

# First Link® Bulletin

Your link to dementia support

October - December 2023



Updates on  
programs and  
services

See inside for dementia programs in  
the Yukon

## Specialized support for Yukoners



In collaboration with the Government of Yukon, we have launched the First Link® Yukon Dementia Helpline providing Yukon-based community members – including people living with dementia and caregivers and health-care providers – access to dementia support services.

The First Link® Yukon Dementia Helpline is the first support service the Society is offering across the territory to help provide comprehensive support for seniors and caregivers, as well as supporting recommendations from the Government of Yukon's *Putting People First* and the *Aging in Place* action plans.

Anyone living with dementia or caring for someone who is, both personally or professionally, as well as others who are concerned about dementia or memory loss is encouraged to call the helpline. Helpline staff can provide care and support to anyone facing dementia, at any stage of the journey: from diagnosis – or before – to end of life.

Yukoners can reach the helpline by calling the toll-free number: 1-888-852-2579, available from Monday to Friday (10 a.m. to 8 p.m.) to access the help and guidance they need. All calls are confidential.

If you or someone you know in the Yukon is living with dementia or caring for a person living with dementia remember that you are not alone. We are here to support you to build the confidence and skills to live the best life possible.

More information will be shared soon as we continue to develop additional services to support the well-being of the community members affected by dementia in the Yukon.

For more information and updates on dementia education and resources including webinars and online workshops, visit [alzbc.org/yukon](https://alzbc.org/yukon).

For email inquiries, contact us at [info.yukondhl@alzheimerbc.org](mailto:info.yukondhl@alzheimerbc.org).

## Flipping stigma in action

Many people living with dementia experience stigma and discrimination. We can face these challenges through education, awareness and advocacy.

In the “Flipping stigma” webinar series, we hear directly from people living with dementia who worked on the “Flipping Stigma on its Ear” toolkit, a valuable resource created alongside UBC researchers. These participants share insights on addressing the stigma associated with dementia.

Join us on Wednesday, November 22 at 2 p.m. PT for the webinar on the Flipping stigma in action: Building confidence and competence in advocacy. Learn more on [page 5](#).

We are now offering  
virtual Caregiver support groups!  
View [page 6](#) to learn more.

Alzheimer Society  
BRITISH COLUMBIA

First Link®  
YOUR LINK TO DEMENTIA SUPPORT



Ministry of  
Health

## 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:

**Online workshops:** Register online by visiting [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call the First Link® Dementia Helpline at 1-888-852-2579. You will receive an email with a link to join the event prior to the event date.

### Online workshops

All sessions are hosted on Zoom. If you are new to using Zoom 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 workshops	Date
<b>Driving and dementia</b>   Dementia will affect a person's ability to drive and for many people this represents a loss of independence. Discuss strategies for how to have the conversations about the topic early and ease the transition when it's time for someone to retire from driving. For caregivers and people living with dementia.	Thursday, October 12 10 to 11:30 a.m.
<b>Understanding responsive behaviours</b>   It can be frustrating and upsetting when someone living with dementia is behaving in an unexpected way; their words and gestures are often a response to something important in their environment. Explore responsive behaviours, what causes them, your own reactions, and strategies for maintaining well-being. For caregivers.	Tuesday, October 24 6:30 to 8 p.m.
<b>Targeted strategies for word salad, wanting to go home and more</b>   Dementia affects how a person conveys their thoughts and feelings. Common behaviours can include mixing up words (word salad) and creating false memories without motivation (confabulation) which can lead to misunderstandings and frustrations. Learn how to address these behaviours and respond to other questions, like wanting to go home and asking about deceased relatives. For caregivers.	Monday, October 30 2 to 3:30 p.m.

**Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 1-800-936-6033**

Online workshops	Date
<p><b>Responding to late-day confusion</b>   People living with dementia may become restless or confused late in the day, a phenomenon that has been referred to as “sundowning.” Caregivers may feel helpless, not knowing how to alleviate the restlessness and agitation. Learn the signs and explore strategies for responding. For caregivers.</p>	<p>Tuesday, November 14 11 a.m. to 12:30 p.m.</p>
<p><b>Recognizing your journey as a caregiver</b>   Discuss the personal challenges, guilt, and grief of being a caregiver. Learn how to recognize signs of burnout, the importance of self-care and how you can build resilience. There will be opportunities for discussion throughout the presentation. For caregivers.</p>	<p>Thursday, November 23 7:30 to 9 p.m.</p>
<p><b>Preparing for the holidays</b>   The holidays can be a stressful time for anyone – but especially for people on the dementia journey. Explore strategies for adapting your plans and learn tips on minimizing stress and maximizing connection with meaningful activities. For caregivers and people living with dementia.</p>	<p>Thursday, November 30 2 to 3:30 p.m.</p>
<p><b>Accessing dementia services and support</b>   Navigating health-care systems and looking for support services can be overwhelming. Learn about community supports – including home care, respite and adult day programs – as well as how to address challenges in accessing them. For caregivers and people living with dementia.</p>	<p>Tuesday, December 5 2 to 3:30 p.m.</p>
<p><b>Personal care: Dressing and grooming</b>   We all want to look and feel good, but changes in the brain due to dementia can affect a person’s abilities and more assistance may gradually be required with personal care. Learn tips and strategies for making these daily activities more successful. For caregivers.</p>	<p>Tuesday, December 12 11 a.m. to 12:30 p.m.</p>
<p><b>Register at <a href="https://alzbc.org/edu-workshops">alzbc.org/edu-workshops</a> or call 1-888-852-2579</b></p>	

