

### General resources for advocates

#### Advocacy fact sheets

- What is an advocate?
- Filing a complaint and writing a letter
- Home support advocacy

#### Advocacy resources for British Columbians

Information on advocacy, self-advocacy and provincial and municipal advocacy.

#### The flipping stigma on its ear toolkit

A toolkit designed by people living with dementia to address the challenges of stigma.

#### Getting a diagnosis toolkit

A toolkit that can help prepare for getting a diagnosis from a health-care provider.

#### Office of the Seniors Advocate of British Columbia

An independent office of the B.C. provincial government acting in the interest of seniors and their caregivers.

#### Person-centred language guidelines

A tool for anyone who lives with, supports or works with a person living with dementia.

#### Seniors First BC

Information, advocacy and support for B.C. seniors including Seniors Abuse and Information Line, Elder Law Clinic, advanced planning clinics and legal advocacy program.

### Becoming an advocate

#### Alzheimer Society of Canada

Information on becoming an advocate and meaningful engagement.

#### Dementia Advocacy Canada

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.

#### Dementia Alliance International

A global organization supporting advocacy and improved quality of life.

#### Patient Voices Network

A network of patients, families, caregivers and health-care teams working together to improve the quality of care in B.C.

### Home care and long-term care

#### How to arrange for home and community care services

Information on how to arrange for home and community care services.

#### Long-term care resources (Alzheimer Society of Canada)

A list of resources that can support staff, people with dementia and their care partners, before, during and after the transition to long-term care.

#### Planning for Your Care Needs: Consideration in selecting a long-term care home (B.C. Ministry of Health)

A guide to selecting a long-term care home.

## System navigation

### [Accessing health care](#)

Information on regional health care resources and how to apply for financial aid for medical travel expenses.

### [The Dementia Companion Handbook](#)

A guide to support communication between people living with dementia who also have other chronic conditions and their health-care teams.

### [HealthLink BC Navigation Services](#)

HealthLink BC's health service navigators can provide health information, help navigate the health-care system and find health services.

## Legal support

### [Advocacy Centre for the Elderly](#)

A community-based legal clinic for low-income seniors.

### [Canadian Centre for Elder Law](#)

Conducts research, outreach, and public legal education on elder law legal issues.

### [Public Guardian and Trustee](#)

Public Guardian and Trustee of B.C. works to protect the legal, financial, personal and health-care interests of adults who require assistance in decision making.

## Making a complaint

### [BC Ombudsperson](#)

Assistance with complaints from members of the public about the administration of government programs and services.

### [Patient Care Quality Office](#)

To make a formal complaint on quality of care or for more information on how to make a complaint.

## Senior abuse

### [Seniors Abuse & Information Line \(SAIL\)](#)

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.

## Planning for the future

### [Advance care planning](#)

Advance care planning information and resources.

### [Health-care consent fact sheet](#)

A fact sheet on health-care consent that details how health decisions are made in B.C.

### [It's your choice: Personal planning tools](#)

A toolkit from the Public Guardian and Trustee of B.C. to support people living with dementia plan for decision-making in the future.

### [Nidus Personal Planning Resource Centre and Registry](#)

B.C. legal planning documents and information.

If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link<sup>®</sup> 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.)

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