

First Link® Bulletin

Your link to dementia support

January – March 2023



Updates on programs and services

See inside for dementia programs on the North Shore & Sunshine Coast

January is Alzheimer's Awareness Month



We all strive to live each day to the fullest, but receiving a diagnosis of dementia can feel like it brings everything to a standstill, and many people still believe that it means the end of a meaningful life. But, while living with dementia can be difficult, we've learned from our community that it can also be the catalyst to celebrate our present like never before.

Join us this January, as we recognize Alzheimer Awareness Month. Throughout the month we'll be sharing tips and tools to support living well with the disease. We'll also be sharing stories of those people living with dementia and caregivers across British Columbia who have discovered moments of joy during this often hard and challenging journey.

With an estimated more than 85,000 people living with dementia in B.C. it is important the people of B.C. are educated and have tools when they need them. Let's start the year by shifting our perspectives and learning how people affected by the disease can celebrate life like never before!

Visit alzbc.org/FullOfLife to stay connected throughout Awareness Month.

Webinar spotlight: The lived experience series

In our **lived experience webinars**, you will hear from people living with dementia and caregivers as they share their firsthand knowledge and unique experiences facing the disease. These webinars are a doorway to a better understanding dementia and an opportunity to challenge the stigma.

Recorded webinars from our YouTube playlist are available to watch at alzbc.org/lived-experience.

Also, our **webinars are held every Wednesday** with topics from understanding dementia to practical caregiving strategies to the latest research study. Visit alzbc.org/webinars and register for any upcoming sessions!

In-person and virtual programs available

While we continue to offer our programs virtually, we are also continuing to expand our in-person sessions.

Dementia education

In-person	p. 2 - 3
Online	p. 4
Webinars	p. 5 - 6
Minds in Motion®	p. 7
Support groups	p. 8 - 10

Learn about dementia and connect with others through dementia education

Our dementia workshops educate and empower people living with dementia and their families and friends.

Education workshops are interactive sessions for people looking to learn about dementia and connect with others. These workshops provide opportunities for small group discussions and are available in-person and online.

Registration:

In-person workshops: Call our First Link® Dementia Helpline at 1-800-936-6033, unless otherwise stated.

Online workshops: Register online by visiting alzbc.org/edu-workshops or call the First Link® Dementia Helpline at 1-800-936-6033. You will receive an email with a link to join the event prior to the event date.

In-person dementia education on the North Shore & Sunshine Coast

In-person workshop	Date	Location
An Introduction to brain health It's never too soon or too late to make changes and to learn strategies to maintain or improve your brain health. For the general public.	Tuesday, January 10 10 - 11:30 a.m.	North Vancouver Register by calling 604-998-3450 or register online by visiting nvcl.ca/events/seniors-gathering-6
	Wednesday, January 25 10 a.m. - noon	Sechelt Location details will be provided upon registration. <i>*Register by calling the First Link® Dementia Helpline at 1-800-936-6033</i>
	Tuesday, March 7 10:30 a.m. – noon	West Vancouver Register by calling 604-925-7400 or register online by visiting westvanlibrary.ca/events-programs
	Tuesday, March 28 1:30 – 3:30 p.m.	Powell River Specific location details will be provided upon registration. Register by calling 604-485-4796, Ext. 206 or email mmerlino@prpl.ca

Register by calling the First Link® Dementia Helpline at 1-800-936-6033, unless otherwise stated.
Please note workshops with low registrations may be cancelled.

In-person dementia education on the North Shore & Sunshine Coast

In-person workshop	Date	Location
<p>Shaping the journey: Living with dementia (five-part series) Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.</p> <p>For caregivers and people living with dementia.</p>	<p>Five Tuesdays, January 17 – February 14 1:30 – 3:30 p.m.</p>	<p>North Vancouver</p> <p>Specific location details will be provided upon registration.</p>
<p>Understanding communication changes Explore how communication is affected by dementia and learn effective communication strategies.</p> <p>For caregivers.</p>	<p>Wednesday, January 25 1 - 3 p.m.</p>	<p>Sechelt</p> <p>Specific location details will be provided upon registration.</p> <p><i>*Register by calling the First Link® Dementia Helpline at 1-800-936-6033</i></p>
<p>Staying healthy and building resilience in a time of change and uncertainty Learn self-care tips and strategies to positively manage stress for both caregivers and people living with dementia.</p>	<p>Wednesday, March 29 10 a.m. – noon</p>	<p>Powell River</p> <p>Specific location details will be provided upon registration.</p>
<p>Planning for health-care, legal and financial decisions Plan now, before dementia affects the ability to communicate. Learn how to begin early legal, health-care and financial planning to prepare for your future.</p> <p>For caregivers and people living with dementia.</p>	<p>Wednesday, March 29 1 – 3 p.m.</p>	<p>Powell River</p> <p>Specific location details will be provided upon registration.</p>

Register by calling the First Link® Dementia Helpline at 1-800-936-6033, unless otherwise stated.

