

## THE ALZHEIMER SOCIETY SUPPORTS FAMILIES AFFECTED BY DEMENTIA THROUGH EDUCATION, SUPPORT AND INFORMATION

The journey for families affected by dementia can pose many challenges. Knowing where to find reliable information, support and available resources makes a big difference in helping families cope. September is World Alzheimer's Month, an international initiative to raise awareness about dementia and how families affected by this disease can find support.

"We need to take care of our caregivers by providing them with education and information to help them through their caregiving journey," says Jackie Dokken, Alzheimer Society of Manitoba's Regional Coordinator for the Interlake / Eastman area. "Call us. We are here to help."

The Alzheimer Society of Manitoba provides a network of support for people living with dementia, their families and their caregivers. Communities across Manitoba rely on the Society for individual and family counseling, support groups for people with dementia, caregiver support groups, education sessions, workshops for families and so much more.

To reach as many Manitobans as possible, the Alzheimer Society of Manitoba now offers Telehealth family education seminars for those experiencing dementia in communities across the province via video technology.

"We first offered Telehealth three years ago and it was a great success with 16 locations signing up," says Dokken. "To date over 33 communities are participating in Health Centres across Manitoba including Beausejour, Pinawa, Selkirk and so many more." Visit [alzheimer.mb.ca](http://alzheimer.mb.ca) for a complete list of locations.

Upcoming fall presentations:

**Tuesday, Oct. 20** - The 7 A's: Exploring the Effects of Dementia on the Brain (6:30 – 8 pm)

**Tuesday, October 27** - "I'm a Real Person too": Communicating with People with Dementia (6:30 – 8 pm)

You can register for Telehealth online at [alzheimer.mb.ca](http://alzheimer.mb.ca) or Alzheimer Society of Manitoba at [outreach@alzheimer.mb.ca](mailto:outreach@alzheimer.mb.ca) 204-943-6622 (in Winnipeg) or 1-800-378-6699 (in Manitoba).

Every four seconds, someone in the world develops dementia. This is a time for action, a global movement united by its call for change, but it is also a time to reflect on the impact of dementia, a disease that will affect more and more people as the years pass.

Contributed by:

Alzheimer Society of Manitoba  
<http://www.alzheimer.mb.ca/>