

# First Link® Bulletin

Your link to dementia support

July - September 2023



Updates on  
programs and  
services

*See inside for dementia programs  
in the North Fraser area*

## Planning ahead: Emergency preparedness for caregivers



As we age, we lose the ability to control our body temperature. People living with dementia are more vulnerable to heat stress, resulting in dehydration, heat stroke or heat rashes – but research also shows that symptoms of dementia may worsen due to higher temperatures. Therefore, the likelihood of emergency visits, hospitalization and even death increases during periods of extreme heat.

### Coping with extreme heat

Given the rise of more frequent and longer-lasting heatwaves in the future, check in on your family member, friends or neighbours to make sure they're okay. Here are a few quick tips to stay cool:

- Stay in areas with air conditioning, including community centres and shopping malls.
- Stay out of the heat at the hottest times of the day and seek shade when you're outside.
- Set reminders to have a drink.
- Wear lightweight and light-coloured clothing.
- Take cool showers, baths or sponge baths.
- Take note of signs of heat stroke and other heat-related illnesses.

## Preparing for emergency and disasters

Emergency situations like wildfires and flooding can have a significant impact on everyone's safety. Many people living with dementia may become distressed when their routine is disturbed and, in some cases, they may have trouble understanding what is happening or feel confused or upset in an unfamiliar place during an evacuation. Planning ahead can alleviate the stress caused by sudden changes and it may help you to respond to situations more quickly.

- Prepare an emergency kit. Include medication, identification and copies of legal documents.
- Stay updated with current news and alerts with trusted media and authorities, including the B.C. emergency alert messages sent to your wireless devices.
- If you know an emergency is about to happen, immediately get yourself and the person living with dementia to a safe place.
- If the need to evacuate is likely, leave as early as possible to avoid heavy traffic.
- Alert family members, friends and health-care providers that the person living with dementia is relocating temporarily and provide contact information.

Overall, remain calm, stay with the person living with dementia and reassure them that everything will be fine.

### Learn more

- Learn how to respond during an evacuation and prevent agitation:  
[alzbc.org/emergency-caregiving-tips](https://alzbc.org/emergency-caregiving-tips)
- Get more information on disaster preparedness from Public Safety Canada: [getprepared.gc.ca](https://getprepared.gc.ca)

## 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.**

The online workshops are presented in a limited-sized group and will be facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

### Registration:

**In-person workshops:** Call our First Link® Dementia Helpline at 1-800-936-6033. Proof of full vaccination will be required to attend in-person programs.

**Online workshops:** Register online by visiting [alzbc.org/edu-workshops](https://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 in the North Fraser

With increased knowledge surrounding safety measures and high level of vaccinations across B.C., we have updated our safety protocols based on the current recommendations from the B.C. government.

Masks and proof of full vaccination are now optional for attending all in-person programs. To learn more about safety protocols, visit: [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety)

In-person workshop	Date	Location
<b>Creating engaging activities for warm weather</b>   Staying active and engaged can improve someone's experience of the dementia journey. Be inspired by meaningful activities created specifically for people living with the disease during the warmer months. Learn how to adapt activities as the disease progresses and incorporate them into a daily routine for improved health and well-being.	Monday, July 10 10 a.m. – noon	<b>Coquitlam</b> Dogwood Pavilion 1655 Winslow Avenue
<b>What is dementia?</b>   Learn how dementia affects an individual's brain and behaviour. General topics include stages and progression, dispelling myths and the disease's impact on family.	Tuesday, July 11 10 a.m. – noon	<b>Coquitlam</b> Glen Pine Pavilion 1200 Glen Pine Court
<b>Navigating the dementia journey: Living well with dementia</b>   Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead.	Wednesday, July 12 1 – 3 p.m.	<b>Pitt Meadows</b> Pitt Meadows Seniors Activity Centre 19065 119 B Avenue
	Tuesday, August 22 2 – 3:30 p.m.	<b>Coquitlam</b> Dogwood Pavilion 1655 Winslow Avenue

