

## Supporting people living with dementia: Resources for family physicians

This document outlines a list of resources that can provide education and support to family physicians and people living with dementia. The resources in this list address four topic areas: diagnosis, driving, changes in behaviour and treatment and care. The list is divided into two columns. The first column lists resources for family physicians. The second column lists resources for caregivers and people living with dementia. In each column, you will find the name of the organization/individual who created the resource and a link where it is hosted. **Contact your local Alzheimer Society to obtain hardcopies of any of the Alzheimer Society of Canada materials listed in this document and to learn more about the [First Link®](#) program. To find a local Alzheimer Society please visit [www.alzheimer.ca/find](http://www.alzheimer.ca/find).**

### Table of Contents

Diagnosis .....	2
Communicating the Diagnosis .....	3
After a diagnosis - Next steps .....	3
Driving .....	3
Changes in behaviour .....	4
Resources for family physicians .....	4
Resources for caregivers and people with dementia.....	4
Intimacy and Sexuality 2SLGBTQI+ .....	6
Treatment and care.....	7
Treatment and medications .....	7
Care planning and prognosis .....	7
Clinical Trials and Participating in Research.....	7
Function and Frailty .....	8
Pain .....	8
Communication.....	9

## Diagnosis

	Resources for family physicians	Resources for caregivers and people with dementia
<p><b>Timely Diagnosis</b></p>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Dementia screening and diagnosis tools for health-care providers</a></li> <li>• <a href="#">10 warning signs</a></li> <li>• <a href="#">The importance of early diagnosis   Print-friendly version</a></li> <li>• <a href="#">Questions for family physicians and health professionals to ask when cognitive impairment is suspected</a></li> <li>• <a href="#">National Dementia Guidelines: Disclosing and communicating a diagnosis of dementia</a></li> <li>• <a href="#">Principles for a dignified diagnosis</a></li> </ul> <p><a href="#">Dementia care resources</a>. Anishinaabek Dementia Care.</p> <p><b>Indigenous Cognition and Aging Awareness Research Exchange</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Canadian Indigenous Cognitive Assessment (CICA)</a></li> <li>• <a href="#">Dementia factsheets</a></li> </ul> <p><a href="#">Recommendations of the 5th Canadian Consensus Conference on the Diagnosis and Treatment of Dementia (CCCDTD)</a>.</p>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">10 warning signs</a></li> <li>• <a href="#">Benefits of an early diagnosis</a></li> <li>• <a href="#">Preparing for your doctor's visit</a></li> <li>• <a href="#">Getting a diagnosis</a></li> </ul>

Communicating the Diagnosis	<b>Resources for family physicians</b>	<b>Resources for caregivers and people with dementia</b>
	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Principles for a dignified diagnosis</a></li> <li>• <a href="#">Communicating the diagnosis</a></li> <li>• <a href="#">The Canadian Charter of Rights for People with Dementia</a></li> <li>• <a href="#">Person-centred language guidelines</a></li> <li>• <a href="#">PC P.E.A.R.L.S.®: 7 key elements of person-centred care</a></li> </ul>	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">CLEAR Communication Toolkit for people expecting a diagnosis</a></li> <li>• <a href="#">Principles for a dignified diagnosis</a></li> <li>• <a href="#">All about me</a></li> <li>• <a href="#">The Canadian Charter of Rights for People with Dementia</a></li> </ul>
	<b>Journal Article:</b> <a href="#">A patient's experience in dementia care: Using the "lived experience" to improve care</a>	<b>Alzheimer's Society UK:</b> <a href="#">The psychological and emotional impact of dementia</a>
After a diagnosis - Next steps	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">First Link®</a></li> </ul> <b>Journal Article:</b> <a href="#">Role of the family physician in dementia care</a>	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">First Link®</a></li> <li>• <a href="#">What to expect</a></li> <li>• <a href="#">Progression series</a></li> <li>• <a href="#">First steps</a></li> <li>• <a href="#">First steps for families</a></li> </ul>

## Driving

Driving	<b>Resources for family physicians</b>	<b>Resources for caregivers and people with dementia</b>
	<b>Regional Geriatric Program of Eastern Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and Dementia Toolkit</a></li> </ul>	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Conversations about dementia and driving</a></li> </ul>
	<b>Baycrest/CCNA:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and Dementia Roadmap</a></li> </ul> <b>brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Physician resources</a></li> </ul>	<b>Baycrest/CCNA:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and Dementia Roadmap</a></li> </ul> <b>Regional Geriatric Program of Eastern Ontario</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and Dementia Toolkit</a></li> </ul>

<b>Driving</b>	<b>Kalbe et al.</b> <ul style="list-style-type: none"> <li>• <a href="#">Simard Driving Screening Test</a></li> </ul>	
	<b>Journal Articles:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Efficient approach to driving safety concerns in family practice</a></li> <li>• <a href="#">Driving assessment for people with dementia</a></li> </ul>	

