

First Link® Bulletin

Your link to dementia support

July - September 2024



Updates on
programs and
services

See inside for dementia programs on
the North Shore and Sunshine Coast

Emergency Planning for Caregivers



With summer on its way, we're seeing temperatures rising. People living with dementia are more vulnerable to heat stress, which can worsen symptoms and increase the risk of dehydration, heat stroke, and heat rashes. Higher temperatures also lead to more emergency visits and hospitalizations.

With more frequent and prolonged heatwaves expected in the future, it's crucial to check on family members, friends, and neighbors. Here are some quick tips to help everyone stay cool and safe:

- Spend time in air-conditioned places, such as community centers and shopping malls.
- Stay indoors during the hottest parts of the day and seek shade when outside.
- Set reminders to drink water regularly.
- Wear lightweight, light-colored clothing.
- Take cool showers, baths, or sponge baths.
- Be aware of symptoms of heat stroke and other heat-related illnesses.

Be prepared

Emergency situations like wildfires and floods can significantly impact safety, especially for those living with dementia. Routine disruptions can cause distress and confusion during evacuations. Planning ahead can reduce stress and help you respond swiftly.

Five key steps

Prepare an emergency kit: Include essential items such as medication, identification, and copies of legal documents.

Stay informed: Keep up-to-date with news and alerts from trusted sources, including B.C. emergency alerts on your wireless devices.

Act quickly: If an emergency is imminent, move yourself and the person with dementia to a safe place immediately.

Evacuate early: If evacuation seems likely, leave as early as possible to avoid traffic congestion.

Communicate: Inform family, friends, and healthcare providers about the temporary relocation and provide contact information.

Remember: Stay calm, remain 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
- Get more information on disaster preparedness from Public Safety Canada:
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. **Pre-registration is required. Please register one week prior to the workshop date.**

Registration

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

Online workshops: Register online by visiting 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 Shore and Sunshine Coast

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

In-person workshops	Date	Location
Navigating the dementia journey Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, how to respond to the diagnosis, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead. For caregivers and people living with dementia.	Friday, July 5 1 to 3 p.m.	North Vancouver Location details provided upon registration
Understanding behaviour changes Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.	Wednesday, September 4 6:30 to 8:30 p.m.	North Vancouver Location details provided upon registration
An Introduction to brain health 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. For the general public.	Thursday, September 19 2 to 3:30 p.m.	West Vancouver Location details provided upon registration <i>*Register online at westvanlibrary.ca/events-programs/</i>

In-person workshops	Date	Location
<p>Shaping the Journey Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future. For caregivers and people living with dementia.</p>	<p>Five Thursdays , September 12 – October 10 1 to 3 p.m.</p>	<p>North Vancouver Location details provided upon registration</p>
<p>Dementia-Friendly Communities Join us to learn more about dementia and explore simple strategies that can create a more supportive, inclusive and welcoming community for people affected by the disease. For the general public.</p>	<p>Tuesday, September 24 2 to 3:30 p.m.</p>	<p>North Vancouver Location details provided upon registration</p> <p><i>*Register online at nvdpl.events.mylibrary.digital/</i></p>

Register at alzbc.org/edu-workshops or call 1-800-936-6033



alzbc.org/FLDHL

First Link® Dementia Helpline

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

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.

Please note these sessions are not recorded – only register if you plan to attend live. Register at alzbc.org/edu-workshops or call 1-800-936-6033.

Online workshops	Date
Targeted strategies for word salad, wanting to go home and more 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.	Tuesday, July 23 10 to 11:30 a.m.
Understanding responsive behaviours 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.	Thursday, August 22 2 to 3.30 p.m.
Understanding and adapting to communication changes along the dementia journey 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.	Tuesday, September 3 1 to 2:30 p.m.
Understanding behaviour changes Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.	Thursday, September 26 6:30 to 8 p.m.

Register at 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 on Zoom. To register for our upcoming webinars, visit our website at alzbc.org/webinars. You can watch the education content on-demand at alzbc.org/ondemand.



Webinar	Date
<p>Responding to late-day confusion 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>Wednesday, July 3 2 to 3:30 p.m.</p>
<p>Mental health matters: Anxiety’s role in Mild Cognitive Impairment (MCI) and dementia Dive into the topic of mental health and explore the impact anxiety and related mental health factors have on cognition in Mild Cognitive Impairment and dementia. We will also share practical strategies for preventing and managing anxiety-related behaviours, helping people live well. For caregivers and people living with dementia.</p>	<p>Wednesday, July 10 2 to 3:30 p.m.</p>
<p>Dementia-Friendly Communities Join us to learn more about dementia and explore simple strategies that can create a more supportive, inclusive and welcoming community for people affected by the disease. For the general public.</p>	<p>Wednesday, July 17 2 to 3:30 p.m.</p>
<p>Research connects: Topic TBA 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. For the general public.</p>	<p>Wednesday, July 24 2 to 3:30 p.m.</p>
<p>Making activities dementia friendly 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.</p>	<p>Wednesday, July 31 2 to 3:30 p.m.</p>

