

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.

Table of Contents

Diagnosis	2
Communicating the Diagnosis	4
The Importance of a Person-Centred Approach to Care	4
Next steps	4
Driving	5
Changes in behaviour	6
Intimacy and Sexuality	8
Treatment and care	9
Non- pharmacological	9
Pharmacological	9
Care planning and prognosis	10
Clinical Trials and Participating in Research	11
Function and Frailty	11
Pain	11
Communication	12
Contact the Alzheimer Society	12

Diagnosis

Timely Diagnosis	<p>Resources for family physicians</p> <p>Reisberg et al.</p> <ul style="list-style-type: none"> • Global Deterioration Scale (GDS) <p>Providence Care:</p> <ul style="list-style-type: none"> • Kingston Standardized Cognitive Assessment-Revised (KSCAR) <p>Centre for Family Medicine:</p> <ul style="list-style-type: none"> • Memory Clinic Brain Map
	<p>Folstein et al.</p> <ul style="list-style-type: none"> • Mini-Mental State Examination (MMSE) <p>Nasreddine</p> <ul style="list-style-type: none"> • Montreal Cognitive Assessment (MoCA) MoCA (en français) <p>Rowland et al.</p> <ul style="list-style-type: none"> • Rowland Universal Dementia Assessment Scale (RUDAS)
	<p>Anishinaabek Dementia Care:</p> <ul style="list-style-type: none"> • Dementia care resources <p>Indigenous Cognition and Aging Awareness Research Exchange:</p> <ul style="list-style-type: none"> • Canadian Indigenous Cognitive Assessment (CICA) • Dementia factsheets

	Resources for family physicians	Resources for caregivers and people with dementia
	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • The importance of an early diagnosis • Questions for family physicians and health professionals to ask when cognitive impairment is suspected 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • 10 warning signs • Preparing for your doctor's visit • Benefits of an early diagnosis • Getting a diagnosis
Timely Diagnosis	<p>Handbook on the Neuropsychology of Aging and Dementia:</p> <ul style="list-style-type: none"> • Differential diagnosis of depression and dementia <p>Canadian Family Physician:</p> <ul style="list-style-type: none"> • Cognitive screening of older patients • Screening tools for virtual assessment of cognition <p>Alzheimer's and Dementia:</p> <ul style="list-style-type: none"> • Recommendations of the 5th Canadian Consensus Conference on the Diagnosis and Treatment of Dementia <p>National Institute on Aging:</p> <ul style="list-style-type: none"> • Assessing cognitive impairment in older patients 	

	Resources for family physicians	Resources for caregivers and people with dementia
<p>Communicating the Diagnosis</p> <p>The Importance of a Person-Centred Approach to Care</p>	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Principles of a dignified diagnosis • Communicating the diagnosis • The Canadian Charter of Rights for People with Dementia • Person-centred language guidelines • PC P.E.A.R.L.S.®: 7 key elements of person-centred care 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • All about me • The Canadian Charter of Rights for People with Dementia
	<p>Indigenous Cognition and Aging Awareness Research Exchange:</p> <ul style="list-style-type: none"> • Dementia factsheets 	<p>Alzheimer’s Society UK:</p> <ul style="list-style-type: none"> • The psychological and emotional impact of dementia
	<p>Indigenous Cognition and Aging Awareness Research Exchange:</p> <ul style="list-style-type: none"> • Practice Tools 	
	<p>Journal Article:</p> <ul style="list-style-type: none"> • A patient's experience in dementia care: Using the "lived experience" to improve care 	
	<p>Dementia Australia:</p> <ul style="list-style-type: none"> • Communicating the diagnosis 	
<p>Next steps</p>	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • First Link® <p>Journal Article:</p> <ul style="list-style-type: none"> • Role of the family physician in dementia care (from prevention - management) 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • First Link® • What to expect • Progression series (Alzheimer’s disease) - Overview, Early Stage, Middle Stage, Late Stage, End of Life • First steps • First steps for families • Dispelling the myths

Driving

	Resources for family physicians	Resources for caregivers and people with dementia
Driving	Providence Care: <ul style="list-style-type: none"> • Driving and Dementia Regional Geriatric Program of Eastern Ontario: <ul style="list-style-type: none"> • Driving and Dementia Toolkit 	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Conversations about dementia and driving
	brainXchange: <ul style="list-style-type: none"> • Driving and dementia: Physician resources 	CCNA Team 16: <ul style="list-style-type: none"> • Driving and Dementia Roadmap
	CCNA Team 16: <ul style="list-style-type: none"> • Driving and Dementia Roadmap 	brainXchange: <ul style="list-style-type: none"> • Driving and dementia: Caregiver resources
	Canadian Medical Association <ul style="list-style-type: none"> • CMA Driver's Guide AMC Évaluation médicale de l'aptitude à conduire 	
	Kalbe et al. <ul style="list-style-type: none"> • Simard Driving Screening Test 	
	Journal Article: <ul style="list-style-type: none"> • Driving and dementia: Efficient approach to driving safety concerns in family practice • Driving assessment for people with dementia 	

