



## Our programming is on during COVID-19

We currently offer three virtual programs that are accessible from the safety and comfort of your home. All you need is a computer or telephone to join in.

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## New virtual opportunities! Connect with people living with dementia and caregivers for fun, learning and support

We know the past year has been an especially challenging time for people living with dementia and those who support them. While we are looking closely at when it is safe to restart our in-person programs, we have enhanced our remote and virtual programming so that no one walks alone with dementia. We have recently made new adjustments with the following programs:

- Minds in Motion<sup>®</sup> online
- Virtual support groups for caregivers
- Virtual support groups for people living with early-stage dementia

### Minds in Motion<sup>®</sup> online: Keeping connected and active this summer

Connect with others affected by dementia at Minds in Motion<sup>®</sup> online, a weekly fitness and social activity program for people living with early-stage dementia and their care partner. “I am thrilled that all this was able to help us through this trying time,” says a Minds in Motion<sup>®</sup> participant. For more information or to register, visit [page 3](#).

### Virtual support groups for caregivers: New specialized groups to share their dementia journey

We offer two new virtual support groups for people who are caring for someone living with dementia. Learn, laugh and help others through common understanding at our **Lewy body dementia** and **LGBTQ+ support groups**.

- **Lewy body dementia support groups:** Share experiences and strategies unique to caring for a person living with Lewy body dementia.
- **LGBTQ+ support groups:** An opportunity for LGBTQ+ caregivers to exchange information and friendship with others.
- For more information about these groups, or other caregiver support groups, visit [page 4](#).

### Virtual support groups for people living with early-stage dementia: An opportunity to connect and help others through mutual understanding

We have introduced two different types of virtual groups for people living with the early symptoms of dementia. We invite you to join us for our **coffee and chat groups** and **early-stage support groups!**

- **Coffee and chat groups:** An informal group for people living with early symptoms of dementia to share experiences, enjoy the company of others who are living the dementia experience and build new friendships.
- **Early-stage support groups:** Engage in facilitated discussions about the impact of living with early symptoms of dementia by sharing. Share experiences and learn from one another how to live as well as possible with dementia.

For more information or to register, visit [page 4](#).

## Learn about dementia from anywhere in our live weekly webinars

Have your dementia questions and concerns answered by our specialist staff at our free dementia education webinars, available weekly. Receive tips, learn strategies and share experiences with other participants. All you need is a computer, tablet or phone!

To register for our upcoming webinars or watch recorded videos from previous webinars, visit our website at [alzbc.org/webinars](http://alzbc.org/webinars).



Webinar	Date
<p><b>Targeted strategies for dementia-related behaviours – Part two</b>   Discuss specific strategies for responding to behaviours that dementia caregivers most commonly ask us about: aphasia (word salad), confabulation, anxiety and shadowing.</p>	<p>Wednesday, July 7 2 – 3 p.m.</p>
<p><b>How to support a friend who has dementia or is a caregiver</b>   Explore practical tips on how to offer support to a person living with dementia, their caregiver or family. For the general public.</p>	<p>Wednesday, July 14 2 – 3 p.m.</p>
<p><b>Research ready: The healthy aging brain with Dr. Jodie Gawryluk and team</b>   Join Dr. Jodie Gawryluk and two doctoral students, Lisa Ohlhauser and Ashleigh Parker, from her lab at the University of Victoria. They will discuss how the brain changes as we age, how cognitive decline or dementia is different from healthy aging and strategies for successful aging and promoting brain health.</p>	<p>Thursday, July 22 10 – 11 a.m.</p>
<p><b>Travelling with a person living with dementia</b>   Learn about the challenges, safety concerns and strategies when travelling with dementia.</p>	<p>Wednesday, July 28 2 – 3 p.m.</p>
<p><b>Accessing services during COVID-19</b>   Learn strategies for navigating changes in accessing services and how to get the most out of your interactions with care providers.</p>	<p>Wednesday, August 4 2 – 3 p.m.</p>
<p><b>Planning for health care, legal and financial decisions</b>   Plan now, before dementia affects the ability to communicate. Learn how to begin early legal, health care and financial planning to prepare for your future.</p>	<p>Wednesday, August 11 2 – 3 p.m.</p>
<p><b>Communication changes</b>   Explore how communication is affected by dementia and learn effective communication strategies.</p>	<p>Wednesday, August 18 2 – 3 p.m.</p>

