



Alzheimer's disease is a physical illness that causes changes in the brain. It is a form of dementia. Dementia affects a person's memory, mood, and behaviour. This disease usually affects people over 65.

Get involved with the Alzheimer's Society. Participate in upcoming events. See events link on the Alzheimer Society website for up-to-date events:
www.alzheimerthunderbay.ca

For more information, visit
www.alzheimers.org
www.alz.org



Living with Alzheimer's Disease

A person with Alzheimer's disease may have trouble remembering, speaking, learning, making judgments, and planning. Some people feel restless and moody. It may take many years for Alzheimer's disease to get worse.

Alzheimer's disease affects a person's caregivers and family members. Decisions will need to be made about living alone, driving, finances, and long-term care. It is helpful to know that a doctor can offer advice on dealing with these issues.

***Don't be afraid to reach out to your doctor for guidance and support.**

There are 7 Stages of Dementia

Stage 1: No Impairment

Stage 2: Very Mild Decline

Stage 3: Mild Decline

Stage 4: Moderate Decline

(mild or early stage of Alzheimer's Disease)

Stage 5: Moderately Severe

(moderate or mid-stage Alzheimer's Disease)

Stage 6: Severe Decline

(moderately severe or mid-stage Alzheimer's Disease)

Stage 7: Very Severe Decline

(severe or late stage Alzheimer's Disease)

Things You Can Do

To help manage day-to-day life with short-term memory loss:

- Keep familiar items around
- Mark off the days on a calendar
- Make a schedule of daily activities and post it where it can be seen. Include meal times, medicine etc.
- Have someone call with a reminder about meal times, medicine or appointments
- Label and store medicines in a pill organizer
- Post reminders to turn off appliances and lock doors
- Use a notebook to record a person's address and phone number, including directions to their home and other important information
- Post important phone numbers where they are easily seen
- Label photos with the names of people seen regularly



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Alzheimer's Disease



- Label cupboards and drawers with the contents
- Organize closets and drawers so things are easy to find

To cope with feelings of fear, frustration, loneliness, depression, anger or loss:

- Keep a journal or diary
- Join a support group
- Share feelings with friends and family
- Continue with activities that are enjoyed
- You can register yourself or someone you know with the Safely Home - Alzheimer Registry program. Visit www.safelyhome.ca/en/

Volunteers: The following are volunteer opportunities presently available:

- Office Help
- Fund Raising/ Public Awareness
- Annual Walk
- Alzheimer Coffee Break
- Bingo Buddies
- Board of Directors
- Very Important Penny People
- Speakers Bureau
- Family Support

Donations: You can support Alzheimer's Disease by making a donation of your choice:

- Make a Memorial Donation
- Pay Membership Fees
- Donate to Research
- Make General Donation

Where to Find Help

Alzheimer's Society 180 Park Avenue, Suite 310 www.alzheimerthunderbay.ca	345-9556 1-888-887-5140
Senior's Mental Health Programs St. Joseph's Care Group	768-4410
Manor House Adult Day Program Manor House, 63 Carrie St. www.sjcg.net/services/community/manor.asp	768-4415



www.norwestchc.org • 1-866-357-5454 (toll free)