

First Link® Dementia Helpline

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

Resource centres

Located throughout the province, resource centres offer a variety of print resources, education, support groups and access to trained support staff by appointment.

For more information, 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
Chilliwack – Hope	604-702-4603

North Shore and Sunshine Coast

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

Vancouver and Richmond

303 – 828 West 8th Avenue, Vancouver
290 – 7000 Minoru Boulevard, Richmond
English 604-675-5150
Cantonese or Mandarin 604-279-7120

VANCOUVER ISLAND

Greater Victoria

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

North and Central Vancouver Island

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

INTERIOR AND NORTH

North and 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

778-761-2011; 1-833-426-0534

Northern Interior, Northeast & Northwest

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

PROVINCIAL OFFICE

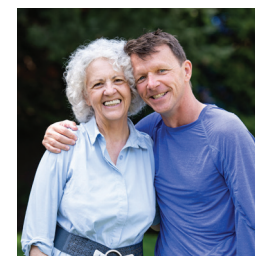
300 – 828 West 8th Avenue, Vancouver
info.helpline@alzheimerbc.org
www.alzheimerbc.org

Sep 2023

First Link®

YOUR LINK TO DEMENTIA SUPPORT

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



First Link®

YOUR LINK TO DEMENTIA SUPPORT



Ministry of
Health

Alzheimer Society

BRITISH COLUMBIA



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 our resource centres throughout the province.



First Link® Dementia Helpline

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

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

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, recognize changing needs, navigate community resources and plan for the future.
- **Dementia education*:** Education on a variety of topics throughout the progression of the disease including *Getting to Know Dementia*, the *Family Caregiver Series* and *Accessing Services*. On-demand videos are also available for those unable to attend a live workshop or webinar.
- **Support groups*:** These groups, including specialty groups (e.g. young-onset, long-term care, LGBTQ2S+, etc.), provide information and peer support for people in the early stages of dementia and for caregivers. Available in English, Cantonese, Mandarin, Punjabi and Hindi.
- **Coffee and Chat:** Online social group for people living with early symptoms of dementia to laugh, share experiences and connect with others who are affected by dementia.
- **Minds in Motion®*:** A social and fitness program for people in the early stages of dementia and a care partner.
- **Information:** Access brochures, fact sheets, videos and newsletters, including updates on local events.
- **First Link® Dementia Helpline:** Information and support for anyone 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 welcomed, supported and included – a truly dementia-friendly B.C.



*In-person, online or telephone options are available. In-person groups may vary by community. Call the First Link® Dementia Helpline for more information.