Please note workshops with low registrations may be cancelled.

Online dementia education

All sessions are hosted in Microsoft Teams. If you are new to using Teams and would like a chance to practice connecting to a meeting before the session, please call our First Link® Dementia Helpline at 1-800-936-6033 or email info.helpline@alzheimerbc.org.

Please note these sessions are not recorded – only register if you plan to attend live. Register at alzbc.org/edu-workshops or call 1-800-936-6033.

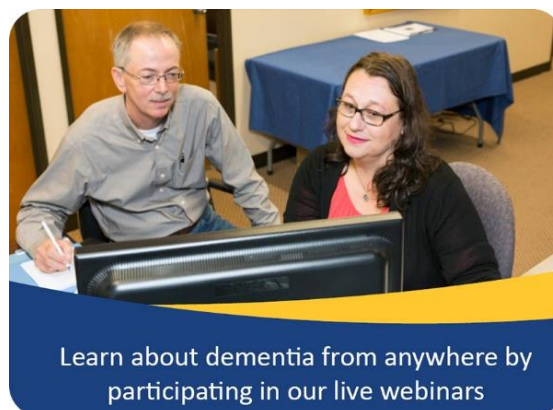
Online workshop	Date
An introduction to brain health It's never too soon or too late to make changes and to learn strategies to maintain or improve your brain health. For caregivers.	Tuesday, January 17 2 – 3:30 p.m.
Living safely with dementia Explore how people living with dementia and their families can live safely in the community. For caregivers and people living with dementia.	Thursday, January 26 2 – 3:30 p.m.
Understanding communication changes Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.	Tuesday, February 7 10 – 11:30 a.m.
Focus on behaviour: Delusions, hallucinations and visual mistakes Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia. For caregivers.	Tuesday, February 21 10 – 11:30 a.m.
Coping with change, grief and loss The dementia experience involves change and loss and uncertainty. Join us to explore strategies to help you and those around you cope in the face of these changes. For caregivers and people living with dementia.	Tuesday, March 7 2 – 3:30 p.m.
Focus on behaviour: Understanding behaviour changes Learn practical strategies to better understand changes in behaviour and respond in supportive ways. For caregivers.	Thursday, March 23 6 – 7:30 p.m.

Register at alzbc.org/edu-workshops or call 1-800-936-6033

Learn about dementia from anywhere in our live weekly webinars

Learn strategies for living well with dementia at our free webinars offered each Wednesday, typically at 2 p.m. Our trained presenters share tips and strategies in a lecture-style format. All you need is a computer, tablet or phone to participate and connect with others on the dementia journey.

All sessions are hosted in Microsoft Teams. To register for our upcoming webinars, visit our website at alzbc.org/webinars. You can watch the education content on-demand at alzbc.org/ondemand.



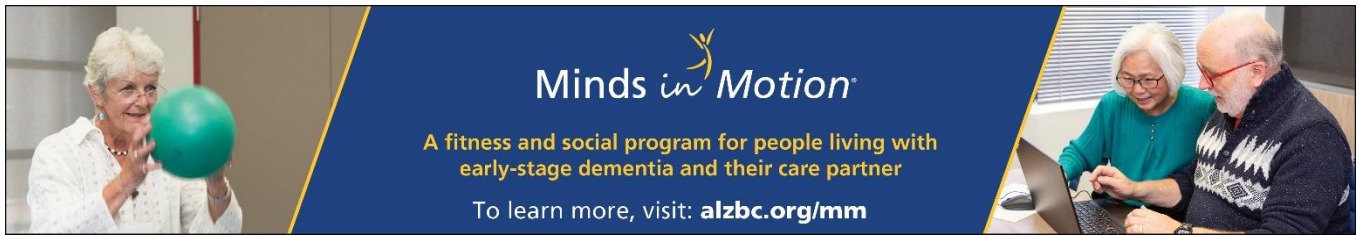
Learn about dementia from anywhere by participating in our live webinars