## Changes in behaviour

	<b>Resources for family physicians</b>	<b>Resources for caregivers and people with dementia</b>
<b>Changes in mood and behaviour</b>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Dementia and behaviours</a></li> </ul> <p><b>Research Institute for Aging:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Supporting comfort and belonging for people living with dementia</a></li> </ul> <p><b>Canadian Coalition for Seniors' Mental Health (CCSMH):</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Canadian Clinical Practice Guidelines for Assessing and Managing Behavioural and Psychological Symptoms of Dementia*</a>.</li> </ul> <p><b>Centre for Effective Practice:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Use of antipsychotics in behavioural and psychological symptoms of dementia (BPSD) discussion guide*</a></li> </ul> <p>*Note: For some, the terms “BPSD” and “responsive behaviours” may not be the preferred term to describe the changes in behaviour that a person with dementia may experience, refer to: <a href="http://www.alzheimer.ca/powerofwords">www.alzheimer.ca/powerofwords</a></p> <p><b>Behavioural Supports Ontario:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">BSO-DOS�</a></li> </ul>	<p><b>Alzheimer Society of Canada/Alzheimer Society of Ontario:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Dementia and behaviours</a></li> <li>• <a href="#">Disorientation losing ones way</a></li> <li>• <a href="#">Ensuring safety and security</a></li> <li>• <a href="#">Tracking devices</a></li> <li>• <a href="#">Finding Your Way�</a></li> </ul> <p><b>Canadian Coalition for Seniors' Mental Health (CCSMH):</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Behaviours in Dementia Toolkit</a></li> </ul> <p><b>Centre for Effective Practice:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">How antipsychotic medications are used to help people with dementia: A guide for residents, families, and caregivers</a></li> </ul>

<p><b>Changes in mood and behaviour</b></p>	<p><b>CAMH</b></p> <ul style="list-style-type: none"><li>• <a href="#">CAMH Integrated Care Pathway Tool</a>   <a href="#">Protocoles de soins intégrés pour la démence</a></li></ul> <p><b>Cohen-Mansfield</b></p> <ul style="list-style-type: none"><li>• <a href="#">Cohen-Mansfield Agitation Inventory (CMAI)</a>   <a href="#">Echelle de Cohen-Mansfield (Etats d'Agitation)</a></li></ul> <p><b>Alexopoulos et al.</b></p> <ul style="list-style-type: none"><li>• <a href="#">Cornell Scale for Depression in Dementia</a>   <a href="#">Échelle de Cornell</a></li></ul> <p><b>Kertesz et al.</b></p> <ul style="list-style-type: none"><li>• <a href="#">Frontal Behavioural Inventory (FBI)</a></li></ul> <p><b>Spitzer et al.</b></p> <ul style="list-style-type: none"><li>• <a href="#">General Anxiety Disorder-7 (GAD-7)</a>   <a href="#">GAD-7 en Français</a></li></ul> <p><b>Yesavage et al.</b></p> <ul style="list-style-type: none"><li>• <a href="#">Geriatric Depression Scale (GDS)</a>   <a href="#">Échelle Gériatrique de Dépression</a></li></ul> <p><b>Providence Care</b></p> <ul style="list-style-type: none"><li>• <a href="#">Kingston Standardized Behavioural Assessment (KSBA)</a></li></ul> <p><b>Spitzer et al.</b></p> <ul style="list-style-type: none"><li>• <a href="#">Patient Health Questionnaire - 9 (PHQ-9)</a>   <a href="#">PHQ-9 en Français</a></li></ul> <p><b>PIECES Canada</b></p> <ul style="list-style-type: none"><li>• <a href="#">P.I.E.C.E.S. (Physical. Intellectual. Emotional. Capabilities. Environment. Social) Assessment Tool</a></li></ul>	
---	--	--

<b>Intimacy and Sexuality 2SLGBTQI+</b>	<b>Resources for family physicians</b>	<b>Resources for caregivers and people with dementia</b>
	<p><b>Lanark, Leeds and Grenville Long-Term Care Working Group:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Intimacy and sexuality in long-term care: A guide to practice</a></li> </ul> <p><b>Journal Article:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Expression of intimacy and sexuality in persons with dementia</a></li> </ul> <p><b>Alzheimer’s Society UK:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Supporting a LGBTQ person with dementia</a></li> </ul> <p><b>brainXchange:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGTBQ and dementia</a></li> </ul> <p><b>The 519:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Still here, still queer: A handbook for affirming LGBTQ older adults</a></li> </ul>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Conversations about dementia, intimacy and sexuality</a></li> <li>• <a href="#">Sexual behaviour (Caregiver)</a></li> </ul> <p><b>Alzheimer’s Society UK:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBT: Living with dementia</a></li> <li>• <a href="#">LGBT: Supporting a person with dementia</a></li> </ul>

