

Alzheimer *Society*

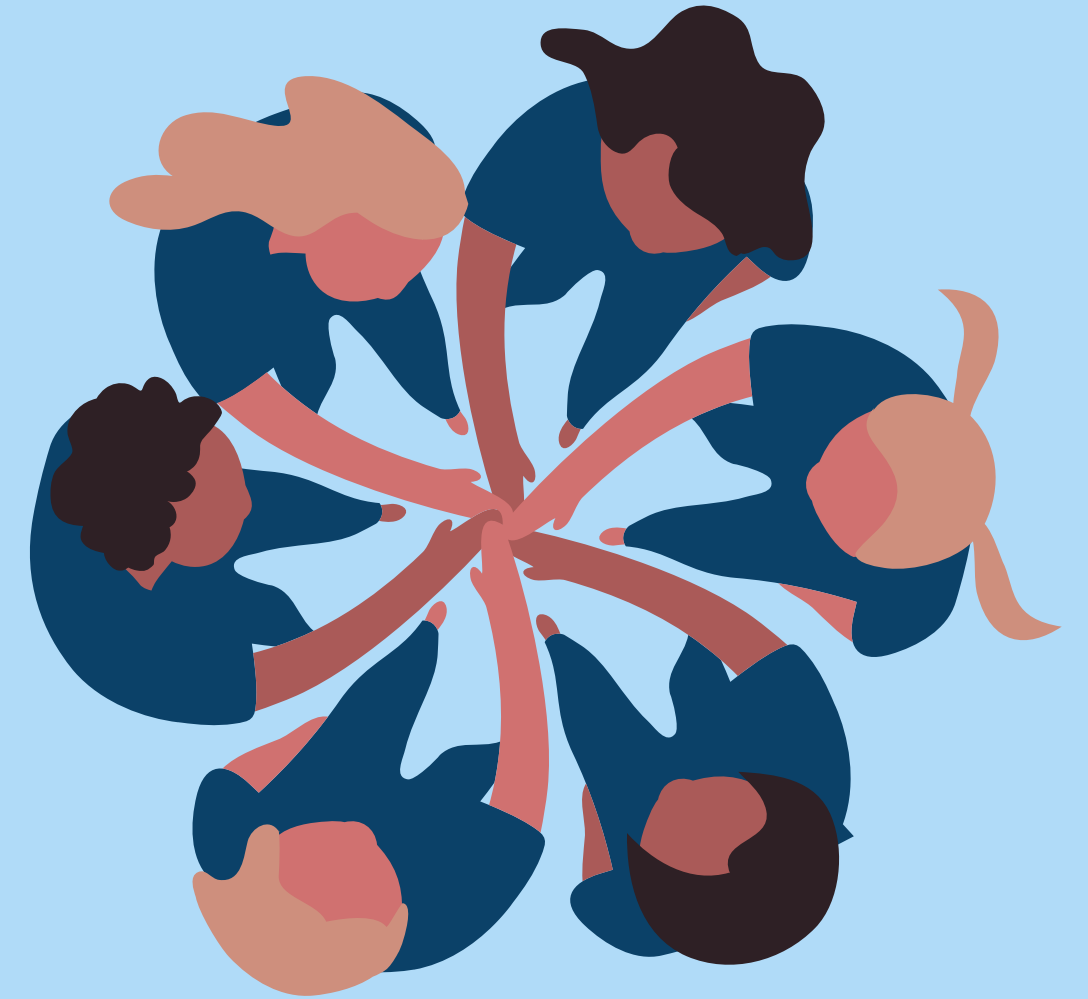
ALBERTA AND
NORTHWEST TERRITORIES

Cultural Communities Project



Why This Project Matters

- Dementia is a growing public health concern in Alberta, affecting individuals from all cultural and linguistic backgrounds.
- Cultural and language barriers often delay diagnosis, reduce service use, and increase care partner stress.
- Diverse communities experience stigma, lack of culturally adapted resources, and difficulty navigating services.
- This leads to later diagnosis, more crisis-based care, and poorer outcomes.



The Current Gap in Services

- Many dementia support programs are English-only and culturally neutral, which may not resonate with all communities.
- Health care pathways often lack interpreters or culturally inclusive navigation.
- Research shows lower service utilization among immigrant and visible minority populations, despite similar or higher need.



