



Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Dementia advice available provincially through Health Link

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out daily activities. This number is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

Alberta Health Services provides province-wide, specialized dementia advice through Health Link to help support individuals and caregivers living with dementia, including people with Alzheimer's disease.

By dialing 811 – any time, any day – callers will reach Health Link staff who can assess their needs and provide immediate advice for their health concerns. When needed, callers can also be referred to a specialized dementia nurse for additional support.

Specialized dementia nurses can provide a more in-depth assessment to gain an understanding of each individual situation and provide personalized support and advice, as well as connecting callers to available community services and supports.

For more information and resources, visit:
<http://www.albertahealthservices.ca/scns/Page12938.aspx>