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

## In-person dementia education in the North Fraser

In-person workshop	Date	Location
<b>Dementia dialogues: Creating moments of joy</b>   Learn ways of supporting the positive moments along the dementia journey through a screening and discussion of the film, <i>Creating moments of joy</i> .	Tuesday, July 18 2 – 4 p.m.	<b>Coquitlam</b> Dogwood Pavilion 1655 Winslow Avenue
<b>Mapping your journey: Stages and progression of dementia</b>   While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.	Friday, July 21 1:30 – 3:30 p.m.	<b>Coquitlam</b> Glen Pine Pavilion 1200 Glen Pine Court
<b>Family caregiver series (two-part series)</b>   An education series for family members who are caring for a person living with dementia that covers types, causes, progression of dementia, communication and behaviour changes (e.g. repetitive questions, confusion,) as well as planning for the future and self-care for caregivers.	Two Fridays, July 28 – August 4 1 – 4:30 p.m.	<b>Coquitlam</b> Glen Pine Pavilion 1200 Glen Pine Court
<b>An introduction to brain health</b>   It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.	Thursday, August 3 1 – 3 p.m.	<b>Maple Ridge</b> Maple Ridge Seniors Activity Centre 12150 224 Street
	Thursday, August 17 1:30 – 3:30 p.m.	<b>Coquitlam</b> Dogwood Pavilion 1655 Winslow Avenue
<b>Dementia dialogues: Grief and loss</b>   View the film, "A Thousand Subtractions" and explore your own responses to grief and loss as a caregiver on the dementia journey.	Tuesday, August 29 2 – 4 p.m.	<b>Coquitlam</b> Glen Pine Pavilion 1200 Glen Pine Court

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

## Online workshops

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](mailto: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](http://alzbc.org/edu-workshops) or call 1-800-936-6033.

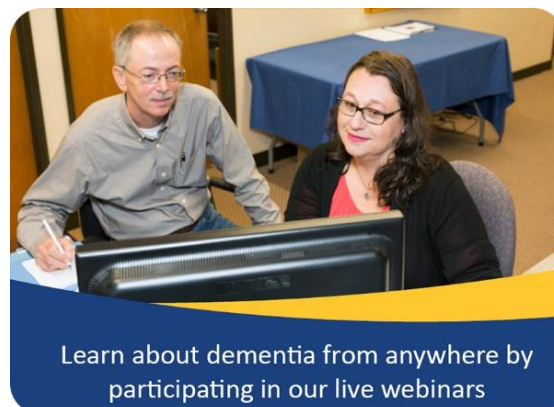
Online workshop	Date
<b>Considering the transition to long-term care</b>   Learn about the options for accessing long-term care, including eligibility requirements. We will also discuss factors to consider when planning a move and provide tips for easing the transition. For caregivers.	Tuesday, July 25 1 – 2:30 p.m.
<b>From home to care home: Preparing and adjusting to the new environment</b>   Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.	Tuesday, August 1 1 – 2:30 p.m.
<b>Equip yourself: Knowledge and skills to help get the support you need</b>   Gain the skills and knowledge you need to advocate for yourself and your family member along the dementia journey, including responding to common challenges, getting a diagnosis and accessing home support. For caregivers and people living with dementia.	Thursday, August 17 10 – 11:30 a.m.
<b>Delusions, hallucinations and visual mistakes</b>   Learn about the causes and triggers of delusions, hallucinations and visual mistakes, and explore strategies for responding to these behaviours to best support people living with dementia. For caregivers.	Tuesday, August 29 2 – 3:30 p.m.
<b>Targeted strategies for denial, paranoia, shadowing and anxiety</b>   Learn how to identify the emotional reality of loss of insight – often misinterpreted as denial – paranoia, shadowing, and anxious behaviour. Discover effective strategies for responding to these behaviours using a person-centred approach.	Thursday, September 14 6 – 7:30 p.m.
<b>Coping with change, loss and grief</b>   The dementia experience involves change and loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges and discover ways to find meaning in daily life. For caregivers.	Tuesday, September 26 10 – 11:30 a.m.