Webinar	Date
<p>Staying healthy and building resilience in a time of change and uncertainty Learn self-care tips and strategies to positively manage stress for both caregivers and people living with dementia.</p>	Wednesday, January 11 2 – 3 p.m.
<p>Considering the transition to long-term care Learn about how to access long-term care and factors to consider when planning a move. For caregivers.</p>	Wednesday, January 18 2 – 3 p.m.
<p>The who, what, where and when of Alzheimer’s disease biomarker testing with Dr. Mari DeMarco Alzheimer’s disease biomarker testing is now available in Canada and in this webinar, we will review key elements of this diagnostic testing. Dr. Mari DeMarco, who leads the national Alzheimer’s disease testing program, will address questions such as:</p> <ul style="list-style-type: none"> • Who is this test meant for? • What biomarkers are measured in this test? • Where is testing performed? • When is it appropriate to have this testing? 	Wednesday, January 25 2 – 3 p.m.
<p>How to support a friend who has dementia or is a caregiver Learn practical tips on how to offer support to a person living with dementia, their caregiver or family. For the general public.</p>	Wednesday, February 1 2 – 3 p.m.
<p>Adjusting to long-term care Discuss the experience of transitioning into long term care and explore strategies for adjusting. For caregivers.</p>	Wednesday, February 8 2 – 3 p.m.

Register online at alzbc.org/webinars

Webinar	Date
<p>Disorientation among people living with dementia As the population ages, the number of people living with dementia is expected to rise. Common symptoms like disorientation have become a growing concern. Noelannah Neubauer, Research Assistant in the Faculty of Health at the University of Waterloo and System Case Manager at Home Living Program in Edmonton, shares her latest research on policies and strategies to assist people living with dementia who experience disorientation and lower the risk of them going missing.</p>	<p>Wednesday, February 15 2 – 3 p.m.</p>
<p>Life in long-term care Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care. Tips for enhancing your visits, working with a care team, and acting as an advocate. For caregivers.</p>	<p>Wednesday, February 22 2 – 3 p.m.</p>
<p>Making activities dementia inclusive Discuss the benefits of meaningful activities and explore how different types of activities can be dementia inclusive. Be inspired to create your own dementia-inclusive activities to help improve quality of life and maintain well-being and maximize your enjoyment together. For caregivers and people living with dementia.</p>	<p>Wednesday, March 1 2 – 3 p.m.</p>
<p>Focus on behaviour: Targeted strategies for denial, paranoia, shadowing and anxiety Learn specific strategies for responding to four commonly experienced behaviours that people ask us about. For caregivers.</p>	<p>Wednesday, March 8 2 – 3 p.m.</p>
<p>Focus on behaviour: Responsive behaviours Explore possible reasons for our own reactivity and learn some coping strategies. For caregivers.</p>	<p>Wednesday, March 15 2 – 3 p.m.</p>
<p>Getting to know dementia: What is dementia? Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.</p>	<p>Wednesday, March 22 2 – 3 p.m.</p>
<p>Lived experience: Sensory experience of dementia As dementia progresses, not only do people living with dementia may go through communication and behaviour changes, but their senses may also experience changes. In this lived experience webinar, we will discuss the impact of dementia on sensory experiences and provide some tips and strategies to cope with these changes. We will also hear from people with lived experiences share their challenges and how to live a positive life with the changes. For caregivers and people living with dementia.</p>	<p>Wednesday, March 29 2 – 3 p.m.</p>

[Register online at alzbc.org/webinars](https://alzbc.org/webinars)



Minds in Motion®	Date	Registration
West Vancouver (in-person) West Vancouver Seniors' Activity Centre 695 21st Street	Ten Fridays, January 6 – March 10 1 – 3 p.m.	To register, call 604-925-7280 or visit westvancouverrec.ca/registration or register in-person. Cost: \$70 per pair for 10 sessions.
North Vancouver (in-person) Silver Harbour Centre 144 East 22nd Street	Eight Fridays, January 6 – February 24 9:45 – 11:15 a.m.	To register, call 604-980-2474 or register in-person at Silver Harbour Centre. Cost: \$56 per pair for eight sessions.
Sechelt (in-person) Sechelt Aquatic Centre 5500 Shorncliffe Avenue	Eight Fridays, January 20 – March 10 10 a.m. – noon	To register, call 604-885-6801 or visit scrd.ca/recreation-info-online-register Cost: \$80 per pair for eight sessions.
Online (English) Hosted online via Microsoft Teams	Groups meet weekly: Tuesdays: 10 – 11:30 a.m. <i>or</i> 1 – 2:30 p.m. Wednesdays: 10 – 11:30 a.m. Thursdays: 1 – 2:30 p.m. Fridays: 1 – 2:30 p.m.	Sessions are free to attend. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 or visit alzbc.org/mm
Online (Cantonese) Hosted online via Microsoft Teams	Groups meet weekly: Tuesdays: 1 – 2:15 p.m.	Sessions are free to attend. For more information and to register, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007 or email info.chinese@alzheimerbc.org

Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer regional support groups in-person and provincial support groups virtually for caregivers and people living in the early stages of dementia. Please see information below regarding the groups available to you.



