

## 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, or the location where it is hosted, along with the resource title.

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## Diagnosis

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

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

## Driving

|         |   |  |
|---------|---|--|
| Driving | <b>Resources for family physicians</b>  | <b>Resources for caregivers and people with dementia</b>   |
|         | <b>brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Physician resources</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>Journal Article:</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> | <b>Regional Geriatric Program of Eastern Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and Dementia Toolkit: For patients and caregivers</a></li> <li>• <a href="#">When you lose your driver’s licence</a></li> </ul> |
|         |   | <b>brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Caregiver resources</a></li> </ul>   |

## Changes in behaviour

|                      |  |  |
|----------------------|--|--|
| Changes in behaviour | <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="#">Responsive behaviours*</a></li> </ul>   | <b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Responsive behaviours*</a></li> </ul>   |
|                      | <b>Behavioural Supports Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">BSO-DOSC</a></li> </ul>  | <b>Sinai Health System:</b> <ul style="list-style-type: none"> <li>• <a href="#">Dementia Talk App</a></li> </ul><br><b>Reitman Centre:</b> <ul style="list-style-type: none"> <li>• <a href="#">Dementia Advisor App</a></li> </ul> |
|                      | <b>Research Institute for Aging</b> <ul style="list-style-type: none"> <li>• <a href="#">Supporting comfort and belonging for people living with dementia</a></li> </ul> |  |

|                             | <b>Resources for family physicians</b>   | <b>Resources for caregivers and people with dementia</b>  |
|-----------------------------|--|---|
| <b>Changes in behaviour</b> | <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:</p> <p><a href="#">Language paradigms when behaviour changes with dementia</a></p> <p><a href="#">The language of behaviour changes in dementia: A mixed methods survey exploring the perspectives of people with dementia</a></p> | <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>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Locating devices</a></li> </ul> <p><b>Alzheimer Society of Ontario:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Finding Your Way®</a></li> </ul>  | <p><b>Alzheimer Society of Canada/Alzheimer Society of Ontario:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Disorientation losing ones way</a></li> <li>• <a href="#">Ensuring safety and security</a></li> <li>• <a href="#">Locating devices</a></li> <li>• <a href="#">Finding Your Way®</a></li> </ul> |

|                               |  |  |
|-------------------------------|--|--|
| <b>Intimacy and Sexuality</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>National Resource Centre on LGBT Aging (USA):</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Inclusive services for LGBT older adults: A practical guide to creating welcoming agencies</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="#">Changes in sexuality and intimacy</a> (<i>Person living with dementia</i>)</li> <li>• <a href="#">Sexual behaviour</a> (<i>Caregiver</i>)</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   |
|---------------------|---|---|
| Non-pharmacological | <b>Journal Article:</b> <ul style="list-style-type: none"> <li>• <a href="#">Dementia prevention, intervention, and care: 2020 report of the Lancet Commission</a></li> </ul>   | <b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <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>  |
|                     | <b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Treatment options</a> <i>(also includes medication options)</i></li> </ul>   |   |
|                     | <b>Baycrest:</b> <ul style="list-style-type: none"> <li>• <a href="#">Brain health food guide</a></li> </ul>  |   |
|                     | <b>Bruy re Research Institute:</b> <ul style="list-style-type: none"> <li>• <a href="#">Deprescribing</a></li> </ul><br><b>Canadian Deprescribing Network:</b> <ul style="list-style-type: none"> <li>• <a href="#">Deprescribing Network</a></li> </ul>  | <b>Canadian Deprescribing Network:</b> <ul style="list-style-type: none"> <li>• <a href="#">Deprescribing Network</a></li> </ul>  |
| Pharmacological     | <b>Alzheimer Society of Canada:</b> <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> <i>(also includes medication options)</i></li> <li>• <a href="#">Drug approval process</a></li> </ul> | <b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Medications for Alzheimer's disease: Are they right for you?</a></li> <li>• <a href="#">Drug approval process</a></li> <li>• <a href="#">Treatment options</a> <i>(also includes medication options)</i></li> </ul><br><b>Alzheimer Association (USA):</b> <ul style="list-style-type: none"> <li>• <a href="#">Treatments and research</a></li> </ul> |

|   | Resources for family physicians   | Resources for caregivers and people with dementia  |
|---|---|--|
| 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>Consortium of Canadian Centres for Clinical Cognitive Research</p> <ul style="list-style-type: none"> <li>• <a href="#">Clinical trials in Canada</a></li> </ul> <p>U.S. National Library of Medicine</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> </ul> <p>Consortium of Canadian Centres for Clinical Cognitive Research</p> <ul style="list-style-type: none"> <li>• <a href="#">Clinical trials in Canada</a></li> </ul> <p>U.S. National Library of Medicine</p> <ul style="list-style-type: none"> <li>• <a href="#">Clinicaltrials.gov</a></li> </ul> |
| Maximizing Function                           | <p><b>Alzheimer Society of Canada:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Providing day-to-day care</a></li> </ul>  | <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> </ul>  |
|   | <p>brainXchange:</p> <ul style="list-style-type: none"> <li>• <a href="#">Falls and dementia</a></li> </ul>   |  |
|   | <p>Journal Article:</p> <ul style="list-style-type: none"> <li>• <a href="#">Assessment of activities of daily living, self-care, and independence</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>Alzheimer Society of Ontario &amp; brainXchange:</p> <ul style="list-style-type: none"> <li>• <a href="#">Pain matters: A family guide to pain management in dementia</a></li> </ul>  |
|   | <p>University of Regina:</p> <ul style="list-style-type: none"> <li>• <a href="#">See Pain More Clearly</a></li> </ul>  | <p>Alzheimer Association (USA):</p> <ul style="list-style-type: none"> <li>• <a href="#">Late-stage care</a></li> </ul>  |
|   | <p>brainXchange:</p> <ul style="list-style-type: none"> <li>• <a href="#">Pain assessment in persons with dementia</a></li> </ul>   | <p>Alzheimer’s Society UK:</p> <ul style="list-style-type: none"> <li>• <a href="#">Urinary tract infections and dementia</a></li> </ul>   |
|   | <p>Journal Article:</p> <ul style="list-style-type: none"> <li>• <a href="#">Identifying and managing pain in people with Alzheimer’s disease and other types of dementia: A systematic review</a></li> </ul>   | <p>University of Regina:</p> <ul style="list-style-type: none"> <li>• <a href="#">See Pain More Clearly</a></li> </ul>   |
|   | <p>Pain Scale:</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>   |  |

## 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> <p><b>Dr. Susan Lane:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Maintaining the Connection</a> (<i>Communication tips for families of people with dementia</i>)</li> </ul> |

## 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](http://www.alzheimer.ca/helpnearlyou) or call 1-855-705-4636 (INFO)

To provide feedback on this resource, email [publications@alzheimer.ca](mailto:publications@alzheimer.ca)