Changes in behaviour

	Resources for family physicians	Resources for caregivers and people with dementia
<p>Changes in mood and behaviour</p>	<p>Behavioural Supports Ontario:</p> <ul style="list-style-type: none"> • BSO-DOS© <p>CAMH</p> <ul style="list-style-type: none"> • CAMH Integrated Care Pathway Tool Protocoles de soins intégrés pour la démence <p>Cohen-Mansfield</p> <ul style="list-style-type: none"> • Cohen-Mansfield Agitation Inventory (CMAI) Echelle de Cohen-Mansfield (Etats d'Agitation) <p>Alexopoulos et al.</p> <ul style="list-style-type: none"> • Cornell Scale for Depression in Dementia Échelle de Cornell <p>Kertesz et al.</p> <ul style="list-style-type: none"> • Frontal Behavioural Inventory (FBI) <p>Spitzer et al.</p> <ul style="list-style-type: none"> • General Anxiety Disorder-7 (GAD-7) GAD-7 en Français <p>Yesavage et al.</p> <ul style="list-style-type: none"> • Geriatric Depression Scale (GDS) Échelle Gériatrique de Dépression <p>Providence Care</p> <ul style="list-style-type: none"> • Kingston Standardized Behavioural Assessment (KSBA) <p>Spitzer et al.</p> <ul style="list-style-type: none"> • Patient Health Questionnaire - 9 (PHQ-9) PHQ-9 en Français <p>PIECES Canada</p> <ul style="list-style-type: none"> • P.I.E.C.E.S. (Physical. Intellectual. Emotional. Capabilities. Environment. Social) Assessment Tool 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Responsive behaviours* <p>Sinai Health System:</p> <ul style="list-style-type: none"> • Dementia Talk App <p>Reitman Centre:</p> <ul style="list-style-type: none"> • Dementia Advisor App

	Resources for family physicians	Resources for caregivers and people with dementia
<p>Changes in mood and behaviour</p>	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Responsive behaviours* • Tracking devices <p>Alzheimer Society of Ontario:</p> <ul style="list-style-type: none"> • Finding Your Way® <p>Research Institute for Aging</p> <ul style="list-style-type: none"> • Supporting comfort and belonging for people living with dementia <p>Centre for Effective Practice:</p> <ul style="list-style-type: none"> • Use of antipsychotics in behavioural and psychological symptoms of dementia (BPSD) discussion guide* <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:</p> <p>Language paradigms when behaviour changes with dementia</p> <p>The language of behaviour changes in dementia: A mixed methods survey exploring the perspectives of people with dementia</p>	<p>Centre for Effective Practice:</p> <ul style="list-style-type: none"> • How antipsychotic medications are used to help people with dementia: A guide for residents, families, and caregivers <p>Alzheimer Society of Canada/Alzheimer Society of Ontario:</p> <ul style="list-style-type: none"> • Disorientation losing ones way • Ensuring safety and security • Tracking devices • Finding Your Way®

Intimacy and Sexuality	Resources for family physicians	Resources for caregivers and people with dementia
	<p>Lanark, Leeds and Grenville Long-Term Care Working Group:</p> <ul style="list-style-type: none"> • Intimacy and sexuality in long-term care: A guide to practice <p>Journal Article:</p> <ul style="list-style-type: none"> • Expression of intimacy and sexuality in persons with dementia <p>Alzheimer’s Society UK:</p> <ul style="list-style-type: none"> • Supporting a LGBTQ person with dementia <p>brainXchange:</p> <ul style="list-style-type: none"> • LGTBQ and dementia <p>The 519:</p> <ul style="list-style-type: none"> • Still here, still queer: A handbook for affirming LGBTQ older adults <p>National Resource Centre on LGBT Aging (USA):</p> <ul style="list-style-type: none"> • Inclusive services for LGBT older adults: A practical guide to creating welcoming agencies 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Conversations about dementia, intimacy and sexuality • Changes in sexuality and intimacy (<i>Person living with dementia</i>) • Sexual behaviour (<i>Caregiver</i>) <p>Alzheimer’s Society UK:</p> <ul style="list-style-type: none"> • LGBT: Living with dementia • LGBT: Supporting a person with dementia

Treatment and care

	Resources for family physicians	Resources for caregivers and people with dementia
Non-pharmacological	Journal Article: <ul style="list-style-type: none"> • Dementia prevention, intervention, and care: 2020 report of the Lancet Commission 	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Heads up for healthier brains • Heads up for healthier living • Brain health • Risk factors • Activities
	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Treatment options 	
	Baycrest: <ul style="list-style-type: none"> • Brain health food guide 	
	Bruy�re Research Institute: <ul style="list-style-type: none"> • Deprescribing Canadian Deprescribing Network: <ul style="list-style-type: none"> • Deprescribing Network 	Canadian Deprescribing Network: <ul style="list-style-type: none"> • Deprescribing Network
Pharmacological	Boustani et al. <ul style="list-style-type: none"> • Anticholinergic Cognitive Burden Scale (ACB) Rudolph et al. <ul style="list-style-type: none"> • Anticholinergic Risk Scale Doucette et al. <ul style="list-style-type: none"> • Patient Medication User Self-evaluation (MUSE) RxFiles Academic Detailing <ul style="list-style-type: none"> • Rxfiles 	
	Alzheimer Society of Canada: <ul style="list-style-type: none"> • For family doctors: Tips on talking with patients with dementia and their caregivers about medications • For pharmacists: Tips on talking with patients with dementia and their caregivers about medications • Treatment options • Drug approval process 	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Medications for Alzheimer's disease: Are they right for you? • Drug approval process • Treatment options (also includes medication options) Alzheimer Association (USA): <ul style="list-style-type: none"> • Treatments and research