To register:

- For groups in **Cantonese** and **Mandarin**, call the Chinese First Link® Dementia Helpline at 1-833-674-5007
- For groups in **Punjabi** and **Hindi**, call the South Asian First Link® Dementia Helpline at 1-833-674-5003
- For all other groups, call the First Link® Dementia Helpline at 1-800-936-6033

Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.

In-person caregiver support groups

Support group	Date
<p>Vancouver Coastal caregiver support group Open to anyone in Vancouver Coastal who is currently caring for a person living with dementia.</p> <p>Our family caregiver support groups offer a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey.</p>	<p><u>West Vancouver</u> 1st Wednesday of the month, 10:30 a.m. – noon</p> <p><u>North Vancouver</u> 4th Tuesday of the month, 11 a.m. – 1 p.m.</p>

Virtual general caregiver support groups

General support group

Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.

1st Tuesday of the month, 7 – 8:30 p.m.
2nd Monday of the month, 7 – 8:30 p.m.
2nd Tuesday of the month, 7 – 8:30 p.m.
2nd Friday of the month, 10 – 11:30 a.m.
3rd Monday of the month, 2 – 3:30 p.m.
3rd Tuesday of the month, 2 – 3:30 p.m.
3rd Thursday of the month, 10 – 11:30 a.m.
3rd Thursday of the month, 2 – 3:30 p.m.
3rd Thursday of the month, 7 – 8:30 p.m.
4th Tuesday of the month, 2 – 3:30 p.m.
4th Thursday of the month, 10 – 11:30 a.m.

Register by calling the First Link® Dementia Helpline at 1-800-936-6033

Virtual general caregiver support groups

Support group	Date
<p>General support group (Punjabi/Hindi) Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.</p>	For more information, call the South Asian First Link Dementia® Helpline at 1-833-674-5003.
<p>General support group (Cantonese) Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.</p>	<p>4th Tuesday of the month, 10 – 11:30 a.m. 4th Tuesday of the month, 2 – 3:30 p.m.</p>
<p>General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.</p>	2nd Thursday of the month, 2 – 3:30 p.m.

Virtual specialized support groups

<p>Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.</p>	<p>1st Thursday of the month, 7 – 8:30 p.m. 2nd Wednesday of the month, 7 – 8:30 p.m. 2nd Thursday of the month, 6:30 – 8 p.m. 3rd Tuesday of the month, 7 – 8:30 p.m. 3rd Thursday of the month, 6:30 – 8 p.m. 4th Tuesday of the month, 7 – 8:30 p.m.</p>
<p>Young onset support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.</p>	<p>2nd Tuesday of the month, 7 – 8:30 p.m. 4th Wednesday of the month, 6:30 – 8 p.m.</p>
<p>Long-term care support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	<p>3rd Tuesday of the month, 10 – 11:30 a.m. 3rd Tuesday of the month, 7 – 8:30 p.m. 3rd Wednesday of the month, 7 – 8:30 p.m. 4th Thursday of the month, 2 – 3:30 p.m.</p>
<p>LGBTQ2S+ support group Open to LGBTQ2S+ caregivers or caregivers of a person living with dementia who identifies as LGBTQ2S+ anywhere in B.C.</p>	1st Wednesday of the month, 7 – 8:30 p.m.
<p>Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	4th Wednesday of the month, noon – 1:30 p.m.
<p>BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia (bvFTD).</p>	4th Monday of the month, 7 – 8:30 p.m.

**Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English),
1-833-674-5007 (Cantonese or Mandarin) or 1-833-674-5003 (Punjabi or Hindi)**

Virtual early-stage groups for people living with dementia

Support group	Date
<p>Early-stage support group Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.</p> <p>Groups meet every two weeks.</p>	<p>Every 2nd Tuesday, 3 – 4 p.m. Every 2nd Wednesday, 10 – 11 a.m. (telephone only) Every 2nd Thursday, 11 a.m. – noon</p>
<p>Early-stage coffee and chat Open to people living with early symptoms of dementia to socialize, share experiences, laugh and enjoy the company of others who are living the dementia experience.</p> <p>Groups meet every two weeks.</p>	<p>Every 2nd Thursday, 11 a.m. – noon</p>

Register by calling the First Link® Dementia Helpline at 1-800-936-6033