

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

This document outlines a list of resources that can provide education and support to family physicians and their patients who are living with dementia. The resources in this list address four distinct topic areas: diagnosis, driving, behaviour and management. The list is divided into two columns. One column lists resources for family physicians. The second column lists resources for caregivers and people 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.

### Topic #1: Diagnosis

	Resources for family physicians	Resources for caregivers & people with dementia
Timely Diagnosis	<b>Alzheimer Society of Canada:</b> <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>	<b>Alzheimer Society of Canada:</b> <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>
	<b>National Institute on Aging:</b> <ul style="list-style-type: none"> <li>• <a href="#">Assessing cognitive impairment in older patients</a></li> </ul>	
	<b>Alzheimer’s Disease International:</b> <ul style="list-style-type: none"> <li>• <a href="#">Diagnosing Alzheimer's disease and related disorders</a></li> </ul>	
	<b>The Canadian Review of Alzheimer’s Disease and Other Dementias:</b> <ul style="list-style-type: none"> <li>• <a href="#">Depression vs. dementia: How do we assess?</a></li> <li>• <a href="#">Targeted screening for dementia</a></li> </ul>	
	<b>Canadian Medical Association:</b> <ul style="list-style-type: none"> <li>• <a href="#">Diagnosis and treatment of dementia: 2. Diagnosis</a></li> </ul>	
	<a href="#">Recommendations of the 4th Canadian Consensus Conference on the Diagnosis and Treatment of Dementia (CCCDTD4)</a>	

	Resources for family physicians	Resources for caregivers & people with dementia
Communicating the Diagnosis & The Importance of a Person-Centred Approach to Care	<b>Alzheimer Society of Canada:</b> <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>	<b>Alzheimer Society of Canada:</b> <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>
	<b>Journal Article - Canadian Family Physician:</b> <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>	<b>Alzheimer Society UK:</b> <ul style="list-style-type: none"> <li>• <a href="#">The psychological and emotional impact of dementia</a></li> </ul>
Next steps	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">First Link®</a></li> </ul>	<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 (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>
	<b>Journal Article - Canadian Family Physician:</b> <ul style="list-style-type: none"> <li>• <a href="#">Role of the family physician in dementia care (from prevention - management)</a></li> </ul>	

## Topic #2: Driving

	Resources for family physicians	Resources for caregivers & people with dementia
Driving	<b>List of resources available from 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>Regional Geriatric Program of Eastern Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia toolkit: 3rd edition</a></li> </ul>	<b>National Initiative for Care of the Elderly:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving cessation information</a></li> </ul>
	<b>Journal Article – Canadian Family Physician:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Efficient approach to driving safety concerns in family practice</a></li> </ul>	<b>List of resources available from brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Driving and dementia: Caregiver resources</a></li> </ul>

## Topic #3: Behaviours

	Resources for family physicians	Resources for caregivers & people with dementia
Responsive Behaviours	<b>CIUSSS de l'Estrie – CHUS, Sherbrooke:</b> <ul style="list-style-type: none"> <li>• <a href="#">Alzheimer's disease and other major neurocognitive disorders: Behavioural and psychological symptoms of dementia (BPSD)</a></li> </ul>	<b>Alzheimer Association (USA):</b> <ul style="list-style-type: none"> <li>• <a href="#">Behaviors: How to respond when dementia causes unpredictable behaviors</a></li> </ul>
	<b>Behavioural Supports Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">BSO-DOS</a></li> </ul>	<b>Sinai Health System:</b> <ul style="list-style-type: none"> <li>• <a href="#">Dementia Talk App</a></li> </ul>
	<b>Centre for Effective Practice:</b> <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>	<b>Centre for Effective Practice:</b> <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>
Wandering	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">MediAlert® SafelyHome®</a></li> </ul>	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">MediAlert® SafelyHome®</a></li> <li>• <a href="#">Locating devices</a></li> </ul>
	<b>Alzheimer Society of Ontario:</b> <ul style="list-style-type: none"> <li>• <a href="#">Finding Your Way®</a></li> </ul>	
Intimacy and Sexuality	<b>Lanark, Leeds and Grenville Long-Term Care Working Group:</b> <ul style="list-style-type: none"> <li>• <a href="#">Intimacy and sexuality in long-term care: A guide to practice</a></li> </ul>	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Conversations about dementia, intimacy and sexuality</a></li> </ul>
	<i>Supporting LGBTQ patients:</i> <b>The 519:</b> <ul style="list-style-type: none"> <li>• <a href="#">Still here, still queer: A handbook for affirming LGBTQ older adults</a></li> </ul>	<b>Alzheimer Association (USA):</b> <ul style="list-style-type: none"> <li>• <a href="#">Changes in sexuality and intimacy</a></li> <li>• <a href="#">Changes in relationships</a></li> </ul>
	<b>National Resource Centre on LGBT Aging (USA):</b> <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>	<b>Alzheimer Society UK:</b> <ul style="list-style-type: none"> <li>• <a href="#">Sex, intimacy and dementia</a></li> </ul>

