

Newsletter

Fall 2020

Managing Through COVID-19

Tips for coping with the pandemic

Stay Active at Home

Tips for keeping people with dementia active at home

Be creative. Look around your home to see what supplies you have available for activities, such as crafts.

Be flexible. Activities that work one day may not work the next.

Be patient. As long as they're safe, don't worry if they're not doing the activity "right".

Provide direction. They may need extra encouragement & guidance.

Adapt the activity to the person. Consider the person's interests & current abilities.

Research activities offered online. Virtual museum, zoo & national park visits are all great options.

Explaining COVID-19 to people with dementia

- Think about what you want to say ahead of time
- Think about questions they might have
- Speak calmly
- Be patient
- Reassure the person
- Focus on the positive



Frank Crews - Care Partner

Take Care of Yourself

Follow these tips to learn how to take care of yourself while taking care of others:

Stay active. Exercise regularly to keep your body healthy.

Eat healthy. You can get healthy grocery items delivered to your home or ask friends & family.

Connect with others. Schedule daily calls with a family & friends.

Take time to destress. Try stretching, yoga, taking deep breaths, or meditating.

Get your sleep. Do your best to keep a regular sleeping schedule.

Be mindful of the coping strategies you use. Avoid unhealthy strategies like alcohol & drugs.

First Link Program

Connecting you to programs and services to help you live well with dementia.

About the Learning Series

The Learning Series helps people with dementia, their families and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants have the opportunity to learn and share with others who are affected by dementia.

Connecting with First Link means you can:

- Receive one-on-one or group support
- Be referred to local healthcare providers & community services
- Meet other people in similar experiences
- Get help to plan your future

First Link Dementia Helpline

Through our First Link Dementia Helpline, some of the topics you can learn about include:

- General information about dementia
- Progression of the disease, including its effects on communication & behaviour
- Resources available in your community, including support groups and upcoming education workshops
- Information about making your organization or community dementia friendly
- Getting the diagnosis & personal planning
- Maintaining independence
- Providing care & support



Dr. Susan Mercer - First Link Presenting Partner
First Link Learning Series

Dementia & Stigma

Stigmas about people with dementia

58% of Canadians believe that people living with dementia are likely to be ignored or dismissed.

51% of Canadians admit to using derogatory or stigmatizing language about dementia.

30% of Canadians admit to telling dementia-related jokes.



Roseanne Leonard - President

To learn how to fight stigmas about dementia, visit: <https://alzheimer.ca/en/about-dementia/stigma-against-dementia/10-easy-ways-fight-stigma-against-dementia>

Social With a Purpose

Our Connections Matter

Stay connected, while staying physically apart



COVID-19 has brought many challenges this year for persons with dementia, and has severely impacted the Alzheimer Society's fundraising efforts.

Persons with dementia need your help more now than ever and YOU can make a difference.

By registering for **Social with a Purpose**, you can give back while connecting with family and friends by hosting a fun online event with the help of our virtual event kit!



DEMENTIA PASSPORT



What is Dementia Passport?

The Dementia Passport is an e-learning program developed by the Alzheimer Society to support health care professionals in providing high-quality care to people living with dementia.

It offers evidence-based learning modules which provide education on dementia care. The program highlights the importance of the Charter of Rights for people living with dementia and enhances the skill set of health care professionals in our province.

How to register

Health care professionals can register for dementia passport by visiting

dementiapassport.ca.

Registration is \$25.00 per user for all four modules. Access is granted for a maximum of 30 days.

Following the completion of the training a certificate is awarded.

Community Partnership

Through a partnership with the Government of Newfoundland and Labrador we have a limited number of funded registrations for Personal Care Homes and the Provincial Home Support Program.

Contact us today at 709-576-0608 regarding your eligibility.

Connect with us today to learn to live well with dementia!

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Alzheimer Society

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