

First Link® Bulletin

Your link to dementia support

April – June 2022



Updates on programs and services

See inside for dementia programs in Greater Victoria Area

Who will you walk for at the IG Wealth Management Walk for Alzheimer's?



We are thrilled to announce that the *IG Wealth Management Walk for Alzheimer's* will return on Sunday, May 29, 2022. The family-friendly event is a way to honour and remember the people in your lives who have been affected by dementia, while raising valuable funds for the Alzheimer Society of B.C.

Funds raised at the event will ensure that people in your community affected by dementia have access to support, education and information, as well as enabling research into the causes of and cures for dementia.

Each *Walk* is dedicated to an honouree – someone who has been affected by dementia or who has valuably contributed to the lives of people living with the disease.

Events will adhere to current public health guidelines, and there is a 'Walk your way' option for anyone who is unable to attend an in-person event.

To learn more or to register for the *IG Wealth Management Walk for Alzheimer's*, visit www.walkforalzheimers.ca.

2022 IG Wealth Management Walk for Alzheimer's

VICTORIA

Clover Point Park
1250 Dallas Road, Victoria
Registration time: 9 a.m.

Walk time: 10:30 a.m.

For more information: Email Stacey at victoriawalkchair@alzheimerbc.org

Walk your way!

Date: Sunday, May 29, 2022

For more information: Email Nick at ndunn@alzheimerbc.org

Host a Walk in a Box!

Can't make it to a nearby event, but want to organize your own walk? Walk in a Box is a package that provides everything you need to host your own fundraising event, at a time and location that works best for you. For more information, email Daria at dpolansky@alzheimerbc.org.

In-person and virtual programs available

While we continue to offer our programs virtually, we are also continuing to expand our in-person sessions.

Dementia education

In-person	p. 2 – 3
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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.

Education workshops are interactive sessions for those looking to learn about dementia and to connect with others. These workshops provide opportunities for small group discussions and are available in-person and online.

Registration:

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

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 Greater Victoria area

With increased knowledge surrounding safety measures and high level of vaccinations across B.C., we are pleased to be able to slowly expand our in-person programs, with a limited number of programs per region.

Proof of full vaccination will be required to attend in-person programs. To learn more about safety protocols, visit: alzbc.org/COVID-safety

In-person workshop	Date	Location
Accessing services Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers. For caregivers.	Monday, April 11 2 – 4 p.m.	Victoria Victoria Resource Centre 200 – 306 Burnside Road West
Considering the transition to long term-care Learn about how to access long-term care and factors to consider when planning a move. A session for family members who are considering long-term care for someone living with dementia.	Monday, May 2 2 – 4 p.m.	Victoria Victoria Resource Centre 200 – 306 Burnside Road West
Life in long-term care Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care. Tips for enhancing your visits, working with a care team, and acting as an advocate. For caregivers.	Monday, May 16 2 – 4 p.m.	Victoria Victoria Resource Centre 200 – 306 Burnside Road West
Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.	Tuesday, May 24 2 – 3:30 p.m.	Victoria Victoria Resource Centre 200 – 306 Burnside Road West

Register by calling the First Link® Dementia Helpline at 1-800-936-6033

In-person dementia education in Greater Victoria area

In-person workshop	Date	Location
<p>Family caregiver series (five-part series) An education series for family members who are caring for a person living with dementia. Topics include:</p> <ul style="list-style-type: none"> • Understanding dementia (types, causes, progression) • Communication and behaviour (example: repetitive questions, confusion) • Planning for the future • Building caregiver resilience 	<p>Five Mondays, June 6 – July 4 2 – 4 p.m.</p>	<p>Victoria Victoria Resource Centre 200 – 306 Burnside Road West</p>

Register by calling the First Link® Dementia Helpline at 1-800-936-6033

Online dementia education

All sessions are hosted in Microsoft Teams. If you are new to using Teams 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.

Online workshop	Date
<p>Personal planning Learn the importance of early legal, health-care and financial planning. Review strategies to ensure that the person living with dementia's wishes are honoured now and in the future. For caregivers.</p>	<p>Thursday, April 7 10 – 11:30 a.m.</p>
<p>Equip yourself: Knowledge and skills to help get the support you need Gain the skills you need to respond to common challenges that families face at key points in the dementia journey, such as getting a diagnosis or accessing home support. For caregivers.</p>	<p>Tuesday, April 12 10 – 11:30 a.m.</p>

