

Alzheimer Society

MONTREAL



PROGRAMS AND SERVICES

514-369-0800

info@alzheimermontreal.ca

www.alzheimermontreal.ca



ALZHEIMER SOCIETY OF MONTREAL

OUR MISSION

The Alzheimer Society of Montreal is the first Alzheimer Society to have been founded in Quebec.

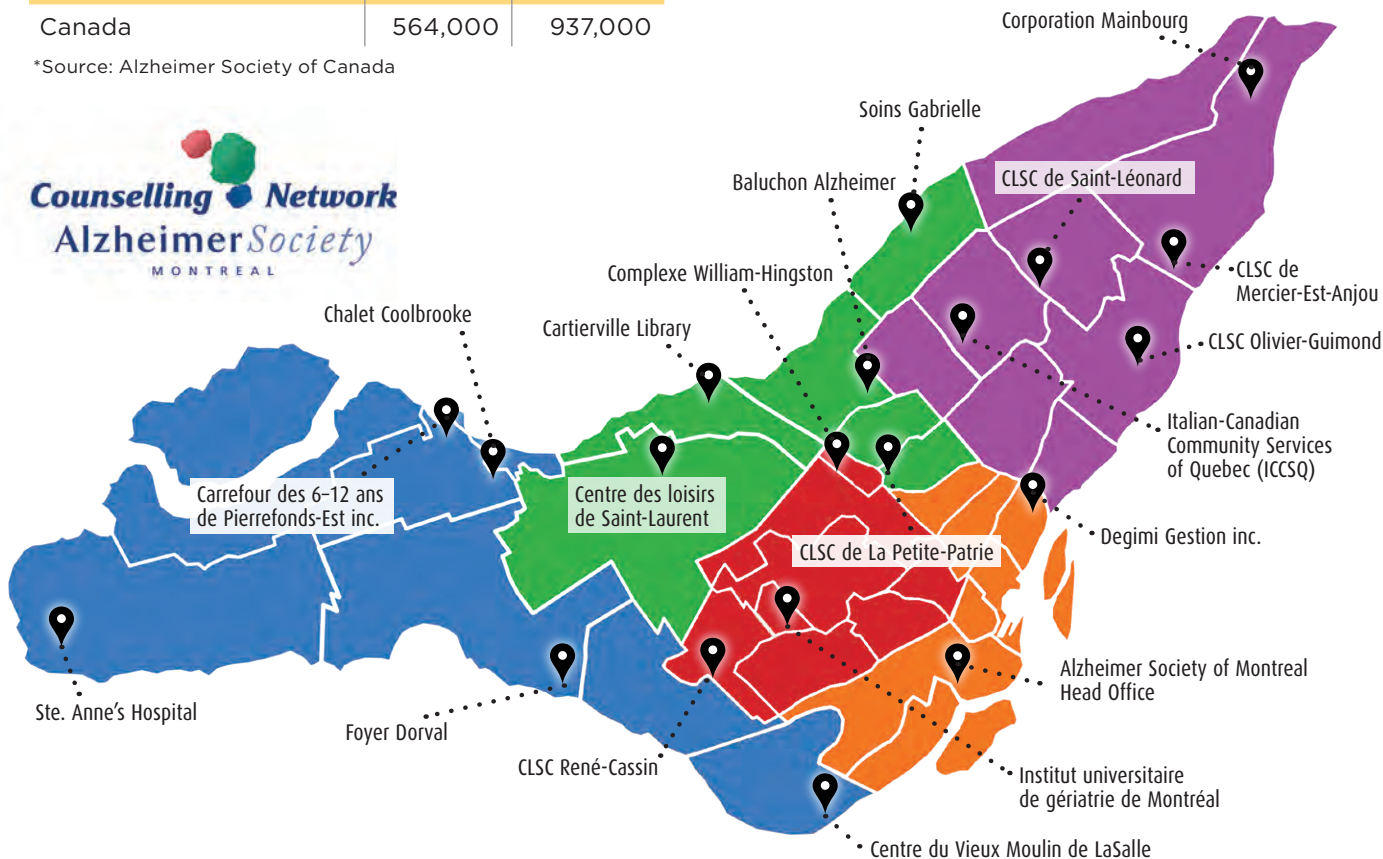
Since 1981, our mission has been to **alleviate the social and personal consequences of Alzheimer's disease and related disorders** through the development and delivery of leading-edge intervention, care, and support services.

The Alzheimer Society of Montreal advocates a **person-centred approach to care**. A reflection of Montreal's cultural diversity, **all our services are offered in English and French** at service points located throughout the city.

NUMBER OF PEOPLE WITH DEMENTIA*

	2016	2031
Montreal	33,000	55,000
Canada	564,000	937,000

*Source: Alzheimer Society of Canada



FINANCÉ PAR

L'APPU POUR LES PROCHES AIDANTS D'ÂÎNES
MONTREAL

Make an appointment with one of our counsellors today: 514-369-0800
info@alzheimermontreal.ca

**20 SERVICE POINTS
THROUGHOUT THE ISLAND
OF MONTREAL!**

SERVICES FOR CAREGIVERS

CONSULTATIONS

Meet with a counsellor and receive the support, accompaniment, and resources you need.



WEEKLY AND MONTHLY GROUPS

Information and Support

Enhance your knowledge of Alzheimer's disease, receive peer support, and **learn to take care of yourself as a caregiver.**

Meditation

Meditation helps to reduce stress, lower distress and exhaustion, and enhance our responses to challenging situations. **Join us and replenish your energy stores!**

Bereavement

The grief experienced by the loved ones of a person living with dementia is unique. **Come and discuss your grief with others in a similar situation.**

SERVICES FOR PEOPLE LIVING WITH DEMENTIA

CONSULTATIONS

Meet with a counsellor to discuss your situation and better understand your diagnosis.

MONDAY MEET-UPS

Participate in discussions and physical activities, and stimulate your brain via cognitive exercises and other creative activities:

- zotherapy;
- laughter yoga;
- olfactory stimulation activities;
- and more!



For more information and to register: 514-369-0800
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ART THERAPY

Express yourself through art, socialize, and enhance your well-being.

No previous artistic experience is required.



SUPPORT GROUPS

Discover the services available in the community and health care sectors, as well as concrete strategies for autonomous living.

Did you know?

The **Alzheimer Society of Montreal** is the 1st regional Alzheimer Society to offer **support groups for people living with dementia.**

SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

RESPIRE AND STIMULATION SERVICES

Benefit from a planned period of respite provided by qualified professionals who are committed to providing meaningful and therapeutic experiences to your loved one, according to their interests: **at home** or at one of our three **activity centres**.



ART LINKS

Each month, join us at the Montreal Museum of Fine Arts for a guided tour and a creative workshop.



TALES AND TRAVELS

Discover different countries by way of books and objects, discussions, and listening to music.

For more information and to register:
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SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

TRAININGS AND WORKSHOPS

Gain a new perspective on Alzheimer's disease by learning how to meet the specific needs and improve the quality of life of people living with dementia.



PUBLIC CONFERENCES

Raise awareness about Alzheimer's disease among your employees by inviting one of our speakers to your organization.

SERVICES FOR ALL



Alzheimer Cafés take place each month throughout the island of Montreal!



Join us to discuss aspects of life with dementia in an informal and inclusive space that is open to all.