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How Cultural Barriers Affect Care

- Stigma can prevent families from seeking help (“memory loss is a normal part of aging” belief).
- Language barriers make medical appointments and education materials inaccessible.
- Mistrust of formal care systems when services are perceived as culturally irrelevant.
- Generational dynamics in immigrant families can shape decision-making and acceptance of diagnosis.



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Cultural Communities Project

- Launched to address these gaps across Alberta.
- Aims to make dementia care more culturally relevant, inclusive, and accessible.
- Works through community partnerships, language access, and stigma reduction.
- Supported by Alzheimer Society of Alberta and Northwest Territories, funded by the Government of Alberta



Project Goals

- Increase culturally relevant dementia support across Alberta.
- Ensure more families access care earlier in the dementia journey.
- Build partnerships with cultural leaders and organizations to strengthen equitable dementia services



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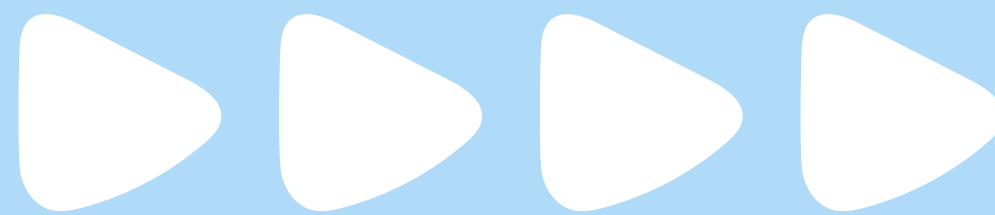
Our Staff & Languages

- Our Cultural Communities Navigators: trusted community members who speak multiple languages.
- Languages: English, Hindi, Punjabi, Urdu, Farsi, Pashto, Dari, Cantonese, Mandarin, Tagalog, Vasaya.
- Navigators serve as cultural brokers – building trust, connecting families to services, and adapting resources to cultural context.



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Community Outreach Highlights

- Active participation in cultural events and fairs across Edmonton
 - Millwoods Sikh Parade, Filipino Fiesta, Healthy Aging Expo (Aga Khan Welfare Board), Seniors' Week at Shaama Centre
- Targeted presentations for deeper engagement and education:
 - Indo-Canadian Women's Association
 - Aga Khan Social Welfare Board
 - Newcomer's Centre
 - Multicultural Health Brokers
 - Edmonton Seniors Coordinating Council



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Community Outreach Highlights

- Reached cultural and professional audiences through:
 - Association of Gerontological Nurses of Alberta Conference
 - Alberta Library Symposium
 - First Nations Telehealth Network
- Outcomes: Increased program awareness, dementia education, and trusted connections within South Asian, Chinese, and Filipino communities



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Partnerships & Collaborative Initiatives

- **SE Health**
- **CCNA** (Canadian Consortium on Neurodegeneration in Aging)
- **Alzheimer Society of Canada**



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Partnerships & Collaborative Initiatives

- Community engagement with:
 - Ismaili Community
 - Multicultural Health Brokers
 - Shaama Centre for Women and Seniors
 - Edmonton Seniors Coordinating Council
 - Newcomers Centre
- Outcomes: Strengthened partnerships, culturally relevant dementia resources, and trusted connections across Alberta's diverse communities



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Culturally Adapted First Link® Connection Program

Fall'25/Winter'26

- Development of a culturally adapted First Link® Connection program is underway, with staff assigned to support design and implementation.
- Program materials and delivery have been adapted into **Hindi, Punjabi, Farsi, Urdu, Cantonese, Mandarin, and Tagalog**, ensuring accessibility across diverse cultural communities.



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Support Group & Minds in Motion

Spring/Summer'26

- Ongoing knowledge exchange with the Alzheimer Society of BC to guide the development of culturally specific support groups and Minds in Motion® programming in Alberta.
- This knowledge-sharing approach will help us strengthen program design, anticipate potential barriers, and apply proven strategies to ensure effective and inclusive delivery from the outset.



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Cultural Communities

Discover the Resources



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繁體中文

اردو



Impact & Early Outcomes

- More families connecting with dementia support services
- Trust building between communities and the Alzheimer Society.



Key Takeaways

- Culturally inclusive dementia care leads to earlier diagnosis, better quality of life, and reduced system strain.
- The Cultural Communities Project is bridging critical gaps.



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FOR MORE INFORMATION PLEASE CONTACT

www.alzheimer.ab.ca

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