

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto: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 [Wellness Articles | Alberta Health Services](#)

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**Proposed publication date:** July 10, 2023  
**Content provided by:** Alberta Health Services

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## Dementia advice line connects Albertans to care

Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8 a.m. and 8 p.m. daily, Albertans can phone Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out daily activities.

The number of dementia cases 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.

For more information, call 811 or visit [Health Link | Alberta Health Services](#)