

First Link® Dementia Helpline

- English: 1-800-936-6033
- Cantonese or Mandarin: 1-833-674-5007
- Punjabi: 1-833-674-5003



Resource centres

Located throughout the province, resource centres offer a variety of print resources, education, support groups and access to trained support staff by appointment.

For more information, visit alzheimerbc.org

LOWER MAINLAND AND FRASER VALLEY

Fraser Region

201 – 15127 100th Avenue, Surrey

English: 604-449-5000

Punjabi: 604-742-4956

North Fraser

604-298-0780

Chilliwack – Hope

45530 Spadina Avenue, Chilliwack

604-702-4603

North Shore and Sunshine Coast

212 – 1200 Lynn Valley Road,

North Vancouver

604-984-8348; 1-866-984-8348

Vancouver and Richmond

303 – 828 West 8th Avenue, Vancouver

290 – 7000 Minoru Boulevard, Richmond

English: 604-675-5150

Cantonese or Mandarin: 604-279-7120

VANCOUVER ISLAND

Greater Victoria

202 – 306 Burnside Road West, Victoria

250-382-2052

North and Central Vancouver Island

4 – 4488 Wellington Road, Nanaimo

250-734-4170; 1-800-462-2833

INTERIOR AND NORTH

North & Central Okanagan

307 – 1664 Richter Street, Kelowna

250-860-0305; 1-800-634-3399

South Okanagan & Similkameen

104 – 35 Backstreet Boulevard, Penticton

250-493-8182; 1-888-318-1122

Central Interior

405 – 235 1st Avenue, Kamloops

250-377-8200; 1-800-886-6946

West Kootenay

778-774-2133; 1-855-301-6742

East Kootenay

778-761-2011; 1-833-426-0534

Northern Interior, Northeast & Northwest

302 – 1811 Victoria Street, Prince George

250-564-7533; 1-866-564-7533

PROVINCIAL OFFICE

300 – 828 West 8th Avenue, Vancouver

firstlink@alzheimerbc.org

www.alzheimerbc.org

First Link®

YOUR LINK TO DEMENTIA SUPPORT

Alzheimer Society of B.C. programs
and services for people living with
dementia and caregivers



Alzheimer Society
BRITISH COLUMBIA



What is First Link®?

First Link® dementia support includes all of the Alzheimer Society of B.C.'s services for people affected by dementia. First Link® is available throughout the progression of the disease, from diagnosis (or before) to end-of-life care.

You can connect to First Link® in three ways:

- By asking your health-care provider for a referral.
- By calling the First Link® Dementia Helpline.
- By calling or making an appointment at one of our resource centres throughout the province.



First Link®
YOUR LINK TO DEMENTIA SUPPORT

First Link® Dementia Helpline

English: 1-800-936-6033
Monday to Friday, 9 a.m. to 8 p.m.

Cantonese or Mandarin: 1-833-674-5007
Punjabi: 1-833-674-5003
Monday to Friday, 9 a.m. to 4 p.m.

What to expect

Whether a health-care provider refers you or you connect by yourself, we will connect with you to provide information about our services, including:

- **Individual support:** Ongoing support calls to help understand dementia, recognize changing needs, navigate community resources and plan for the future.
- **Dementia education:** Education on a variety of topics throughout the progression of the disease including *Getting to Know Dementia*, the *Family Caregiver Series* and *Accessing Services*. On-demand videos are also available.
- **Support groups:** These groups, including specialty groups (young-onset, long-term care, adult children, LGBTQ2S+, etc.), provide information and peer support for people in the early stages of dementia and for caregivers. Available in English, Cantonese, Mandarin, Punjabi and Hindi.
- **Coffee and Chat:** Online social group for people living with early symptoms of dementia to laugh, share experiences and connect with others.
- **Minds in Motion®:** A social and fitness program for people in the early stages of dementia and a care partner.
- **Information:** Access brochures, fact sheets, videos and newsletters.
- **First Link® Dementia Helpline:** Information and support for anyone affected by dementia or anyone who wants to learn more about the disease.

Program availability: Programs are offered in-person, online or by telephone. Availability may vary by community.

Why First Link®

First Link® connects you with someone who understands dementia and who can suggest programs and services to address your ongoing needs. We can also provide information about other helpful community and health-care services.

*"I see the road ahead clearly now,
and I'm not afraid to walk it."
– A caregiver*

The Alzheimer Society of B.C. is committed to building a province where people affected by dementia are welcomed, supported and included – a truly dementia-friendly B.C.

