

## WHAT YOU CAN DO

- Call us at 416-322-6560
- Drop in to our office
- Visit our two websites  
[www.alzheimertoronto.org](http://www.alzheimertoronto.org)  
[www.dementiatoronto.org](http://www.dementiatoronto.org)
- Request an information package
- Email a counsellor at  
[contact@alzheimertoronto.org](mailto:contact@alzheimertoronto.org)
- Join a support group
- Take out books and videos from  
our library
- Attend an educational session
- Ask our education staff to  
speak to your group
- Participate in a fundraising  
event
- Make a donation

## TESTIMONIALS

“ I spoke to a counsellor at the Society about my father’s diagnosis. She was fantastic. Until then, I didn’t know the depth of my feelings at the time, and how difficult the whole thing was because it was so new... ”

“ As relatively new caregivers, my parents found the counselling session extremely helpful and reassuring. Having received honest, professional advice and information, they will be able to cope more easily and patiently with all the difficulties to come. ”

“ I, like many others, have sought help from the Society gathering information, attending workshops and finding comfort in the support groups. No one needs to feel that he or she is alone. ”

### ALZHEIMER SOCIETY OF TORONTO

20 Eglinton Avenue West, 16<sup>th</sup> Floor  
Toronto, Ontario M4R 1K8

**416-322-6560**

[www.alzheimertoronto.org](http://www.alzheimertoronto.org)

Charitable Business Number: 10670 5262 RR0001

forgetting  
misplacing

wandering  
repeating

misplacing  
forgetting

repeating  
wandering

# Worried about Alzheimer’s?

**Call Us  
416-322-6560**

**Alzheimer Society**  
TORONTO

## ABOUT ALZHEIMER'S

- Alzheimer's is a disease of the brain. It gets worse over time.
- Alzheimer's disease is the leading cause of dementia. Other diseases that cause dementia include Vascular, Lewy Body and Frontotemporal dementias.
- Age is the greatest risk factor. The older people are, the greater their risk of getting Alzheimer's disease or related dementias.
- Early signs of dementia include confusion and loss of memory. Eventually, assistance is needed for everyday things like eating and dressing. Later symptoms can include wandering, aggression, resistance and incontinence. The disease can last ten years or more.
- The cause of Alzheimer's is unknown and there is no cure, although researchers are making great strides.
- Canada has some of the best dementia services and researchers in the world.

## ABOUT THE ALZHEIMER SOCIETY

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### We can help in so many ways

#### Free Confidential Counselling

Our highly trained counsellors can listen to you, talk with you, and give you advice on things such as:

- how to get a diagnosis
- what to expect as the disease progresses
- how to care for someone with dementia
- family concerns
- what services are available
- planning for the future

Counselling is free and available to you and your family for as long as you need it, at our office, by phone or at your home if you can't come to us.

#### Support Groups

We offer a wide range of support groups whose members meet regularly to share and learn from each other's experiences. One of our support groups is designed for people in the early stage of dementia.

#### Education

Throughout the year, at our offices and across Toronto, we offer free public information sessions on the disease and how it affects the person and the family.

#### Education on Request

We offer free public information sessions to groups at your work and in your community.

#### A Library

We have an excellent lending library of books, journals, videos and information in over 30 languages. Our librarian will help to find what you need.

Our online library catalogue at [www.alzheimertoronto.org](http://www.alzheimertoronto.org) lists everything in the collection, and offers links to recommended sites in more than 40 countries.

#### Two Websites

##### [www.alzheimertoronto.org](http://www.alzheimertoronto.org)

has information about dementia and about the many services and events of the Alzheimer Society of Toronto.

##### [www.dementiatoronto.org](http://www.dementiatoronto.org)

is a detailed inventory of all dementia services in Toronto. It can be searched by type of service or by location.