**Register at [alzbc.org/edu-workshops](http://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](https://alzbc.org/webinars). You can watch the education content on-demand at [alzbc.org/ondemand](https://alzbc.org/ondemand).



Webinar	Date
<b>Understanding behaviour changes</b>   Explore the various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.	Wednesday, July 5 2 – 3 p.m.
<b>An introduction to brain health</b>   It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.	Wednesday, July 12 2 – 3 p.m.
<b>Understanding and adapting to communication changes along the dementia journey</b>   A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. For caregivers.	Wednesday, July 19 2 – 3 p.m.
<b>Planning for dementia-friendly travel</b>   Explore the impact of dementia on travelling as we discuss challenges, safety concerns and tips for safe travel. For caregivers and people living with dementia.	Wednesday, July 26 2 – 3 p.m.
<b>Working with the care team in long-term care</b>   Caring for someone in long-term care brings a change in role for caregivers as the support team expands. Learn how to adjust your caregiving role and work effectively with the care team to ensure the person receives the care they need, and you also feel supported.	Wednesday, August 2 2 – 3 p.m.
Register online at <a href="https://alzbc.org/webinars">alzbc.org/webinars</a>	



Webinar	Date
<b>Making activities dementia-friendly</b>   Remaining active and meaningfully engaged is vital for people living with dementia to live well. Discuss how you can adapt different kinds of activities to be inclusive of the person living with the disease to help improve quality of life and enjoy your time together. For caregivers and people living with dementia.	Wednesday, August 9 2 – 3 p.m.
<b>Enhancing your visits with a person in long-term care</b>   Providing a sense of comfort and social support are some of the ways to help a person in long-term care to adjust to their new environment. Explore visiting tips and activity ideas so you can make the most out of the visits. For caregivers.	Wednesday, August 16 2 – 3 p.m.
<b>Supporting friends on the dementia journey</b>   Explore ways to support a friend who is living with dementia or caring for someone who is. Gain insight into the impact of dementia and learn how you can continue to show up and offer support they need to live well. For the general public.	Wednesday, August 23 2 – 3 p.m.
<b>Mapping your journey: Stages and progression of dementia</b>   While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen. For caregivers and people living with dementia.	Wednesday, August 30 2 – 3 p.m.
<b>Creating a safe home environment: Identifying and minimizing risks</b>   Learn to identify safety risks in the home and make adaptations to prevent accidents. Topics include safety measures for medications, food, hazardous substances and more. For caregivers and people living with dementia.	Wednesday, September 6 2 – 3 p.m.
<b>Dementia friends</b>   Small, everyday actions can help build a community that is inclusive, supportive of and safe for people living with dementia. For the general public.	Wednesday, September 13 2 – 3 p.m.
<b>Flipping stigma in action: Stories of empowerment and courage</b>   Get ready for part two of the four-part Flipping stigma webinar series! As we continue to showcase the Flipping Stigma on its Ear Toolkit, action group members living with dementia share their personal stories showcasing powerful vignettes of their life. Learn about how they take action against stigma and discrimination and have found the courage to respond, educate and encourage others on the dementia journey. For people living with dementia, family members and friends and health-care providers.	Wednesday, September 20 2 – 3 p.m.
<b>Panel discussion: Commonly asked questions about dementia</b>   Join us for a panel discussion where we respond to some of your most commonly asked questions. For caregivers and people living with dementia.	Wednesday, September 27 2 – 3 p.m.
Register online at <a href="https://alzbc.org/webinars">alzbc.org/webinars</a>	


## Coffee and chat

A social program designed to help you meet new people, engage in social activities and have fun!