## Treatment and care

	Resources for family physicians	Resources for caregivers and people with dementia
Treatment and medications	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">For family doctors: Tips on talking with patients with dementia and their caregivers about medications</a></li> <li>• <a href="#">For pharmacists: Tips on talking with patients with dementia and their caregivers about medications</a></li> <li>• <a href="#">Treatment options</a></li> <li>• <a href="#">Drug approval process</a></li> </ul> <p><b>Journal Article:</b>  <a href="#">Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission</a></p> <p><b>Baycrest:</b> <a href="#">Brain health food guide</a></p> <p><b>Bruy�re Research Institute:</b> <a href="#">Deprescribing</a></p> <p><b>Canadian Deprescribing Network:</b> <a href="#">Deprescribing Network</a></p>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Treatment options</a></li> <li>• <a href="#">Heads up for healthier brains</a></li> <li>• <a href="#">Heads up for healthier living</a></li> <li>• <a href="#">Brain health</a></li> <li>• <a href="#">Risk factors</a></li> <li>• <a href="#">Activities</a></li> </ul> <p><b>Canadian Deprescribing Network:</b> <a href="#">Deprescribing Network</a></p>
Care planning and prognosis	<p><b>Canadian Hospice Palliative Care Association</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Advanced Care Planning Canada   La planification pr�alable des soins au Canada</a></li> </ul> <p><b>Providence Care</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Kingston Caregiver Stress Scale (KCSS)</a></li> </ul>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">I'm living with dementia</a></li> <li>• <a href="#">I'm caring for a person living with dementia</a></li> <li>• <a href="#">Planning your future</a></li> </ul> <p><b>Canadian Hospice Palliative Care Association</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Advanced Care Planning Canada   La planification pr�alable des soins au Canada</a></li> </ul>
Clinical Trials and Participating in Research	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Brain donation</a></li> </ul> <p><b>Clinical Trials</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Clinicaltrials.gov</a></li> </ul>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Participating in research</a></li> <li>• <a href="#">Brain donation</a></li> </ul> <p><b>Clinical Trials</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Clinicaltrials.gov</a></li> </ul>

	Resources for family physicians	Resources for caregivers and people with dementia
Function and Frailty	<p>Rockwood et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Clinical Frailty Scale (CFS)</a>   <a href="#">CFS other languages</a></li> </ul> <p>Rolfson et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Edmonton Frailty Scale (EFS)</a></li> </ul> <p>Pfeffer et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Functional Activities Questionnaire (FAQ)</a>   <a href="#">QAF en Français</a></li> </ul> <p>brainXchange: <a href="#">Frailty and dementia</a></p>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Providing day-to-day care</a></li> <li>• <a href="#">Living well with dementia</a></li> <li>• <a href="#">Living safely and independently</a></li> </ul>
Pain	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">How does pain affect people with dementia?</a></li> </ul> <p>Abbey et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Abbey Pain Scale: For measurement of pain in people with dementia who cannot verbalise</a></li> </ul> <p>Warden et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Pain Assessment in Advanced Dementia (PAINAD) Scale</a></li> </ul> <p>Chan et al.</p> <ul style="list-style-type: none"> <li>• <a href="#">Pain Assessment Checklist for Seniors with Limited Ability to Communicate (PACSLAC-II)</a>   <a href="#">PACSLAC-F</a></li> </ul> <p>University of Regina: <a href="#">See Pain More Clearly.</a></p> <p>brainXchange: <a href="#">Pain assessment in persons with dementia.</a></p>	<p><b>Alzheimer Society of Ontario &amp; brainXchange:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Pain matters: A family guide to pain management in dementia</a></li> </ul> <p><b>Alzheimer's Society UK:</b> <a href="#">Urinary tract infections and dementia</a></p> <p><b>University of Regina:</b> <a href="#">See Pain More Clearly.</a></p>

## Communication

	Resources for family physicians	Resources for caregivers and people with dementia
<p><b>Communication challenges</b></p>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Communication</a></li> </ul> <p><b>brainXchange:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Communication resources</a></li> </ul>	<p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Communication</a></li> <li>• <a href="#">Communication challenges and helpful strategies for the person with dementia</a></li> <li>• <a href="#">Meaningful visits</a></li> </ul>

Contact your local Alzheimer Society to obtain hardcopies of any of the Alzheimer Society of Canada materials listed in this document and to learn more about the [First Link®](#) program.

To find a local Alzheimer Society please visit [www.alzheimer.ca/find](http://www.alzheimer.ca/find)