

### Advocacy resources

General resources for advocates		
<p>Advocacy fact sheets</p> <ul style="list-style-type: none"> <li>- What is an advocate?</li> <li>- Filing a complaint and writing a letter</li> <li>- Home support advocacy</li> </ul>		<a href="http://alzbc.org/self-advocacy">alzbc.org/self-advocacy</a>
<p>Advocacy resources for British Columbians</p> <p>Information on advocacy, self-advocacy and provincial and municipal advocacy.</p>		<a href="http://alzbc.org/advocacy">alzbc.org/advocacy</a>
<p>Flipping stigma on its ear toolkit</p> <p>A toolkit designed by people living with dementia to address the challenges of stigma.</p>		<a href="http://flippingstigma.com">flippingstigma.com</a>
<p>Getting a diagnosis toolkit</p> <p>A toolkit that can help prepare for getting a diagnosis from a health-care provider.</p>		<a href="http://alzbc.org/diagnostoolkit">alzbc.org/diagnostoolkit</a>
<p>Office of the Seniors Advocate of BC</p> <p>An independent office of the B.C. provincial government acting in the interest of seniors and their caregivers.</p>	1-877-952-3181	<a href="http://seniorsadvocatebc.ca">seniorsadvocatebc.ca</a>
<p>Person-centred language guidelines</p> <p>A tool for anyone who lives with, supports or works with a person living with dementia.</p>		<a href="http://alzbc.org/languageguidelines">alzbc.org/languageguidelines</a>
<p>Seniors First BC</p> <p>Information, advocacy and support for B.C. seniors, including Seniors Abuse and Information Line, Elder Law Clinic, advanced planning clinics and a legal advocacy program.</p>	1-866-437-1940	<a href="http://Seniorsfirstbc.ca">Seniorsfirstbc.ca</a>
Becoming an advocate		
<p>Alzheimer Society of British Columbia</p> <p>Email us to learn more about how to become involved as an advocate for the Alzheimer Society of B.C., or to share a story of your experience.</p>		<a href="mailto:advocacy@alzheimerbc.org">advocacy@alzheimerbc.org</a>
<p>Alzheimer Society of Canada</p> <p>Information on becoming an advocate and meaningful engagement.</p>		<a href="http://alzbc.org/helpothers">alzbc.org/helpothers</a>

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**DISCLAIMER:** The Alzheimer Society of B.C. does not endorse or assume responsibility for the resources or services mentioned in this document. The list is simply a tool to help with personal research and access to information.

<p><b>Dementia Advocacy Canada</b> A grassroots group of people living with dementia and care partners who want to influence policy, inform program development and improve access to support services across Canada.</p>		dementiacanada.com
<p><b>Dementia Alliance International</b> A global organization supporting advocacy and improved quality of life.</p>		dementiaallianceinternational.org
<p><b>Patient Voices Network</b> A network of patients, families, caregivers and health-care teams working together to improve the quality of care in B.C.</p>	1-877-282-1919	patientvoicesbc.ca
<b>Home care and long-term care</b>		
<p><b>Arrange for home and community care services</b> Information on how to arrange for home and community care services.</p>		alzbc.org/arrangecare
<p><b>Long-term care resources</b> A list of resources from the Alzheimer Society of Canada to support staff, people living with dementia and their care partners, before, during and after the transition to long-term care.</p>		alzbc.org/LTC
<p><b>Planning for Your Care Needs: Considerations in Selecting a Long-term Care Home</b> A B.C. Ministry of Health guide to selecting a long-term care home.</p>		alzbc.org/selectingLTC
<b>System navigation</b>		
<p><b>Accessing health care</b> Information on regional health care resources, how to apply for financial aid for medical travel expenses, how to obtain a case manager and initial assessment for home support, day programs, respite, facility placement, etc.</p>		alzbc.org/accessinghealthcare
<p><b>The Dementia Companion Handbook</b> A guide to support communication between people living with dementia who also have other chronic conditions and their health-care teams.</p>		alzbc.org/companion-printable
<p><b>HealthLink BC Navigation Services (24 hours)</b> HealthLink BC's health service navigators can provide health information, help navigate the health-care system and find health services. Available in 130 languages. Speak with a nurse, pharmacist or dietician.</p>	Phone 8-1-1	alzbc.org/navigationsservices
<b>Legal support</b>		
<p><b>Advocacy Centre for the Elderly</b> A community-based legal clinic for low-income seniors.</p>		acelaw.ca
<p><b>Canadian Centre for Elder Law (CCEL)</b> Conducts research, outreach and public legal education on elder law legal issues.</p>		bcli.org/sectors/ccel

<b>Public Guardian and Trustee of B.C.</b> Works to protect the legal, financial, personal and health-care interests of adults who require assistance in decision making.	1-800-663-7867	trustee.bc.ca
<b>Making a complaint</b>		
<b>BC Ombudsperson</b> Assistance with complaints from members of the public about the administration of government programs and services.	1-800-567-3247	bcombudsperson.ca
<b>Patient Care Quality Office</b> To make a formal complaint about quality of care, or for more information on how to make a complaint.	1-866-952-2448	patientcarequalityreviewboard.ca Select “How to make a complaint...” in the left-hand menu
<b>Senior abuse</b>		
<b>Seniors Abuse and Information Line (SAIL)</b> A confidential information line for older adults and those who care about them to speak to an intake worker about abuse, mistreatment and any issues that impact the health and well-being of older adults in B.C.	1-866-437-1940	seniorsfirstbc.ca/programs/sail
<b>Planning for the future</b>		
<b>Advance care planning</b> Advance care planning information and resources.		alzbc.org/advancecareplanning
<b>Health-care consent fact sheet</b> A fact sheet from Nidus Personal Planning Resource Centre and Registry on health-care consent that details how health decisions are made in B.C.		alzbc.org/nidusfactsheet
<b>It’s your choice: Personal planning tools</b> A toolkit from the Public Guardian and Trustee of B.C. to support people living with dementia plan for decision-making in the future.		alzbc.org/PGTtools
<b>Nidus Personal Planning Resource Centre and Registry</b> B.C. legal planning documents and information.		nidus.ca

To advocate with the Society, email us at [advocacy@alzheimerbc.org](mailto:advocacy@alzheimerbc.org).

If you have questions about Alzheimer’s disease or other dementias, call the Alzheimer Society of B.C.’s First Link® Dementia Helpline for information and support (toll-free):



- **English:** 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.)
- **Cantonese and Mandarin:** 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.)
- **Punjabi, Hindi and Urdu:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)