

## Online dementia education October - December 2021

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

**Registration:** Click on the link below to register online or call our **First Link® Dementia Helpline** at **1-800-936-6033**, available from 9 a.m. to 8 p.m., Monday to Friday.

*For caregivers*

*\*Four session series, registration is for all four*

**Four Tuesdays, October 5 – 26**

**2 – 3:30 p.m. | [Register online](#)**

OR

**Four Thursdays, November 18 – December 9**

**6 – 7:30 p.m. | [Register online](#)**

*For caregivers*

**Thursday, October 7**

**7 – 8:30 p.m. | [Register online](#)**

*For caregivers and people living with dementia*

**Thursday, October 28**

**10 – 11:30 a.m. | [Register online](#)**

*For caregivers*

**Tuesday, November 2**

**2 – 3:30 p.m. | [Register online](#)**

*For caregivers and people living with dementia*

**Thursday, November 4**

**10 – 11:30 a.m. | [Register online](#)**

*For caregivers and people living with dementia*

**Tuesday, November 9**

**2 – 3:30 p.m. | [Register online](#)**

*For caregivers*

*\*Two session series, registration is for both*

**Two Tuesdays, November 16 and 23**

**10 – 11 a.m. | [Register online](#)**

**Tuesday, November 23**

**2 – 3:30 p.m. | [Register online](#)**

*For caregivers and people living with dementia*

**Tuesday, November 30**

**10 – 11:30 a.m. | [Register online](#)**

*For caregivers*

**Tuesday, December 7**

**2 – 3:30 p.m. | [Register online](#)**

*For caregivers*

**Tuesday, December 14**

**7 – 8:30 p.m. | [Register online](#)**

*For the general public*

**Thursday, December 16**

**10 – 11:30 a.m. | [Register online](#)**

### Webinars also available!

Webinars are lecture-style, online education seminars offered every Wednesday at 2 p.m.  
Visit: [alzbc.org/webinars](http://alzbc.org/webinars)

## Online dementia education: Descriptions

**Activities to do at home** | Learn about the benefits of meaningful home-based activities for families affected by dementia.

*For caregivers and people living with dementia*

**An introduction to brain health** | It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.

*For the general public*

**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.

*For caregivers and people living with dementia*

**Driving and dementia** | Learn how dementia may affect a person's driving abilities and strategies to ease the transition for driving cessation.

*For caregivers and people living with dementia*

**Family caregiver series (four session series)** |

Learn how dementia affects the brain, communication and behaviour as the disease progresses and about the impact it has on the individual, caregivers and families and share tips for building resilience for caregivers.

*For caregivers*

**Focus on behaviour: Delusions, hallucinations and visual mistakes** | Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia.

*For caregivers*

**Focus on behaviour: Responsive behaviours** |

Learn practical strategies to respond to a person living with dementia in supportive ways.

*For caregivers*

**Focus on behaviour: Sundowning (late-day confusion)** | Learn the signs of "sundowning" also known as late-day confusion caused by dementia and explore strategies for responding.

*For caregivers*

**Living safely with dementia** | Explore how people living with dementia and their families can live safely in the community.

*For caregivers and people living with dementia*

**Long distance caregiving** | Learn practical tips on providing meaningful support if you are caring for a family member living with dementia from a distance.

*For caregivers*

**Recognizing your journey as a caregiver (two session series)** | Discuss the personal challenges, guilt and grief of being a dementia caregiver.

Learn how to recognize signs of burnout, the importance of self-care and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation.

*For caregivers*