

# Dementia & Social Isolation

**Alzheimer** *Society*

S A S K A T C H E W A N

**We are Saskatchewan's  
leading non-profit  
providing support and  
programs to people  
affected by dementia.**

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# What is Dementia?

Not a disease, but a set of symptoms that accompanies a disease.



**Alzheimer's  
Disease**

**Frontal  
Temporal  
Dementia**

**Lewy Body  
Disease**

**Vascular  
Dementia**

**Mild Cognitive  
Impairment**

# Dementia in Saskatchewan

- Today in Saskatchewan, approximately **19,185** people have dementia.
- Of these **2,233** are under the age of 65
- By 2038, more than over 28,000 Saskatchewan residents will be living with Alzheimer's disease or another dementia.

# Community Impact

- Approximately 60 percent of people who have dementia live in the community in their own homes.
- By 2018 it is expected that informal (unpaid) caregivers will provide over 15 million hours of care per year to support families members living with dementia in their own homes.

# Social Isolation and Dementia

- Stigma – there are many negative attitudes that lead to social isolation
- Social and physical barriers
- There is strong evidence that people with dementia who become isolated from their communities experience faster rates of cognitive decline.

# What people with dementia have to say...

- “We need to inspire local communities, organisations and businesses to become more aware and understanding of dementia, and more inclusive. And we need to support the collective engagement of people with dementia, so their voice is heard more clearly in this debate, and so they have more influence and capacity to influence attitudes, policies and practice.”

# Barriers

- Lack of confidence (69%)
- Being worried about becoming confused (68%)
- Being worried about becoming lost (60%)
- Mobility and physical health issues (both 59%)
- Not wanting to be a burden to others (44%)
- Lack of transportation (33%)

How will the Alzheimer Society  
address these needs?

# Dementia Friendly Communities

- Working with urban and rural communities to become Dementia Friendly

# Understanding Dementia

Working with individuals and community groups to increase awareness of Alzheimer's disease and other dementias and how to support people living with dementia in their communities

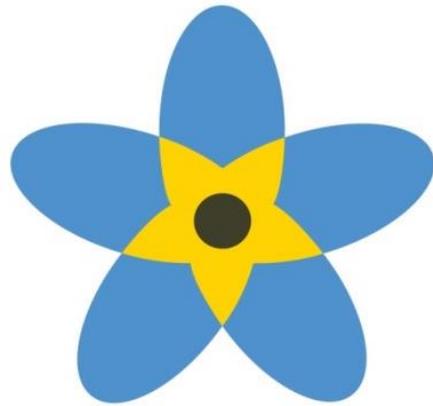
# Warning Signs Campaign

Raising awareness about the warning signs, the importance of getting a diagnosis and the services of the Alzheimer Society through a public awareness campaign

# Dementia Helpline

Implementing a Dementia Helpline that will support families affected by dementia and other dementias through a toll-free-province wide number that will provide immediate access to the Alzheimer Society services.

# Become a Dementia Friend



**Dementia<sup>TM</sup>  
Friends  
Canada**

An Alzheimer Society and  
Government of Canada Initiative

**Contact us!**

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**[www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)**

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