

# First Link® Bulletin

Your link to dementia support

April - June 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](http://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](mailto: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](http://alzbc.org/edu-workshops) or call 1-888-852-2579.

## Online workshops

## Date

**Understanding and adapting to communication changes along the dementia journey** | A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. For caregivers.

Tuesday, April 9  
6.30 to 8 p.m.

**Targeted strategies for denial, paranoia, shadowing and anxiety** | Learn how to identify the emotional reality of loss of insight – often misinterpreted as denial – paranoia, shadowing, and anxious behaviour. Discover effective strategies for responding to these behaviours using a person-centred approach. For caregivers.

Thursday, April 25  
2 to 3.30 p.m.

Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 1-888-852-2579

Alzheimer Society  
BRITISH COLUMBIA

First Link®  
YOUR LINK TO DEMENTIA SUPPORT

Online workshops	Date
<p><b>Recognizing your journey as a caregiver</b>   Discuss the personal challenges, guilt, and grief of being a caregiver. Learn how to recognize signs of burnout, the importance of self-care and how you can build resilience. There will be opportunities for discussion throughout the presentation. For caregivers.</p>	<p>Tuesday, May 7 10 to 11:30 a.m.</p>
<p><b>Practical tips for long-distance caregivers</b>   Family members aren't always nearby, which can present additional challenges. Learn how you can overcome emotional and practical challenges faced by long-distance caregivers, identifying resources and strategies to help make the most of each visit. For caregivers.</p>	<p>Thursday, May 23 2 to 3:30 p.m.</p>
<p><b>Coping with change, grief and loss</b>   The dementia experience involves change and loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges, as well as ways to find meaning in daily life. For caregivers.</p>	<p>Tuesday, June 4 10 to 11:30 a.m.</p>
<p><b>Delusions, hallucinations and visual mistakes</b>   Learn about the causes and triggers of delusions, hallucinations and visual mistakes, then explore strategies for responding to these behaviours to best support people living with dementia. For caregivers.</p>	<p>Tuesday, June 20 6:30 to 8 p.m.</p>
<p align="center"><b>Register at <a href="http://alzbc.org/edu-workshops">alzbc.org/edu-workshops</a> or call 1-888-852-2579</b></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](http://alzbc.org/webinars). You can watch the education content on-demand at [alzbc.org/ondemand](http://alzbc.org/ondemand).



Webinar	Date
<p><b>Successfully navigating the move to more support in a retirement community</b>   Join us for a free webinar addressing the complexities families may encounter when transitioning a person living with dementia into assisted living in a retirement community. With a combined 20 years of experience assisting families in making care decisions, Jennifer Squair and Marie Lashley from Chartwell Retirement Residences will bring to light important considerations and support families to make choices that honour the experience of the person living with dementia while accommodating their family’s unique circumstances. For caregivers.</p>	<p>Wednesday, April 3 2 to 3:30 p.m.</p>
<p><b>Lived experience: Working with lived experience partners</b>   Lived experience partners help spread awareness about dementia by sharing their personal stories, experiences and perspectives. Join us to hear a panel of people living with dementia and caregivers share how partnering with the Alzheimer Society of B.C. has helped them find purpose and meaning on the dementia journey and learn how you can join our community of courage! For caregivers and people living with dementia.</p>	<p>Wednesday, April 10 2 to 3:30 p.m.</p>
<p><b>Considering the transition to long-term care</b>   Learn about the options for accessing long-term care, including eligibility requirements. We will also discuss factors to consider when planning a move and provide tips for easing the transition. For caregivers.</p>	<p>Wednesday, April 17 2 to 3:30 p.m.</p>
<p><b>Research connects: Exploring resident and family councils in long-term care homes</b>   Join Dr. Sheila Novek, post-doctoral fellow at the UBC School of Nursing, to learn how resident and family councils work and their role in decision-making processes within the care home. Dr. Novek will share findings from a recent study highlighting the lived experiences of residents, families and staff who engage with resident and family councils, the challenges they encounter, and promising practices that support meaningful engagement and advocacy. For the general public.</p>	<p>Wednesday, April 24 2 to 3:30 p.m.</p>

Webinar	Date
<p><b>From home to care home: Preparing and adjusting to the new environment</b>   Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.</p>	<p>Wednesday, May 1 2 to 3:30 p.m.</p>
<p><b>Creating engaging activities for warm weather</b>   Staying active and engaged can improve someone’s experience of the dementia journey. Be inspired by meaningful activities created specifically for people living with the disease during the warmer months. Learn how to adapt activities as the disease progresses and incorporate them into a daily routine for improved health and well-being. For caregivers and people living with dementia.</p>	<p>Wednesday, May 8 2 to 3:00 p.m.</p>
<p><b>Become a dementia advocate</b>   This fall the Alzheimer Society of B.C. will be asking people across the province to let politicians know that dementia matters to their constituents. Join us as we help participants build the skills and confidence to advocate for change, in the lead-up to the 2024 provincial election and beyond. We will also share more about our pre-election advocacy plans, on-going advocacy projects and opportunities for you to get involved. For the general public.</p>	<p>Wednesday, May 15 2 to 3:30 p.m.</p>
<p><b>Equip yourself: Knowledge and skills to help get the support you need</b>   Gain the skills and knowledge you need to advocate for yourself and your family member along the dementia journey, including responding to common challenges, getting a diagnosis, and accessing home support. For caregivers and people living with dementia.</p>	<p>Wednesday, May 22 2 to 3:30 p.m.</p>
<p><b>Driving and dementia</b>   Dementia will affect a person’s ability to drive and for many people this represents a loss of independence. Discuss strategies for how to have the conversations about the topic early and ease the transition when it’s time for someone to retire from driving. For caregivers and people living with dementia.</p>	<p>Wednesday, May 29 2 to 3:30 p.m.</p>
<p><b>Supporting friends on the dementia journey</b>   Explore ways to support a friend who is living with dementia or caring for someone who is. Gain insight into the impact of dementia and learn how you can continue to show up and offer support they need to live well. For the general public.</p>	<p>Wednesday, June 5 2 to 3:30 p.m.</p>
<p style="text-align: center;"><b>Register online at <a href="https://alzbc.org/webinars">alzbc.org/webinars</a></b></p>	

Webinar	Date
<p><b>Planning for dementia-friendly travel</b>   Explore the impact of dementia on travelling as we discuss challenges, safety concerns and tips for safe travel. For caregivers and people living with dementia.</p>	<p>Wednesday, June 12 2 to 3:30 p.m.</p>
<p><b>Strategies for self-care: Prioritize your well-being</b>   Learn about strategies to positively manage stress and prioritize self-care to cope with the changes brought by the disease. For caregivers and people living with dementia.</p>	<p>Wednesday, June 19 2 to 3:30 p.m.</p>
<p><b>Research connects: Topic TBA</b>   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. For the general public.</p>	<p>Wednesday, June 26 2 to 3:30 p.m.</p>

**Register online at [alzbc.org/webinars](http://alzbc.org/webinars)**