

About Dementia

What is Dementia

Dementia is an “umbrella term” for a variety of progressive brain disorders. Symptoms may include memory loss and difficulties with thinking, problem-solving or language that are severe enough to reduce a person’s ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour.

Types of Dementia

The most common forms of dementia are:

- Alzheimer’s disease
- Vascular dementia
- Lewy body dementia
- Frontotemporal dementia
- Creutzfeldt-Jakob disease

Importance of Early Diagnosis

An early diagnosis of dementia helps the person and their family access information, care and treatment sooner so they can have support and make important decisions about their future.

Brain Health

By making healthy lifestyle choices, you may be able to reduce your risk of developing dementia and improve your brain’s ability to sustain long-term health.



alzheimer.mb.ca



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Toll Free: 1-800-378-6699

PROVINCIAL - WINNIPEG

10-120 DONALD STREET R3C 4G2
TEL: 204-943-6622 FAX: 204-942-5408
EMAIL: alzmb@alzheimer.mb.ca

INTERLAKE / EASTERN - BEAUSEJOUR

BOX 1786, 31 1ST STREET R0E 0C0
TEL: 204-268-4752 FAX: 204-268-4799
EMAIL: alzne@alzheimer.mb.ca

NORTH CENTRAL - PORTAGE LA PRAIRIE

108 B SASKATCHEWAN AVE E. R1N 0L1
TEL: 204-239-4898 FAX: 204-239-0902
EMAIL: alznc@alzheimer.mb.ca

PARKLAND - DAUPHIN

118 MAIN STREET NORTH R7N 1C2
TEL: 204-638-4483 FAX: 204-638-4493
EMAIL: alzprk@alzheimer.mb.ca

SOUTH CENTRAL - WINKLER

BOX 119, 204 MAIN STREET R6W 4A4
TEL: 204-325-5634 FAX: 204-325-6496
EMAIL: alzsc@alzheimer.mb.ca

SOUTH EASTMAN - STEINBACH

9A - 90 BRANDT STREET R5G 0T3
TEL: 204-326-5771 FAX: 204-326-5799
EMAIL: alzse@alzheimer.mb.ca

WESTMAN - BRANDON

UNIT 4B-457 9TH STREET R7A 1K2
TEL: 204-729-8320 FAX: 204-726-1082
EMAIL: alzwm@alzheimer.mb.ca



Alzheimer Society of Manitoba Programs & Services



Alzheimer Society
MANITOBA
Dementia Care & Brain Health

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Currently, more than 22,000 Manitobans have dementia. Fourty three per cent of Manitobans have a family member or close friend with the disease.

The Alzheimer Society of Manitoba has been providing information, support, education and advocacy for people with dementia, their caregivers and the general public for over 35 years.

Each year, the Society funds research projects at the provincial and national levels, including co-funding of the Manitoba Dementia Research Chair.

Visit alzheimer.mb.ca to read about new findings in dementia research and learn about research studies that are recruiting participants.

We rely on individual and corporate donors, communities and health-care partners to help us carry out our vital work.

Information

Receive the monthly e-newsletter, visit the website or request printed materials that provide practical information about living with dementia.

Supportive Counselling

Call or email with your questions about dementia, caregiving strategies, care planning options and community services that can help throughout the continuum of the disease. Client support staff will provide guidance and offer to arrange an in-person office appointment.

Support Groups for People with Dementia

Join a group to learn more about living with dementia and to interact with others who are experiencing similar situations.

Support Groups for Caregivers

Meet with a trained facilitator and other caregivers to learn skills and strategies that will help in caring for a person with dementia. Gain emotional support from other group members.

MediAlert® Safely Home®

Register for MediAlert® Safely Home® and receive an identification bracelet that helps police and emergency responders identify the person who is lost and assist in a safe return home. Call 1-855-581-3794 or visit medicalert.ca/safelyhome to register today.

Mind in Motion® Program

Register for Minds in Motion®, a program for people with early to moderate symptoms of dementia to enjoy with a family member or community care partner. The program combines physical activity, socialization and mental stimulation.

Family Education

Attend family education in person or by Telehealth and participate in the annual Care4u® conference to learn about dementia, caregiving skills, community resources and ways to care for yourself while caring for another.

Professional Education

Hear about best practices in dementia care at the Alzheimer Society's annual Dementia Care® conference or through seminars tailored to the needs of staff at your workplace.

Public Awareness

Invite a speaker to your group to discuss brain health, the warning signs of dementia or how to support a person living with dementia.

Dementia Friendly Communities

Work with the Alzheimer Society as it strives to help Manitoba become a more inclusive and supportive community for people living with dementia.

All Alzheimer Society services are provided in a confidential, caring manner.