To learn more visit [alzbc.org/coffee-chat](http://alzbc.org/coffee-chat)




Coffee and chat	Date	Registration
Online	Every second Thursday, 11 a.m. – noon	Please call the First Link® Dementia Helpline at 1-800-936-6033.
For more information, please call the First Link® Dementia Helpline at 1-800-936-6033		



### Minds in Motion®

A fitness and social program for people living with early-stage dementia and their care partner

To learn more, visit: [alzbc.org/mm](http://alzbc.org/mm)



Minds in Motion®	Date	Registration
<b>Coquitlam (in-person)</b> Dogwood Pavilion 1655 Winslow Avenue	Five Thursdays, July 6 to August 3 2:15 – 3:45 p.m.	To register, phone Dogwood Pavilion at 604-927-6098. <b>Cost:</b> \$27.50 per pair for five sessions.
	Four Thursdays, August 10 to August 31 2:15 – 3:45 p.m.	To register, phone Dogwood Pavilion at 604-927-6098. <b>Cost:</b> \$22 per pair for four sessions.
<b>Online (English)</b> Hosted online via Microsoft Teams	<b>Groups meet weekly:</b>  <b>Tuesdays:</b> 10 – 11:30 a.m. <u>or</u> 1 – 2:30 p.m. <b>Wednesdays:</b> 10 – 11:30 a.m. <b>Thursdays:</b> 1 – 2:30 p.m. <b>Fridays:</b> 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 <a href="http://alzbc.org/mm">alzbc.org/mm</a> .
<b>Online (Cantonese)</b> Hosted online via Microsoft Teams	<b>Groups meet weekly:</b>  <b>Tuesdays:</b> 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 <a href="mailto:info.chinese@alzheimerbc.org">info.chinese@alzheimerbc.org</a> .

## 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
<b>Fraser Region caregiver support group</b> Open to anyone in the Fraser Region who is currently caring for a person living with dementia.  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.	<b>Maple Ridge</b> <b>2nd Tuesday of the month, 6:15 – 7:45 p.m.</b>  <b>New Westminster</b> <b>3rd Tuesday of the month, 6:45 – 8:15 p.m.</b>

### Virtual general caregiver support groups

<b>General support group</b> Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.	<b>1st Tuesday of the month, 7 – 8:30 p.m.</b> <b>2nd Monday of the month, 7 – 8:30 p.m.</b> <b>2nd Tuesday of the month, 7 – 8:30 p.m.</b> <b>2nd Friday of the month, 10 -11:30 a.m.</b> <b>3rd Monday of the month, 2 – 3:30 p.m.</b> <b>3rd Tuesday of the month, 2 – 3:30 p.m.</b> <b>3rd Thursday of the month, 10 – 11:30 a.m.</b> <b>3rd Thursday of the month, 2 – 3:30 p.m.</b> <b>3rd Thursday of the month, 7 – 8:30 p.m.</b> <b>4th Tuesday of the month, 2 – 3:30 p.m.</b> <b>4th Thursday of the month, 10 – 11:30 a.m.</b>
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**Register by calling the First Link® Dementia Helpline at 1-800-936-6033**



## Virtual general caregiver support groups

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

## Virtual specialized support groups

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

**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)**

## In-person early-stage support groups for people living with dementia

Support group	Date
<b>Early-stage support group</b> 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.  Group meets every first and third Wednesday of the month.	<b>Coquitlam</b> <b>Every 1st and 3rd Wednesday, 1:30 – 3 p.m.</b>

## Virtual early-stage groups for people living with dementia

<b>Early-stage support group</b> 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.  Groups meet every two weeks.	<b>Every 2nd Tuesday, 3 – 4 p.m.</b> <b>Every 2nd Wednesday, 10 – 11 a.m. (telephone only)</b> <b>Every 2nd Thursday, 11 a.m. – noon</b>
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**Register by calling the First Link® Dementia Helpline at 1-800-936-6033**



**Questions or concerns about dementia or memory loss?**

### First Link® Dementia Helpline

<b>English</b> (9 a.m. to 8 p.m.)	<b>1-800-936-6033</b>
<b>Cantonese and Mandarin</b> (9 a.m. to 4 p.m.)	<b>1-833-674-5007</b>
<b>Punjabi, Hindi and Urdu</b> (9 a.m. to 4 p.m.)	<b>1-833-674-5003</b>