

# First Link<sup>®</sup> Bulletin

Your link to dementia support

July - September 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. **Pre-registration is required. Please register one week prior to the workshop date.**

### Registration:

Register online by visiting [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call the First Link<sup>®</sup> Yukon 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<sup>®</sup> 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
<p><b>Targeted strategies for word salad, wanting to go home and more</b>   Dementia affects how a person conveys their thoughts and feelings; common behaviours can include mixing up words (word salad) and creating false memories without motivation (confabulation) which can lead to misunderstandings and frustrations. Learn how to address these behaviours and respond to other questions, like wanting to go home and asking about deceased relatives. For caregivers.</p>	<p>Tuesday, July 23 10 to 11:30 a.m.</p>
<p><b>Understanding responsive behaviours</b>   It can be frustrating and upsetting when someone living with dementia is behaving in an unexpected way; their words and gestures are often a response to something important in their environment. Explore responsive behaviours, what causes them, your own reactions and strategies for maintaining well-being. For caregivers.</p>	<p>Thursday, August 22 2 to 3.30 p.m.</p>

Online workshops	Date
<p><b>Understanding and adapting to communication changes along the dementia journey</b>   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.</p>	<p>Tuesday, September 3 1 to 2:30 p.m.</p>
<p><b>Understanding behaviour changes</b>   Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.</p>	<p>Thursday, September 26 6:30 to 8 p.m.</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>Responding to late-day confusion</b>   People living with dementia may become restless or confused late in the day, a phenomenon that has been referred to as “sundowning”. Caregivers may feel helpless, not knowing how to alleviate the restlessness and agitation. Learn the signs and explore strategies for responding. For caregivers.</p>	<p>Wednesday, July 3 2 to 3:30 p.m.</p>
<p><b>Mental health matters: Anxiety’s role in Mild Cognitive Impairment (MCI) and dementia</b>   Dive into the topic of mental health and explore the impact anxiety and related mental health factors have on cognition in Mild Cognitive Impairment and dementia. We will also share practical strategies for preventing and managing anxiety-related behaviours, helping people live well. For caregivers and people living with dementia.</p>	<p>Wednesday, July 10 2 to 3:30 p.m.</p>

Webinar	Date
<p><b>Dementia-Friendly Communities</b>   Join us to learn more about dementia and explore simple strategies that can create a more supportive, inclusive and welcoming community for people affected by the disease. For the general public.</p>	<p>Wednesday, July 17 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, July 24 2 to 3:30 p.m.</p>
<p><b>Making activities dementia friendly</b>   Remaining active and meaningfully engaged is vital for people living with dementia to live well. Discuss how you can adapt different kinds of activities to be inclusive of the person living with the disease to help improve quality of life and enjoy your time together. For caregivers and people living with dementia.</p>	<p>Wednesday, July 31 2 to 3:30 p.m.</p>
<p><b>Personal care: Dressing and grooming</b>   We all want to look and feel good, but changes in the brain due to dementia can affect a person's abilities and more assistance may gradually be required with personal care. Learn tips and strategies for making these daily activities more successful. For caregivers and people living with dementia.</p>	<p>Wednesday, August 7 2 to 3:30 p.m.</p>
<p><b>An Introduction to brain health</b>   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.</p>	<p>Wednesday, August 14 2 to 3 p.m.</p>
<p><b>Living well with dementia: The power of staying active</b>   Dementia may cause changes to your abilities, but it doesn't mark the end of an active and fulfilling life. Physical activity can improve well-being, alleviate stress and promote overall health. In this panel discussion, people living with dementia will share their personal stories of finding strength and resilience through physical activity and sport. Join us to learn tips and strategies to help you live well with dementia. For the general public.</p>	<p>Wednesday, August 21 2 to 3:30 p.m.</p>

Webinar	Date
<p><b>Mapping your journey: Stages and progression of dementia</b>   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.</p>	<p>Wednesday, August 28 2 to 3:30 p.m.</p>
<p><b>Accessing dementia services and support</b>   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 and people living with dementia.</p>	<p>Wednesday, September 4 2 to 3:30 p.m.</p>
<p><b>Enhancing your visits with a person in long-term care</b>   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.</p>	<p>Wednesday, September 11 2 to 3:30 p.m.</p>
<p><b>How does living with dementia affect your financial health?</b>   Now that you are living with dementia or suspect dementia, what are the conversations you should be having with your Financial Advisor? Your income needs may change due to higher care expenses, potentially impacting your Old Age Security payments. Or you may want to reduce the financial risk of your investments. Ensure you and your Financial Advisor have the proper safeguards in place to protect your wishes in the future. Join us as we walk through real-life scenarios of the good, the bad, and the ugly. For caregivers and people living with dementia.</p>	<p>Wednesday, September 18 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, September 25 2 to 3:30 p.m.</p>

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

## Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer support groups virtually for caregivers and people living in the early stages of dementia.

### To register:

Call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

*Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.*

### Virtual general caregiver support groups

Support group	Date
<b>General support group</b> Open to caregivers who are currently caring for a person living with dementia.	2nd Friday of the month, 10 to 11:30 a.m. 3rd Thursday of the month, 2 to 3:30 p.m.

### Virtual specialized support groups

<b>Adult children support group</b> Open to caregivers who are caring for a parent living with dementia.	3rd Tuesday of the month, 7 to 8:30 p.m. 4th Tuesday of the month, 7 to 8:30 p.m. 2nd Wednesday of the month, 7 to 8:30 p.m.
<b>Young onset support group</b> Open to caregivers who are caring for a person living with dementia who was diagnosed before the age of 65.	For more information, please call the First Link® Yukon Dementia Helpline at 1-888-852-2579.
<b>Long-term care support group</b> Open to caregivers who are caring for a person living with dementia in a long-term care home.	3rd Tuesday of the month, 10 to 11:30 a.m.
<b>2SLGBTQIA+ support group</b> Open to 2SLGBTQIA+ caregivers or caregivers of a person living with dementia who identifies as 2SLGBTQIA+.	1st Wednesday of the month, 7 to 8:30 p.m.
<b>Lewy body dementia support group</b> Open to caregivers who are caring for a person living with Lewy body dementia.	For more information, call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

## Virtual specialized support groups

Support group	Date
<b>Early-stage support group</b> Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.	For more information, call the First Link® Yukon Dementia Helpline at 1-888-852-2579.
<b>BvFTD support group</b> Open to caregivers who are caring for someone with behavioural variant frontotemporal dementia.	For more information, call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

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[alzbc.org/yukon](http://alzbc.org/yukon)

### First Link® Yukon Dementia Helpline

# 1-888-852-2579

Monday to Friday, 10 a.m. to 8 p.m.