	Resources for family physicians	Resources for caregivers & people with dementia
Communication Challenges	<b>Webinar - brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Communication strategies: Ways to maximize success when communicating with someone with dementia</a></li> </ul>	<b>Alzheimer Society of Canada:</b> <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> <b>Video – Dr. Susan Lane:</b> <ul style="list-style-type: none"> <li>• <a href="#">Maintaining the connection: Strategies for communication</a></li> </ul>

## Topic #4: Management

	Resources for family physicians	Resources for caregivers & people with dementia
Non-pharmacological	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">Treatment options</a> (also includes medication options)</li> </ul> <b>Baycrest:</b> <ul style="list-style-type: none"> <li>• <a href="#">Brain health food guide</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> </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> (also includes non-drug options)</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="#">Treatment options</a> (also includes non-drug options)</li> <li>• <a href="#">Participating in research</a></li> <li>• <a href="#">Checklist for participating in research studies: What should I ask?</a></li> </ul> <b>Alzheimer Association (USA):</b> <ul style="list-style-type: none"> <li>• <a href="#">Medication and safety</a></li> </ul>

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Pharmacological (cont'd)	<b>Alzheimer's Disease International:</b> <ul style="list-style-type: none"> <li>• <a href="#">Advancing research: A physician's guide to clinical trials</a></li> </ul>	<b>Alzheimer's Disease International:</b> <ul style="list-style-type: none"> <li>• <a href="#">Your guide to getting involved in clinical trials</a></li> <li>• <a href="#">How are medicines developed?</a></li> </ul>
	<b>Journal Article – Alzheimer's Research &amp; Therapy:</b> <ul style="list-style-type: none"> <li>• <a href="#">Pharmacological recommendations for the symptomatic treatment of dementia: The Canadian Consensus Conference on the Diagnosis and Treatment of Dementia 2012</a></li> </ul>	
Maximizing Function	<b>Alzheimer Society of Canada</b> <ul style="list-style-type: none"> <li>• Variety of information sheets available on ADLs/care strategies. See "Living with dementia" or "Caring for someone with dementia" under <a href="#">brochures</a>.</li> </ul>	<b>Alzheimer Society of Canada</b> <ul style="list-style-type: none"> <li>• <a href="#">Personal care</a></li> <li>• <a href="#">Meal times</a></li> </ul>
	<b>List of resources available from brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Falls and dementia</a></li> </ul>	<b>Alzheimer Association (USA)</b> <ul style="list-style-type: none"> <li>• <a href="#">Bathing</a></li> </ul>
	<b>Journal Article – Archives of Clinical Neuropsychology:</b> <ul style="list-style-type: none"> <li>• <a href="#">Assessment of activities of daily living, self-care, and independence</a></li> </ul>	<b>Alzheimer Society UK</b> <ul style="list-style-type: none"> <li>• <a href="#">Dressing</a></li> </ul>
Pain	<b>Alzheimer Society of Canada:</b> <ul style="list-style-type: none"> <li>• <a href="#">How does pain affect people with dementia?</a></li> </ul>	<b>Alzheimer Society of Ontario &amp; brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Pain matters guide</a></li> </ul>
	<b>Alzheimer Society UK:</b> <ul style="list-style-type: none"> <li>• <a href="#">Urinary tract infections and dementia</a></li> </ul>	<b>Alzheimer Association (USA):</b> <ul style="list-style-type: none"> <li>• <a href="#">Late-stage care: Providing care and comfort during the late stage of Alzheimer's disease</a></li> </ul>
	<b>Webinar – brainXchange:</b> <ul style="list-style-type: none"> <li>• <a href="#">Pain assessment in persons with dementia</a></li> </ul>	<b>University of Alberta:</b> <ul style="list-style-type: none"> <li>• <a href="#">Observing and talking about pain behaviours: An online workshop for family members of persons with Alzheimer's disease and other dementias</a></li> </ul>

	Resources for family physicians	Resources for caregivers & people with dementia
Pain (cont'd)	<p>� Sarah Chan, Thomas Hadjistavropoulos, Shannon Fuchs-Lasalle:</p> <ul style="list-style-type: none"> <li>• PACSLAC-II (Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II)</li> </ul> <p><i>To obtain a copy of and permission to use the PACSLAC or PACSLAC II please contact Dr. Thomas Hadjistavropoulos at Thomas.Hadjistavropoulos@uregina.ca.</i></p>	<p>Website – SeePainMoreClearly (<a href="http://www.seepainmoreclearly.org">www.seepainmoreclearly.org</a>)</p> <ul style="list-style-type: none"> <li>• <a href="#">Resources for older adults and caregivers</a></li> </ul>
	<p>Abbey, J; De Bellis, A; Piller, N; Esterman, A; Giles, L; Parker, D and Lowcay, B. Funded by the JH &amp; JD Gunn Medical Research Foundation 1998-2002:</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>Journal Article – CNS Drugs:</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>Website – SeePainMoreClearly (<a href="http://www.seepainmoreclearly.org">www.seepainmoreclearly.org</a>)</p> <ul style="list-style-type: none"> <li>• <a href="#">Resources for health professionals</a></li> </ul>	

## We're here to help!

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 1-800-616-8816.