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

Online dementia education

Online workshop	Date
<p>Getting to know dementia: What is dementia? Learn how dementia affects an individual's brain and behaviour, as well as the disease's impact on family. For caregivers and people living with dementia.</p>	<p>Tuesday, May 3 10 – 11:30 a.m.</p>
<p>Focus on behaviour: Targeted strategies for denial, paranoia, anxiety and shadowing Learn specific strategies for responding to four commonly experienced behaviours that people ask us about. For caregivers.</p>	<p>Thursday, May 5 6 – 7:30 p.m.</p>
<p>Getting to know dementia: Responding to a diagnosis Learn practical strategies to live as well as possible after a diagnosis of dementia and explore different types of resources that are available at any stage of the disease. For caregivers and people living with dementia.</p>	<p>Tuesday, May 10 10 – 11:30 a.m.</p>
<p>Activities for warmer weather As the weather warms up and we move outside, explore the benefits of meaningful activities for families affected by dementia. For caregivers and people living with dementia.</p>	<p>Thursday, May 26 2 – 3:30 p.m.</p>
<p>Dementia friends We all have a role in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported. For the general public.</p>	<p>Tuesday, June 7 2 – 3:30 p.m.</p>
<p>Accessing services Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers. For caregivers.</p>	<p>Tuesday, June 14 10 – 11:30 a.m.</p>
<p>Focus on behaviour: Targeted strategies for word salad, confabulation, wanting to go home, and asking for deceased relatives Learn specific strategies for responding to behaviours that dementia caregivers often ask us about, including wanting to go home and asking about deceased relatives. For caregivers.</p>	<p>Thursday, June 16 10 – 11:30 a.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>Thursday, June 23 2 – 3:30 p.m.</p>

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, typically offered each Wednesday 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!

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
Lived experience: Walking the journey Hear from families as they share the impact of dementia on their lives, and how involvement with the Alzheimer Society of B.C. has helped them find meaning along the way.	Wednesday, April 6 2 – 3 p.m.
Focus on behaviour: Targeted strategies for word salad, confabulation, wanting to go home and asking for deceased relatives Learn specific strategies for responding to behaviours that dementia caregivers often ask us about, including wanting to go home and asking about deceased relatives.	Wednesday, April 13 2 – 3 p.m.
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.	Wednesday, April 20 2 – 3 p.m.
Staying healthy in a time of change and uncertainty Explore self-care tips and techniques for both caregivers and people living with dementia.	Wednesday, April 27 2 – 3 p.m.
Focus on behaviour: Bathing and hygiene Learn how dementia impacts bathing and hygiene and explore strategies for managing these changes.	Wednesday, May 4 2 – 3 p.m.
Focus on behaviour: Delusions, hallucinations and visual mistakes Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia.	Wednesday, May 11 2 – 3 p.m.
Understanding care conferences with guest speakers Dr. Gloria Puurveen and Dr. Heather Cooke Join Dr. Puurveen and Dr. Cooke in an informative webinar about care conferences in long-term care. Learn what care conferences are, what you can expect, how to prepare and tips for effective communication with the care team.	Wednesday, May 18 2 – 3 p.m.
Understanding communication changes Explore how communication is affected by dementia and learn effective communication strategies.	Wednesday, May 25 2 – 3 p.m.
Living safely with dementia Explore how people living with dementia and their families can live safely in the community.	Wednesday, June 1 2 – 3 p.m.

Register online at alzbc.org/webinars

Webinar	Date
Focus on behaviour: Understanding behaviour changes Learn practical strategies to better understand changes in behaviour and respond in supportive ways.	Wednesday, June 8 2 – 3 p.m.
Research ready: Physical activity for your brain and mobility health with Dr. Liu-Ambrose Join Dr. Teresa Liu-Ambrose to explore the importance of physical activity to brain health. Dr. Liu-Ambrose is a physical therapist and a Canada Research Chair at the University of British Columbia, Department of Physical Therapy. She directs the Aging, Mobility and Cognitive Health Laboratory as well as the Vancouver General Hospital's Falls Prevention Clinic.	Wednesday, June 15 2 – 3 p.m.
Long distance caregiving Practical tips on providing meaningful caregiving support from a distance. For caregivers.	Wednesday, June 22 2 – 3 p.m.
Panel discussion: Commonly asked questions about dementia Join us for a panel discussion where we respond to some of your most commonly-asked questions.	Wednesday, June 29 2 – 3 p.m.


Register online at alzbc.org/webinars





A fitness and social program for people living with early-stage dementia and their care partner

To learn more, visit: alzbc.org/mm



Minds in Motion®	Date	Registration
Gordon Head (in-person) Gordon Head Recreation Centre 4100 Lambrick Way	Seven Mondays, May 2 – June 20 1 – 2:30 p.m.	Call Gordon Head Recreation Centre at 250-475-7100. Cost: \$35 per couple for seven sessions
Oak Bay (in-person) Monterey Recreation Centre 1442 Monterey Avenue	Eight Thursdays, May 5 – June 23 1:30 – 3 p.m.	Register in-person at Monterey Recreation Centre Cost: \$66 per pair for eight sessions
Online Hosted online via Microsoft Teams	Groups meet weekly: Tuesdays: 10 – 11:30 a.m. <u>or</u> 1 – 2:30 p.m. Wednesdays: 10 – 11:30 a.m. Thursdays: 1 – 2:30 p.m. Fridays: 1 – 2:30 p.m.	Sessions 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
Online (Cantonese) Hosted online via Microsoft Teams	Eight Wednesdays, March 23 – May 11 1 – 2:15 p.m.	Sessions are free to attend. For more information and to register, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007 or email info.chinese@alzheimerbc.org

Connect with others through support groups, in-person or virtually



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 see information below regarding the groups available to you.