Webinar	Date
<b>Considering the transition to long-term care</b>   Learn about how to access long-term care and factors to consider when planning a move.	Wednesday, August 25 2 – 3 p.m.
<b>Adjusting to long-term care</b>   Discuss the experience of transitioning into long-term care and explore strategies for adjusting.	Wednesday, September 1 2 – 3 p.m.
<b>Getting to know dementia: What is dementia?</b>   Learn how dementia affects the individual's brain and behaviour, as well as the disease's impact on family.	Wednesday, September 8 2 – 3 p.m.
<b>Getting to know dementia: Responding to a diagnosis</b>   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.	Wednesday, September 15 2 – 3 p.m.
<b>Understanding the connections between hearing loss and dementia</b>   Join Clinical Neuropsychologist Kate Dupuis to explore the connections between hearing loss and dementia, discuss potential treatment options and strategies for individuals experiencing hearing loss, and describe how care partners can advocate for and support their loved one living with dementia in accessing hearing care.	Wednesday, September 22 2 – 3 p.m.
<b>Lived experience</b>   Continue the discussion with people living with dementia who share some tips and strategies for living well with dementia.	Wednesday, September 29 2 – 3 p.m.



**Minds in Motion.**  
*A fitness and social program for people living with early-stage dementia and their carepartner*  
 Now offered online! Visit: [alzbc.org/mim](http://alzbc.org/mim)

Minds in Motion® is now offered online for people experiencing early symptoms of dementia and their care partners. This weekly program consists of a 30-minute fitness video followed by 45 minutes of social time, an opportunity to connect with others living with dementia.

Sessions are free to attend and hosted in Microsoft Teams. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033.

**Register today!**

- **Tuesday:** 10 – 11:30 a.m. or 1 – 2:30 p.m.
- **Wednesday:** 10 – 11:30 a.m.
- **Thursday:** 10 – 11:30 a.m. or 1 – 2:30 p.m.
- **Friday:** 10 – 11:30 a.m. or 1 – 2:30 p.m.

“I appreciate the effort to keep Minds in Motion® in our lives during these isolating times.”

- **Minds in Motion® participant**

## Connect with other caregivers by phone through our virtual support groups



In response to COVID-19 and the temporary suspension of in-person support groups, the Alzheimer Society of B.C. will be offering regional and provincial virtual support groups for caregivers and people living in the early stages of dementia. Please see information below regarding the groups available to you.

### For more information or to register:

- Contact the First Link® Dementia Helpline at 1-800-936-6033 or
- Email [info.helpline@alzheimerbc.org](mailto: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 Coastal caregiver support groups

Virtual support group	Date
<b>Vancouver Coastal virtual support group</b> Open to anyone in Vancouver Coastal who is currently caring for a person living with dementia.	<b>2nd Friday of every month, 10 – 11:30 a.m.</b> <b>3rd Tuesday of every month, 2 – 3:30 p.m.</b>
<b>Vancouver Coastal virtual support group (Cantonese)</b> Open to anyone in Vancouver Coastal who speaks Cantonese and is currently caring for a person living with dementia.	<b>3rd Wednesday of the month, 2 – 3:30 p.m.</b> <b>4th Tuesday of the month, 10 – 11:30 a.m.</b> <b>4th Tuesday of the month, 2 – 3:30 p.m.</b>
<b>Vancouver Coastal virtual support group (Mandarin)</b> Open to anyone in Vancouver Coastal who speaks Mandarin and is currently caring for a person living with dementia.	<b>2nd Thursday of the month, 2 – 3:30 p.m.</b>

### Provincial caregiver support groups

#### Adult children virtual 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 Thursday of the month, 6:30 – 8 p.m.**
- 4th Tuesday of the month, 7 – 8:30 p.m.**

## Provincial caregiver support groups

### Long-term care virtual 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.

### Young onset virtual 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.

### LGBTQ+ virtual support group

Open to LGBTQ+ caregivers anywhere in B.C. who are caring for a person living with dementia.

1st Wednesday of the month, 7 – 8:30 p.m.

### Lewy body dementia virtual 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.

### General virtual support group

Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.

3rd Thursday of the month, 2 – 3:30 p.m.

3rd Thursday of the month, 7 – 8:30 p.m.

### Provincial BvFTD virtual 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.

## Early-stage support and specialty groups for people living with dementia

### Early-stage virtual support group

Open to people living with early symptoms of dementia anywhere in B.C.

Groups meet every two weeks.

Every 2nd Tuesday, 3 – 4 p.m.

Every 2nd Wednesday, 10 – 11 a.m.

\*Telephone only\*

Every 2nd Thursday, 11 a.m. – noon

### Early-stage coffee and chat

Open for people living with early symptoms of dementia to socialize, share experiences, laugh and enjoy the company of others who are living the dementia experience. You will be invited to make yourself comfortable, grab a cup of coffee or tea and join us virtually to say "hello."

Groups meet every two weeks.

Every 2nd Monday, 1:30 – 2:30 p.m.

Every 2nd Thursday, 11 a.m. – noon