

First Link® Bulletin

Your link to dementia support

August - September 2023



Updates on
programs and
services

*Online education workshops and
webinars in the Yukon*

Online education workshops

All sessions are hosted in Microsoft Teams. If you are new to using Teams 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.

Delusions, hallucinations and visual mistakes | Learn about the causes and triggers of delusions, hallucinations and visual mistakes, and explore strategies for responding to these behaviours to best support people living with dementia. For caregivers.

Tuesday, August 29
2 to 3:30 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-centered approach.

Thursday, September 14
6 to 7:30 p.m.

Coping with change, loss and grief | The dementia experience involves change and loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges and discover ways to find meaning in daily life. For caregivers.

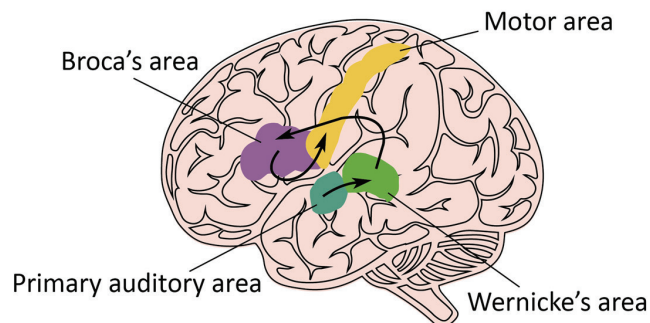
Tuesday, September 26
10 to 11:30 a.m.

To register, call the First Link® Yukon Dementia Helpline at 1-888-852-2579

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 in Microsoft Teams. 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
<p>Supporting friends on the dementia journey 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, August 23 2 – 3 p.m.</p>
<p>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.</p>	<p>Wednesday, August 30 2 – 3 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>Wednesday, September 6 2 – 3 p.m.</p>
<p>Research connects: Enhancing dementia research literacy in the age of (mis)information Dementia-related information has never been easier to find, but how do we know if the information we find on the internet, social media and other news sources is accurate and reliable? Join the Society's in-house research team, Dr. Heather Cooke and Dr. Rekesh Corepal, for an engaging discussion on how to increase your research literacy. Learn how to think critically about research, interpret dementia-related research in the news and evaluate the credibility of a story or source. For the general public.</p>	<p>Wednesday, September 13 2 – 3 p.m.</p>
<p>Flipping stigma in action: Stories of empowerment and courage Get ready for part two of the four-part Flipping stigma webinar series! As we continue to showcase the Flipping Stigma on its Ear Toolkit, action group members living with dementia share their personal stories showcasing powerful vignettes of their life. Learn about how they take action against stigma and discrimination and have found the courage to respond, educate and encourage others on the dementia journey. For people living with dementia, family members and friends and health-care providers.</p>	<p>Wednesday, September 20 2 – 3 p.m.</p>
<p>Panel discussion: Commonly asked questions about dementia Join us for a panel discussion where we respond to some of your most commonly asked questions. For caregivers and people living with dementia.</p>	<p>Wednesday, September 27 2 – 3 p.m.</p>

Register online at alzbc.org/webinars