

# FREE ALZHEIMER SOCIETY PUBLICATIONS

For a free copy of the below resources, contact the Alzheimer Society of Ottawa and Renfrew County at: **Ottawa:** 613-523-4004; **Pembroke:** 613-732-1159; **Renfrew:** 613-433-5896; **Renfrew County Toll Free** 1-888-411-2067; or by email at [info@asorc.org](mailto:info@asorc.org)

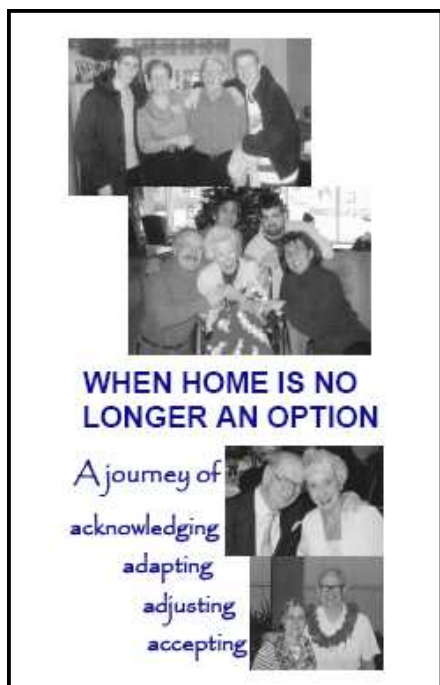


## ***What? Me? Take a break?***

In Canada, 450,000 people have Alzheimer's disease or a related dementia. Who takes care of them? You do. Usually in your home. Day or night. Year after year. Family members are wonderful caregivers. They are devoted, caring, and they know their loved ones well.

This 16 page booklet written for caregivers of persons with Alzheimer's disease or a related dementia is about respite, the value and benefits of taking a break, and various respite options that are available in the community.

Published by the Alzheimer Society of Ottawa and Renfrew County thanks to funding from the Government of Canada's New Horizons for Seniors program, this booklet is also available under the title: *Quoi ? Moi ? Prendre une pause ?*



## ***When Home is No Longer An Option***

The words and suggestions in this booklet offer information and support to people who are thinking about or have already made the decision to move to a long-term care home. It is by no means all that you will need to know. It offers a starting point, and tells you about people and organizations that can help.

This 28 page booklet, written with the help and experience of many loving and caring people who have traveled this journey, was produced by the *Champlain Partnership in Transition Planning Committee* in November 2007 thanks to a generous grant from the Harold Crabtree Foundation. Special thanks to the following sponsors for making the 2<sup>nd</sup> printing (June 2008) possible: Community Foundation of Ottawa, and the Kiwanis Club of Bytown.

Also available under the title: *Lorsqu'il n'est plus possible de rester à la maison*