	Resources for family physicians	Resources for caregivers and people with dementia
Care planning and prognosis	<p>Sunnybrook Health Sciences Centre</p> <ul style="list-style-type: none"> • ABLE Planning Care Guide <p>Canadian Hospice Palliative Care Association</p> <ul style="list-style-type: none"> • Advanced Care Planning Canada La planification préalable des soins au Canada <p>University of California San Francisco</p> <ul style="list-style-type: none"> • ePrognosis <p>Providence Care</p> <ul style="list-style-type: none"> • Kingston Caregiver Stress Scale (KCSS) <p>Anderson et al.</p> <ul style="list-style-type: none"> • Palliative Performance Scale (PPS) Échelle de performance pour patients en soins palliatifs (PPSv2) <p>Primary Palliative Care Research Group, University of Edinburgh</p> <ul style="list-style-type: none"> • Supportive & Palliative Care Indicators Tool (SPICT) 	

	Resources for family physicians	Resources for caregivers and people with dementia
Clinical Trials and Participating in Research	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Brain donation <p>Consortium of Canadian Centres for Clinical Cognitive Research</p> <ul style="list-style-type: none"> • Clinical trials in Canada <p>U.S. National Library of Medicine</p> <ul style="list-style-type: none"> • Clinicaltrials.gov 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Participating in research <p>Consortium of Canadian Centres for Clinical Cognitive Research</p> <ul style="list-style-type: none"> • Clinical trials in Canada <p>U.S. National Library of Medicine</p> <ul style="list-style-type: none"> • Clinicaltrials.gov
Function and Frailty	<p>Rockwood et al.</p> <ul style="list-style-type: none"> • Clinical Frailty Scale (CFS) CFS other languages <p>Rolfson et al.</p> <ul style="list-style-type: none"> • Edmonton Frailty Scale (EFS) <p>Pfeffer et al.</p> <ul style="list-style-type: none"> • Functional Activities Questionnaire (FAQ) QAF en Français 	<p>Alzheimer Society of Canada:</p> <ul style="list-style-type: none"> • Providing day-to-day care • Living well with dementia
	<p>brainXchange:</p> <ul style="list-style-type: none"> • Falls and dementia 	
	<p>Journal Article:</p> <ul style="list-style-type: none"> • Assessment of activities of daily living, self-care, and independence 	
Pain	<p>Abbey et al.</p> <ul style="list-style-type: none"> • Abbey Pain Scale: For measurement of pain in people with dementia who cannot verbalise <p>Warden et al.</p> <ul style="list-style-type: none"> • Pain Assessment in Advanced Dementia (PAINAD) Scale <p>Chan et al.</p> <ul style="list-style-type: none"> • Pain Assessment Checklist for Seniors with Limited Ability to Communicate (PACSLAC-II) PACSLAC-F 	<p>Alzheimer Society of Ontario & brainXchange:</p> <ul style="list-style-type: none"> • Pain matters: A family guide to pain management in dementia

	Resources for family physicians	Resources for caregivers and people with dementia
Pain	Alzheimer Society of Canada: <ul style="list-style-type: none"> • How does pain affect people with dementia? 	Alzheimer Association (USA): <ul style="list-style-type: none"> • Late-stage care
	University of Regina: <ul style="list-style-type: none"> • See Pain More Clearly 	Alzheimer’s Society UK: <ul style="list-style-type: none"> • Urinary tract infections and dementia
	brainXchange: <ul style="list-style-type: none"> • Pain assessment in persons with dementia 	University of Regina: <ul style="list-style-type: none"> • See Pain More Clearly
	Journal Article: <ul style="list-style-type: none"> • Identifying and managing pain in people with Alzheimer’s disease and other types of dementia: A systematic review 	

Communication

	Resources for family physicians	Resources for caregivers and people with dementia
Communication challenges	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Communication brainXchange: <ul style="list-style-type: none"> • Communication resources 	Alzheimer Society of Canada: <ul style="list-style-type: none"> • Communication • Communication challenges and helpful strategies for the person with dementia • Meaningful visits Dr. Susan Lane: <ul style="list-style-type: none"> • Maintaining the Connection (<i>Communication tips for families of people with dementia</i>)

Contact the Alzheimer Society

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

To find your local Alzheimer Society please visit www.alzheimer.ca/helpnearlyou or call 1-855-705-4636 (INFO)

To provide feedback on this resource, email publications@alzheimer.ca