

## Online dementia education January – March 2022

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

**Registration:** Click on the link below to register online or call our **First Link® Dementia Helpline** at **1-800-933-6033**, available from 9 a.m. to 8 p.m., Monday to Friday.

*For caregivers*  
**Thursday, January 13**  
2 – 4 p.m. | [Register online](#)

*For caregivers*  
**Tuesday, March 1**  
6 – 7:30 p.m. | [Register online](#)

*For caregivers and people living with dementia*  
**Tuesday, January 18**  
1:30 – 3 p.m. | [Register online](#)

*For caregivers*  
**Thursday, March 10**  
10 – 11:30 a.m. | [Register online](#)

*For caregivers*  
**Thursday, January 20**  
6:30 – 8 p.m. | [Register online](#)

*For the general public*  
**Tuesday, March 15**  
2 – 3:30 p.m. | [Register online](#)

*For caregivers and people living with dementia*  
**Tuesday, February 1**  
10 – 11:30 a.m. | [Register online](#)

*For caregivers*  
**Tuesday, March 15**  
6 – 7:30 p.m. | [Register online](#)

*For caregivers.*  
**Thursday, February 3**  
10 – 11:30 a.m. | [Register online](#)

*For caregivers*  
**Tuesday, March 29**  
2 – 3:30 p.m. | [Register online](#)

*For caregivers and people living with dementia*  
**Tuesday, February 15**  
2 – 3:30 p.m. | [Register online](#)

*For caregivers and people living with dementia*  
**Thursday, February 17**  
2 – 3:30 p.m. | [Register online](#)

### Webinars also available!

Webinars are lecture-style, online education seminars offered every Wednesday at 2 p.m.  
Visit: [alzbc.org/webinars](http://alzbc.org/webinars)

## Online dementia education: Descriptions

### **Recognizing your journey as a caregiver |**

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver.

*For caregivers*

**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*

### **Delusions, hallucinations and visual mistakes |**

Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia.

*For caregivers*

### **Getting to know dementia: What is**

**dementia? |** Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.

*For caregivers and people living with dementia*

**Understanding communication |** Explore how communication is affected by dementia and learn effective communication strategies.

*For caregivers*

**Driving and dementia |** Learn how dementia may affect a person's driving abilities and strategies to ease the transition for driving cessation.

*For caregivers and people living with dementia*

**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*

### **Focus on behaviour: Responsive behaviours |**

Explore the reasons for your reactivity during these rapidly changing times and learn coping strategies.

*For caregivers*

**Building caregiver resilience |** Learn strategies to positively manage caregiver stress and build resilience.

*For caregivers*

**Introduction to brain health |** It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.

*For the general public*

**Long distance caregiving |** Practical tips on providing meaningful caregiving support from a distance.

*For caregivers*

**Understanding behaviour |** Learn practical strategies to respond to the person living with dementia in supportive ways.

*For caregivers*