

## What is the difference between Dementia and Alzheimer's disease?

**Dementia** isn't a specific disease. Instead, dementia describes a group of symptoms affecting memory, thinking and social abilities severe enough to interfere with the person's normal social or working life.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease, other brain diseases or a series of strokes. The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

**Alzheimer's disease** is the most common cause of a progressive dementia in older adults, but there are many different forms and each has its own causes.

If the symptoms are caused by dementia, a timely diagnosis will mean early access to information, support and education.

## What is Seeds of Hope: Family Learning Series

People describe a range of emotions related to being a care partner of someone with dementia, including guilt, confusion, resentment, helplessness, grief and sadness. They express a need to develop emotional and practical strategies to give them a sense of control over their situation.

### Care partners ask questions such as:

*What do you do when they don't want to take a shower anymore?*

*How do I communicate with them effectively?*

*How am I going to afford this?*

*What is respite and where can I find it?*

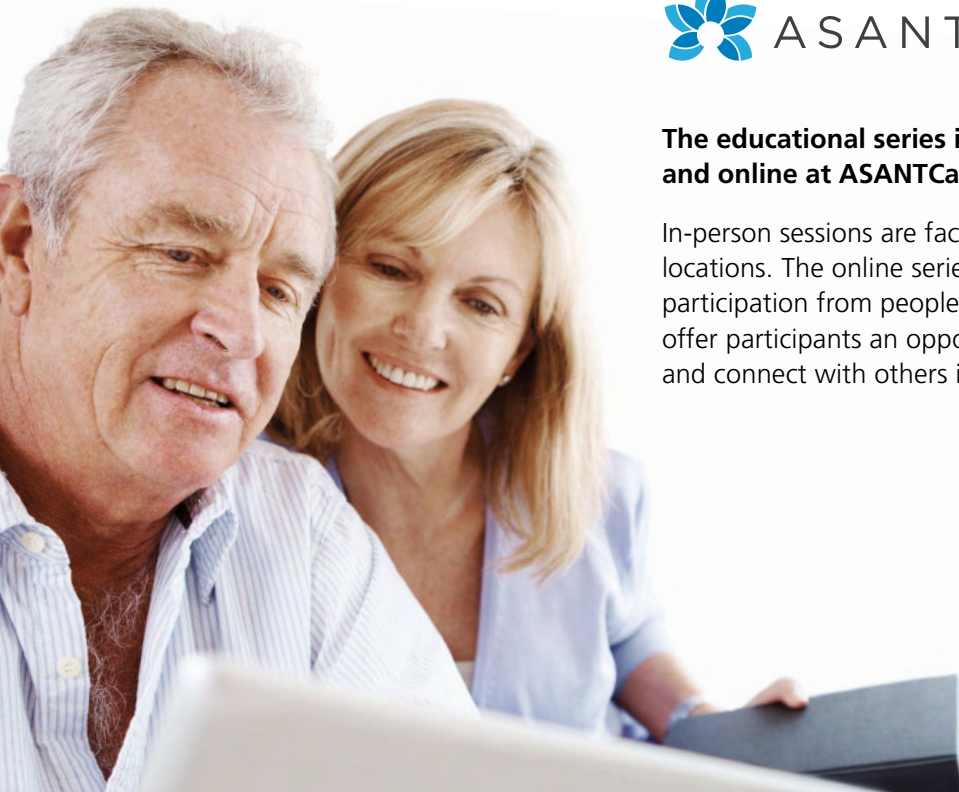
*What legal issues might arise that I should be prepared to address?*



The *Seeds of Hope: Family Learning Series* defines phases of dementia in terms of the caregiving journey faced by families as the person with dementia progresses through the disease. It reflects an awareness that each family's experience is different.

Care partners and people living with dementia, turn to trusted providers to understand the condition and the challenges they may face. The *Seeds of Hope: Family Learning Series* provides information about dementia from getting a diagnosis to end of life and is designed to reflect the progression of the disease through the following stages: ►

<b>EARLY STAGE</b> Living with Dementia
<b>MIDDLE STAGE</b> Living with Change
<b>LATE STAGE</b> Transition to Alternative Care
<b>END OF LIFE</b>



**The educational series is offered in person in our regional centres and online at [ASANTCafe.ca](http://ASANTCafe.ca).**

In-person sessions are facilitated by trained staff and volunteers in regional locations. The online series is presented through video segments, with participation from people living with dementia and care partners. Both offer participants an opportunity to reflect on care and support strategies and connect with others in similar circumstances.



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For more information contact your regional office of the Alzheimer Society of Alberta and Northwest Territories or visit [alzheimer.ab.ca](http://alzheimer.ab.ca) or [ASANTCafe.ca](http://ASANTCafe.ca)

**1-866-950-5465**

