

First Link® Bulletin

Your link to dementia support

January - March 2024



Updates on
programs and
services

See inside for dementia programs in
the Yukon

Learn about dementia and connect with others through dementia education

Our dementia workshops educate and empower people living with dementia and their families and friends.

The online workshops are presented in a limited-sized group and will be facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Registration:

Online workshops: Register online by visiting alzbc.org/edu-workshops or call the First Link® Dementia Helpline at 1-888-852-2579. You will receive an email with a link to join the event prior to the event date.

All sessions are hosted on Zoom. If you are new to using Zoom and would like a chance to practice connecting to a meeting before the session, please call our First Link® Yukon Dementia Helpline at 1-888-852-2579 or email info.yukondhl@alzheimerbc.org.

Please note these sessions are not recorded – only register if you plan to attend live. Register at alzbc.org/edu-workshops or call 1-888-852-2579.

Online workshops	Date
Mapping your journey: Stages and progression of dementia While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen. For caregivers and people living with dementia.	Thursday, January 25 11 a.m. to 12:30 p.m.
Enhancing your visits with a person in long-term care Providing a sense of comfort and social support are some of the ways to help a person in long-term care to adjust to their new environment. Explore visiting tips and activity ideas so you can make the most out of the visits. For caregivers.	Thursday, February 1 7:30 to 9 p.m.

Register at alzbc.org/edu-workshops or call 1-888-852-2579

AlzheimerSociety
BRITISH COLUMBIA

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Online workshops	Date
<p>Working with the care team in long-term care Caring for someone in long-term care brings a change in role for caregivers as the support team expands. Learn how to adjust your caregiving role and work effectively with the care team to ensure the person receives the care they need, and you also feel supported. For caregivers.</p>	<p>Thursday, February 15 7:30 to 9 p.m.</p>
<p>Getting your affairs in order: Health-care, legal and financial planning Early in the dementia journey it can feel daunting to think about what lies ahead – but it’s important to plan now, before communication and decision-making become more challenging. Learn how to begin planning early for important legal, health-care and financial decisions.</p>	<p>Tuesday, February 20 11 a.m. to 12:30 p.m.</p>
<p>Bathing and hygiene Bathing is often a highly private, personal activity and people living with dementia may need help when they’re feeling vulnerable. Learn about common hygiene challenges and effective strategies to maintain a successful routine. For caregivers and people living with dementia.</p>	<p>Tuesday, March 5 7:30 to 9 p.m.</p>
<p>Understanding behaviour changes Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.</p>	<p>Thursday, March 21 3 to 4:30 p.m.</p>
<p>Creating a safe home environment: Identifying and minimizing risks Learn to identify safety risks in the home and make adaptations to prevent accidents. Topics include safety measures for medications, food, hazardous substances, and more. For caregivers and people living with dementia.</p>	<p>Thursday, March 28 3 to 4:30 p.m.</p>
<p>Register at alzbc.org/edu-workshops or call 1-888-852-2579</p>	

Learn about dementia from anywhere in our live weekly webinars

Learn strategies for living well with dementia at our free webinars offered each Wednesday, typically at 2 p.m. Our trained presenters share tips and strategies in a lecture-style format. All you need is a computer, tablet or phone to participate and connect with others on the dementia journey.

All sessions are hosted on Zoom. To register for our upcoming webinars, visit our website at alzbc.org/webinars. You can watch the education content on-demand at alzbc.org/ondemand.