Webinar	Date
<p>Personal care: Dressing and grooming 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 and people living with dementia.</p>	<p>Wednesday, August 7 2 to 3:30 p.m.</p>
<p>An Introduction to brain health 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. For the general public.</p>	<p>Wednesday, August 14 2 to 3 p.m.</p>
<p>Living well with dementia: The power of staying active Dementia may cause changes to your abilities, but it doesn’t mark the end of an active and fulfilling life. Physical activity can improve well-being, alleviate stress and promote overall health. In this panel discussion, people living with dementia will share their personal stories of finding strength and resilience through physical activity and sport. Join us to learn tips and strategies to help you live well with dementia. For the general public.</p>	<p>Wednesday, August 21 2 to 3:30 p.m.</p>
<p>Mapping your journey: Stages and progression of dementia 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.</p>	<p>Wednesday, August 28 2 to 3:30 p.m.</p>
<p>Accessing dementia services and support 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>Wednesday, September 4 2 to 3:30 p.m.</p>
<p>Enhancing your visits with a person in long-term care 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.</p>	<p>Wednesday, September 11 2 to 3:30 p.m.</p>

Register online at alzbc.org/webinars


Webinar	Date
<p>How does living with dementia affect your financial health? Now that you are living with dementia or suspect dementia, what are the conversations you should be having with your Financial Advisor? Your income needs may change due to higher care expenses, potentially impacting your Old Age Security payments. Or you may want to reduce the financial risk of your investments. Ensure you and your Financial Advisor have the proper safeguards in place to protect your wishes in the future. Join us as we walk through real-life scenarios of the good, the bad, and the ugly. For caregivers and people living with dementia.</p>	<p>Wednesday, September 18 2 to 3:30 p.m.</p>
<p>Research connects: Topic TBA 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. For the general public.</p>	<p>Wednesday, September 25 2 to 3:30 p.m.</p>

Register online at alzbc.org/webinars

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



Coffee and chat	Date	Registration
<p>Online</p>	<p>Every second Thursday, 11 a.m. - noon</p>	<p>Please call the First Link® Dementia Helpline at 1-800-936-6033.</p>

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.



Minds in Motion®	Date	Registration
North Vancouver Silver Harbour Centre 144 East 22nd Street	Eight Fridays, July 5 - Aug 23 9:45 to 11:15 a.m.	Register in-person or by phone at 604-980-2474. Cost: \$64 per pair for eight sessions. \$48 per pair for six sessions
	Six Fridays, September 13 - October 18 9:45 to 11:15 a.m.	
West Vancouver West Vancouver Seniors' Activity Centre 695 21st Street	Seven Fridays, July 5 - August 16 1 to 2:30 p.m.	Register in-person, by phone at 604-925-7280 or online at activewestvanrec.ca . Cost: \$57.50 per pair for seven sessions. \$52 per pair for six sessions.
	Six Fridays, September 13 - October 25 1 to 2:30 p.m.	
Sechelt Sechelt Aquatic Centre 5500 Shorncliffe Avenue	Seven Fridays, September 13 - October 25 10 to noon	Register online at scred.ca/recreation-registration/ or call 604-885-6801 Cost: \$70 per pair for seven sessions.
Online (English) Hosted online via Zoom	Groups meet weekly: Tuesdays: 1 to 2:30 p.m. Wednesdays: 10 to 11:30 a.m. Thursdays: 1 to 2:30 p.m. Fridays: 10 to 11:30 a.m.	Groups are free to attend. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 or visit alzbc.org/mm .

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 note: Due to the high level of interest in our support groups for people living with dementia and for caregivers, we are only listing groups with space for new members. If you're interested in joining a support group but do not see one for your area, please call the First Link® Dementia Helpline and we will add you to an interest list.

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
<p>North shore and Sunshine Coast Open to anyone on the North Shore and Sunshine Coast who is currently caring for a person living with dementia.</p> <p>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.</p>	<p>North and West Vancouver</p> <p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p> <p>North Vancouver (Farsi)*</p> <p>3rd Wednesday of the month, 6:30 to 8 p.m.</p> <p><i>*To register, please call 604-449-5002 or email info.northshore@alzheimerbc.org</i></p>

In-person early-stage support group

<p>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.</p>	<p>North Vancouver 2nd Wednesday of the month, 10:30 to 11:30 a.m.</p>
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Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-6033 (Cantonese and Mandarin) or 1-833-674-5003 (Punjabi, Hindi and Urdu)

Virtual general caregiver support group

Support group	Date
<p>General support group Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p>1st Tuesday of the month, 7 to 8:30 p.m. 2nd Monday of the month, 7 to 8:30 p.m. 2nd Friday of the month, 10 to 11:30 a.m. 3rd Thursday of the month, 2 to 3:30 p.m.</p>
<p>General support group (Cantonese) Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.</p>	<p>For more information, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007.</p>
<p>General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.</p>	<p>For more information, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007.</p>
<p>General support group (Punjabi/Hindi) Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.</p>	<p>For more information, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.</p>

Virtual specialized support groups

<p>Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.</p>	<p>3rd Tuesday of the month, 7 to 8:30 p.m. 4th Tuesday of the month, 7 to 8:30 p.m. 2nd Wednesday of the month, 7 to 8:30 p.m.</p>
<p>Young onset support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p>Long-term care support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	<p>3rd Tuesday of the month, 10 to 11:30 a.m.</p>

Support group	Date
<p>2SLGBTQIA+ support group Are you a caregiver who is part of the 2SLGBTQIA+ community caring for someone living with dementia who is?</p>	<p>1st Wednesday of the month, 7 to 8:30 p.m.</p>
<p>Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	<p>For more information, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.</p>
<p>Early-stage support group 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.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p>BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p>Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-6033 (Cantonese and Mandarin) or 1-833-674-5003 (Punjabi, Hindi and Urdu)</p>	