## 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 on Zoom. 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>A dose of laughter: Improv for Alzheimer's and dementia</b>   Led by a pair of experienced improvisers from Tightrope Improv Theatre, this webinar will introduce folks living with Alzheimer's and other forms of dementia and their care partners to improvisation. Through a combination of entertaining demonstrations and opportunities to participate in games and exercises, participants will build new skills, share their creativity, and laugh together! This webinar will focus on using improv for communication between participants living with dementia and their care partners by exploring Saying Yes, Listening, and Imagination.	Wednesday, October 4 2 to 3:30 p.m.
<b>Research connects: Co-developing innovative technology – how assistive robots and virtual reality can improve dementia care</b>   Dr. Lillian Hung and her team at UBC's IDEA Lab work closely with people with the lived experience of dementia. Join Lillian and advocate Jim Mann as they highlight how assistive robots, virtual reality and virtual team-based care are helping to address the unique care challenges faced by persons living with dementia and their families.	Wednesday, October 11 2 to 3:30 p.m.
<b>Understanding behaviour changes</b>   Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.	Wednesday, October 25 2 to 3:30 p.m.
<b>Understanding frontotemporal dementia (featuring Dr. Sherri Hayden, Registered Psychiatrist)</b>   Learn what Frontotemporal dementia is, how it's diagnosed and how it differs from other types of dementia in symptoms and progression. Strategies for responding to behaviours will also be discussed.	Wednesday, November 1 2 to 3:30 p.m.
<b>Register online at <a href="https://alzbc.org/webinars">alzbc.org/webinars</a></b>	

Webinar	Date
<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, November 8 3 to 4:30 p.m.
<b>Speech language pathologists and communication care for people living with dementia ft. guests Dr. Jeff Small, Kate Davies RSLP, and Dr. Tami Howe SLP(C)</b>   In this webinar, we will discuss how dementia can affect a person's communication. We will explore the role of speech-language pathologists in dementia care and how they can support communication changes related to dementia. Avenues of accessing speech-language pathologists will also be provided. For caregivers and people living with dementia.	Wednesday, November 15 3 to 4:30 p.m.
<b>Flipping stigma in action: Building confidence and competence in advocacy</b>   In part three of the four-part Flipping Stigma series, we continue to spotlight the Flipping Stigma on its Ear toolkit, with a focus on advocacy. Action group members living with dementia share their firsthand experiences and practical strategies for taking action against stigma and advocating for public awareness. Learn how you can play a role in creating a more knowledgeable and inclusive community. For the general public.	Wednesday, November 22 3 to 4:30 p.m.
<b>Primary Progressive Aphasia and Supporting Communication ft. guests Kate Davies RSLP and Dr. Robin Hsiung MD</b>   This webinar provides an overview of primary progressive aphasia, how speech, language, and communication can be affected by primary progressive aphasia, and how speech-language pathologists can support those living with primary progressive aphasia and their family members. For caregivers and people living with dementia.	Wednesday, November 29 3 to 4:30 p.m.
<b>Research connects</b>   Join us as we explore various topics related to dementia research. In order to be as responsive as possible to the latest news in dementia research, the specific topic will be announced closer to the date.	Wednesday, December 6 3 to 4:30 p.m.
<b>Strategies for self-care: Prioritizing your well-being</b>   Learn about strategies to positively manage stress and prioritize self-care to cope with the changes brought by dementia. For caregivers and people living with dementia.	Wednesday, December 13 3 to 4:30 p.m.
<b>Register online at <a href="https://alzbc.org/webinars">alzbc.org/webinars</a></b>	

## 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 virtual support groups for caregivers and people living in the early stages of dementia.

To register, please call the Yukon First Link® Dementia Helpline at 1-888-852-2579

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

### Virtual general caregiver support group

#### General support group

Open to caregivers in the Yukon who are currently caring for a person living with dementia.

4th Wednesday of the month, 2 to 3:30 p.m.  
*Begins October 25*

### Virtual early-stage support group

#### Early stage support group

Open to people living with early symptoms of dementia in the Yukon to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia

4th Wednesday of the month, 10 to 11:30 a.m.  
*Begins November 22*  
*\*December session will take place on December 6*

**Register by calling the Yukon First Link® Dementia Helpline at 1-888-852-2579.**