Webinar	Date
Lived experience panel discussion: Living life to the fullest with Jim Mann In this lived experience webinar series, people living with dementia share their firsthand knowledge and unique experiences on the dementia journey. These webinars are a doorway to a better understanding of dementia and an opportunity to challenge the stigma associated with dementia. In this webinar, Jim Mann, an advocate living with dementia, will moderate a panel discussion on living life to the fullest on the dementia journey. For the general public.	Wednesday, January 10 3 to 4:30 p.m.
The power of effective personal planning with guest Emily Clough Never underestimate the power of effective personal estate planning. They are far more than just papers! Join Emily Clough, a Partner with Clark Wilson LLP who is a sought-after voice, particularly for clients with incapacity issues and to protect the rights of vulnerable adults. Emily will share her expertise and tips, including how personal planning documents can be important to assist in accessing services and home care. While it can feel daunting to think about what lies ahead, it's important to plan now, before communication and decision-making become more challenging. For caregivers and people living with dementia.	Wednesday, January 17 3 to 4:30 p.m.
Lived experience panel discussion: Finding a supportive community with Jana Schulz In this lived experience webinar series, caregivers share their firsthand knowledge and unique experiences on the dementia journey and how the Alzheimer Society of B.C.'s support provided a sense of community. These webinars are a doorway to a better understanding of dementia and an opportunity to challenge the stigma associated with dementia. In this webinar, Jana Schulz, a caregiver and registered social worker, will lead a panel discussion on the importance of finding a supportive community within our programs and services. For the general public.	Wednesday, January 24 3 to 4:30 p.m.
An introduction to brain health It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. For the general public.	Wednesday, January 31 3 to 4:30 p.m.

Webinar	Date
<p>Accessing dementia services and support Navigating health-care systems and looking for support services can be overwhelming. Learn about community supports – including home care, respite and adult day programs – as well as how to address challenges in accessing them. For caregivers.</p>	<p>Wednesday, February 7 3 to 4:30 p.m.</p>
<p>Care at home: Caregiver stories Join us to hear from two experienced caregivers who will share their experiences and learning on their dementia journey as they supported their person at home. We will also hear from a gerontologist caregiver coach from the Family Caregiver of BC caregiver support team who will share beneficial caregiver resources and discuss the importance of creating a circle of care/support system for the caregiver.</p>	<p>Wednesday, February 14 3 to 4:30 p.m.</p>
<p>The ‘why’ behind the “Flipping stigma on its ear” toolkit Join us for the final webinar of the four-part Flipping stigma series, with a focus on the research behind the Flipping stigma on its ear toolkit. Representatives from the UBC research team along with Action Group Members living with dementia, will discuss the importance of participatory action research and address the underlying stigma and misconceptions of dementia that exist in the research field. We’ll conclude the series with a look at the toolkit’s global impact and what’s next for the flipping stigma team.</p>	<p>Wednesday, February 21 3 to 4:30 p.m.</p>
<p>Care at home: Practical tips for safe and dignified care Join us to increase your confidence in providing physical care in the home. Hear from community health care professionals who will share practical tips for common caregiving activities while maintaining dignity and safety.</p>	<p>Wednesday, February 28 3 to 4:30 p.m.</p>
<p>Research connects: Topic TBA Join us as we explore various topics related to dementia research. In order to be as responsive as possible to the latest news in dementia research, the specific topic will be announced closer to the date.</p>	<p>Wednesday, March 6 3 to 4:30 p.m.</p>
<p>Care at home: Moving from resistance to collaboration Changes in the brain due to dementia can affect a person’s abilities and behaviours and it can be frustrating and upsetting when the person you are caring for is responding in an unexpected way. Join us to explore various behaviours changes and what might be causing them, and learn practical strategies for responding in supportive ways while providing care at home.</p>	<p>Wednesday, March 13 3 to 4:30 p.m.</p>
<p>Register online at alzbc.org/webinars</p>	

Webinar	Date
What is dementia? Learn how dementia affects an individual's brain and behaviour. General topics include different types of dementia, stages and progression and dispelling some common myths. For caregivers and people living with dementia.	Wednesday, March 20 3 to 4:30 p.m.
Dementia diagnosis: What next? Explore how to navigate life after a dementia diagnosis alongside others who are also on the dementia journey. Discuss the disease's impact on family, learn practical strategies to live well and access resources that are available at any stage of the disease. For caregivers and people living with dementia.	Wednesday, March 27 3 to 4:30 p.m.
Register online at alzbc.org/webinars	