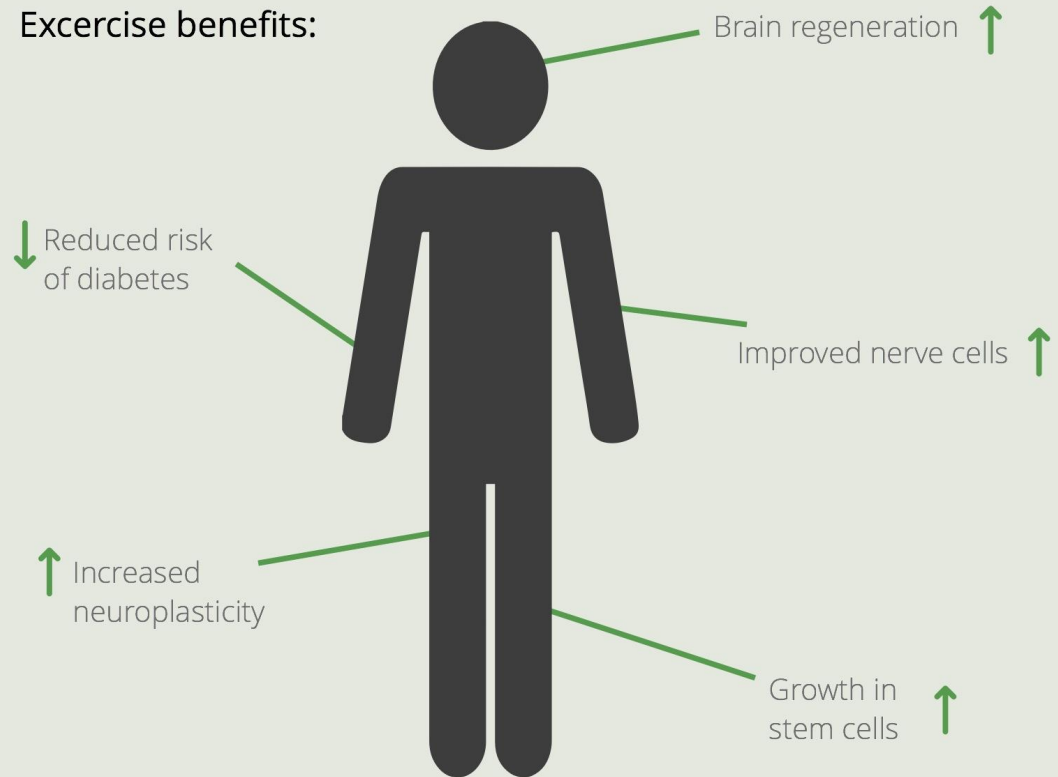
"Please put as much of your find as possible into younger people with Alzheimer's disease."

Finding a cure was the highest ranked priority

Reduce your risk of dementia

Research is suggesting that a healthy lifestyle may **prevent** or delay the onset of dementia. The Alzheimer Society is taking that message to print, video and on the web.

Exercise benefits:



"The history of medical discovery shows they can come at any time and place." - Dr. Corrine Fischer

5 Advocacy

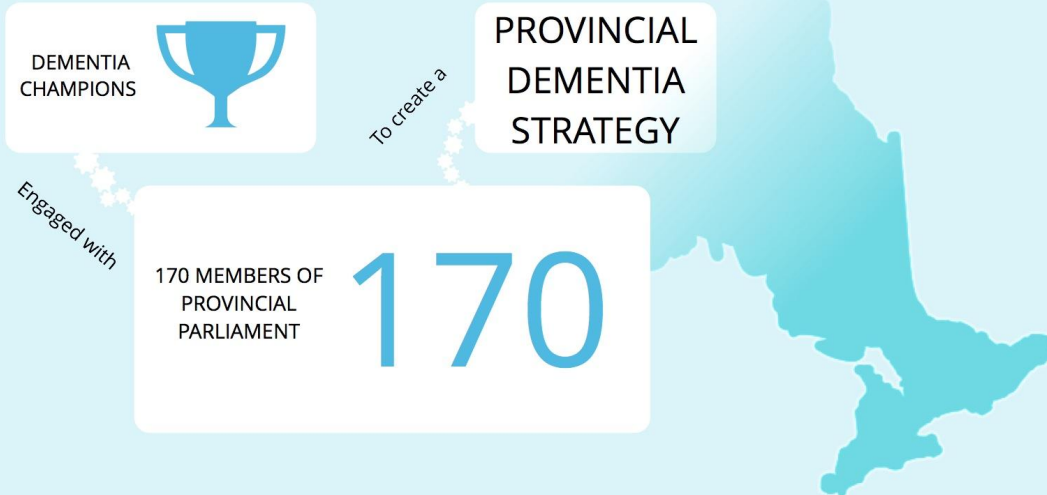


6 Giving



Dementia champions are creating change

You CAN do something about dementia. People are taking this message to governments and other decision makers.



Alzheimer Societies across Ontario have helped build dementia advisory groups. From Thunder Bay to Ottawa to Windsor, these are composed of people with dementia and caregivers who are interested in giving **feedback** on **important projects** like the dementia strategy for Ontario.



You CAN do something about dementia by donating to the Alzheimer Society.

Ways to donate

- 
Tribute
- 
In memoriam
- 
3rd party events
- 
Securities
- 
1 time gift
- 
Monthly gift
- 
Legacy gift

To learn more about donating, contact Colleen Bradley (cbradley@alzheimeront.org or 416-847-8913) with questions or to receive a free planned giving guide.

"Everyone will be affected by dementia." - Julie Foley

Alzheimer *Society*

ONTARIO

The latest dementia facts and figures

In 2015, 214,000
Ontarians were living
with Alzheimer's
disease or another
dementia.

Women are doubly affected by
Alzheimer's. Not only do they represent
72% of Canadians living with the
disease, but they also account for 70%
of family caregivers.

In 2015, 214,000
Ontarians were living
with Alzheimer's disease
or another dementia.

The median survival time
for someone with
Alzheimer's disease has
been estimated at 7
years.

Replace with: Dementia
can lie dormant in the
brain up to 25 years
before symptoms
appear.

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