To register:

- For groups in **Cantonese** and **Mandarin**, call the Chinese First Link® Dementia Helpline: 1-833-674-5007 or email info.chinese@alzheimerbc.org
- For groups in **Punjabi** and **Hindi**, call the South Asian First Link® Dementia Helpline: 1-833-674-5003 or email info.southasian@alzheimerbc.org
- For all other groups, call the First Link® Dementia Helpline: 1-800-936-6033 or email info.helpline@alzheimerbc.org

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

Vancouver Island caregiver support groups

Support group	Date
<p>Vancouver Island support group Open to anyone on Vancouver Island 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>1st Tuesday of the month, 10:30 a.m. – noon (Victoria, B.C.)</p> <p>3rd Tuesday of the month, 1:30 – 3 p.m. (Victoria, B.C.)</p>

Virtual general caregiver support groups

<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 – 8:30 p.m.</p> <p>2nd Monday of the month, 7 – 8:30 p.m.</p> <p>2nd Tuesday of the month, 7 – 8:30 p.m.</p> <p>2nd Friday of the month, 10 -11:30 a.m.</p> <p>3rd Monday of the month, 2 – 3:30 p.m.</p> <p>3rd Tuesday of the month, 2 – 3:30 p.m.</p> <p>3rd Thursday of the month, 10 – 11:30 a.m.</p> <p>3rd Thursday of the month, 2 – 3:30 p.m.</p> <p>3rd Thursday of the month, 7 – 8:30 p.m.</p> <p>4th Tuesday of the month, 2 – 3:30 p.m.</p> <p>4th Monday of the month, 2 – 3:30 p.m.</p> <p>4th Thursday of the month, 10 -11:30 a.m.</p>
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Register by calling the First Link® Dementia Helpline at 1-800-936-6033

Virtual general caregiver support groups

Support group	Date
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.	3rd Wednesday of the month, 10 – 11:30 a.m.
General support group (Cantonese) Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.	4th Tuesday of the month, 10 – 11:30 a.m. 4th Tuesday of the month, 2 – 3:30 p.m.
General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.	2nd Thursday of the month, 2 – 3:30 p.m.

Virtual specialized support groups

Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.	1st Thursday of the month, 7 – 8:30 p.m. 2nd Wednesday of the month, 7 – 8:30 p.m. 2nd Thursday of the month, 6:30 – 8 p.m. 3rd Tuesday of the month, 7 – 8:30 p.m. 3rd Thursday of the month, 6:30 – 8 p.m. 4th Tuesday of the month, 7 – 8:30 p.m.
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.	2nd Tuesday of the month, 7 – 8:30 p.m. 4th Wednesday of the month, 6:30 – 8 p.m.
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.	3rd Tuesday of the month, 10 – 11:30 a.m. 3rd Tuesday of the month, 7 – 8:30 p.m. 3rd Wednesday of the month, 7 – 8:30 p.m. 4th Thursday of the month, 2 – 3:30 p.m.
LGBTQ2S+ support group Open to LGBTQ2S+ caregivers or caregivers of a person living with dementia who identifies as LGBTQ2S+ anywhere in B.C.	1st Wednesday of the month, 7 – 8:30 p.m.
Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.	4th Wednesday of the month, noon – 1:30 p.m.
BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia (bvFTD).	4th Monday of the month, 7 – 8:30 p.m.

Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-5007 (Cantonese or Mandarin) or 1-833-674-5003 (Punjabi or Hindi)

In-person early-stage support groups for people living with dementia

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.

Groups meet every two weeks.

Every 2nd and 4th Monday, 10 – 11:30 a.m.
(Victoria, B.C.)

Virtual early-stage groups for people living with dementia

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.

Groups meet every two weeks.

Every 2nd and 4th Tuesday, 3 – 4 p.m.
Every 2nd and 4th Wednesday, 10 – 11 a.m.
(telephone only)
Every 2nd and 4th Thursday, 11 a.m. – noon

Early-stage coffee and chat

Open to people living with early symptoms of dementia to socialize, share experiences, laugh and enjoy the company of others who are living the dementia experience.

Groups meet every two weeks.

Every 2nd and 4th Monday, 1:30 – 2:30 p.m.
Every 2nd and 4th Thursday, 11 a.m. – noon

Register by calling the First Link® Dementia Helpline at 1-800-936-6033



Alzheimer Society
BRITISH COLUMBIA

For questions on memory loss or living with dementia, call the free confidential **First Link® Dementia Helpline** (Monday to Friday):

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