

First Link® Dementia Helpline

- **English:** 1-800-936-6033
- **Cantonese or Mandarin:** 1-833-674-5007
- **Punjabi:** 1-833-674-5003



Resource centres

For local drop-in hours, visit alzheimerbc.org.

LOWER MAINLAND AND FRASER VALLEY

Fraser Region

201 – 15127 100th Avenue, Surrey
 English 604-449-5000
 Punjabi 604-742-4956

North Fraser 604-298-0780
Abbotsford – Mission 604-859-3889
Chilliwack – Hope 604-702-4603
White Rock 604-541-0606

North Shore & Sunshine Coast

212 – 1200 Lynn Valley Road,
 North Vancouver
 604-984-8348; 1-866-984-8348

Vancouver

300 – 828 West 8th Avenue, Vancouver
 English 604-675-5150
 Cantonese or Mandarin 604-687-8299

Richmond

290 – 7000 Minoru Boulevard, Richmond
 English 604-279-7120
 Cantonese or Mandarin 604-687-8299

VANCOUVER ISLAND

Greater Victoria

202 – 306 Burnside Road West, Victoria
 250-382-2052

North & Central Vancouver Island

4 – 4488 Wellington Road, Nanaimo
 250-734-4170; 1-800-462-2833

INTERIOR AND NORTHERN

North & Central Okanagan

307 – 1664 Richter Street, Kelowna
 250-860-0305; 1-800-634-3399

South Okanagan & Similkameen

104 – 35 Backstreet Boulevard, Penticton
 250-493-8182; 1-888-318-1122

Central Interior

405 – 235 1st Avenue, Kamloops
 250-377-8200; 1-800-886-6946

West Kootenay

778-774-2133; 1-855-301-6742

East Kootenay 1-800-936-6033

Northern Interior, Skeena & Peace

302 – 1811 Victoria Street,
 Prince George
 250-564-7533; 1-866-564-7533

PROVINCIAL OFFICE

300 – 828 West 8th Avenue, Vancouver
firstlink@alzheimerbc.org
www.alzheimerbc.org

First Link®

YOUR LINK TO DEMENTIA SUPPORT

**Alzheimer Society of B.C. programs
 and services for people living with
 dementia and caregivers**





What is First Link®?

First Link® dementia support includes all of the Alzheimer Society of B.C.'s services for people affected by dementia. First Link® is available throughout the progression of the disease, from diagnosis (or before) to end-of-life care.

You can connect to First Link® in three ways:

- By asking your health-care provider for a referral.
- By calling the First Link® Dementia Helpline.
- By calling or making an appointment at one of the Resource Centres throughout the province.

What to expect

Whether a health-care provider refers you or you connect by yourself, we will call you within a few weeks to provide information about our services, including:

- **Individual support:** Ongoing support calls to help understand dementia, identify changing needs and plan for the future.
- **Dementia education:** In-person and online education on a variety of topics throughout the progression of the disease including Getting to Know Dementia, the Family Caregiver Series and Life in Long-Term Care.
- **Support groups:** Information and discussion groups for people in the early stages of dementia and for caregivers, available either in-person or by telephone.
- **Minds in Motion®:** A social and fitness program for people in the early stages of dementia and a care partner.
- **Information:** Access to brochures, fact sheets, videos and newsletters including updates on local events.
- **First Link® Dementia Helpline:** Information and support for people affected by dementia or anyone who wants to learn more about the disease.

Why First Link®

First Link® connects you with someone who understands dementia and who can suggest programs and services to address your ongoing needs. We can also provide information about other helpful community and health-care services.

*"I see the road ahead clearly now,
and I'm not afraid to walk it."
– A caregiver*

The Alzheimer Society of B.C. is committed to building a province where people affected by dementia are acknowledged, supported and included – a truly dementia-friendly B.C.



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(toll-free):
English: 1-800-936-6033
(Monday to Friday, 9 a.m. to 8 p.m.)

Cantonese or Mandarin: 1-833-674-5007
(Monday to Friday, 9 a.m. to 4 p.m.)
Punjabi: 1-833-674-5003
(Monday to Friday, 9 a.m. to 4 p.m.)