

First Link® Bulletin

Your link to dementia support

January – March 2020



EVENTS CALENDAR

See inside for dementia programs in the South Okanagan and Similkameen.

World Alzheimer Report 2019: Attitudes to dementia



Alzheimer's Disease International (ADI) is the international federation of Alzheimer associations around the world and has an official relationship with the World Health Organization. Each year ADI releases a World Alzheimer Report which provides the most comprehensive data on dementia worldwide.

This past September, ADI released the 2019 World Alzheimer Report: Attitudes to dementia. The report reveals the results of the largest survey ever undertaken on attitudes

towards dementia, with almost 70,000 people across 155 countries and territories completing the survey. This is an important piece of research, motivated by the belief that people living with dementia should be able to access support and services without experiencing stigma.

Some of the key findings in the report include:

- Every **three seconds**, someone in the world develops dementia.
- **Two-in-three people** still think dementia is a normal part of aging rather than a neurodegenerative disorder.
- Almost **80 per cent** of the general public is concerned about developing dementia at some point and **one in four people** think there is nothing we can do to prevent dementia.
- Approximately **35 per cent** of caregivers across the world said they have hidden the

diagnosis of dementia from a family member.

- Over **50 per cent** of caregivers globally say their health has suffered as a result of their caring responsibilities even while expressing a positive feeling about their role.
- Stigma associated with dementia is preventing people from seeking the advice, information, support and medical help that could dramatically improve their length and quality of life.

Read the full summary or download the report at alzbc.org/ADIreport2019.

Take a look inside...

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Alzheimer Society
BRITISH COLUMBIA

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Ministry of
Health

| Upcoming education Free to attend – donations welcome. | | | |
|---|---|--|---|
| Program | Date | Registration | Location |
| <p>Dementia friends We all have a role in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported.</p> | <p>Wednesday, January 29 11 a.m. – 12:30 p.m.</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Park Drive Church 6570 Park Drive Oliver</p> |
| <p>Your voice matters: Advocacy tips Learn how to communicate successfully to get the best support/care possible for yourself and the person you are caring for.</p> | <p>Monday, February 3 10 a.m. – noon</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| <p>Transition to long-term care <i>A session for family members who are considering long-term care for someone living with dementia.</i> Learn how to access long-term care, approach decision-making, and prepare for the transition.</p> | <p>Wednesday, March 4 6 – 8 p.m.</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| <p>Life in long-term care Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care. Tips for enhancing your visits, working with a care team, and acting as an advocate.</p> | <p>Thursday, March 12 10 a.m. – noon</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| <p>Family caregiver series <i>A dementia education series for people caring for someone living with dementia.</i> Learn more about dementia, communication and behaviour. Share tips for planning for the future and building resilience for caregivers.</p> | <p>Saturday, March 7 9 a.m. – 4 p.m.</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |

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| Upcoming education Free to attend – donations welcome. | | | |
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| Program | Date | Registration | Location |
| <p>Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.</p> | <p>Thursday, March 19 6 – 8 p.m.</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| Dementia dialogues Dementia dialogues are interactive learning opportunities for caregivers to connect with one another and increase their knowledge about dementia and caregiving skills. These informal, facilitated discussions allow for time to share your experiences and take home practical information. | | | |
| <p>Seeing gems along the dementia journey (video) In this film, Teepa Snow will discuss day-to-day common challenges and will provide guidance for supporting a person living with dementia. Video screening will be followed by a facilitated discussion.</p> | <p>Thursday, January 30 10 a.m. – noon</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| <p>Activities This facilitated discussion will address the benefits of meaningful activities and suggested activities to maximize enjoyment for you and the person living with dementia.</p> | <p>Friday, February 21 10 a.m. – noon</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |
| <p>Personhood <i>For both the person with early symptoms of dementia and their care partner.</i> Explore strategies to assist people living with early symptoms of dementia in capturing their personal stories. Create materials to take home with you that can be used in a variety of care settings.</p> | <p>Two Tuesdays March 17 and 24 1 – 3 p.m.</p> | <p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p> | <p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p> |

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| Webinars | | | |
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| Program | Date | Registration | Location |
| <p>Dementia friends Learn how you can help build a community that is supportive of people living with dementia. For the general public.</p> | <p>Wednesday, January 8 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p> | <p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |
| <p>Personal planning Learn the importance of early legal, health-care and financial planning to ensure the person living with dementia's wishes are honoured. For caregivers and people living with dementia.</p> | <p>Wednesday, February 12 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p> | <p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |
| <p>Building caregiver resilience Learn strategies to positively manage caregiver stress and build resilience. For caregivers.</p> | <p>Wednesday, March 11 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p> | <p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |

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Minds in Motion[®]

A fitness and social program for people with any form of early stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Start at any time and pay a pro-rated registration fee.

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| Minds in Motion[®] – Penticton | 10 Tuesdays January 7 – March 10 1:30 – 3 p.m. | Register at Penticton Recreation Centre at 250-490-2426 or online at www.penticton.ca/e-reg Cost: \$60 per pair for 10 weeks | Penticton Recreation Centre Room #7 325 Power Street Penticton |
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Support groups

The Alzheimer Society of B.C. offers caregiver and early-stage support groups. These groups are for people who want to inform themselves with current information that will help improve the quality of life with the disease. Support groups are safe environments, providing an opportunity for emotional support and the sharing of common experiences.

Caregiver and early-stage support groups

For family and friends supporting someone with Alzheimer's disease or another dementia.

For more information, please contact the Penticton Resource Centre at 250-493-8182 or email: mrutherford@alzheimerbc.org

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| Penticton | 1st Wednesday 2 – 3:30 p.m. | 3rd Monday 7 – 8:30 p.m. |
| Summerland | 3rd Tuesday, 7 – 8:30 p.m. | |
| Oliver | 3rd Thursday, 1 – 3 p.m. | |
| Osoyoos | 2nd Tuesday, 1:15 – 3 p.m. | |

General tele-support group

If you are unable to attend a support group in-person, you can join others in a support group meeting by phone from anywhere in B.C. For caregivers. 3rd Thursday of the month, 2 – 3 p.m.

For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email swezner@alzheimerbc.org

Tele-support group

For caregivers of someone with behavioural variant frontotemporal dementia (BvFTD).

4th Monday of the month, 7 – 8 p.m.

For more information, call Mary Beth Rutherford at 250-493-8182 / toll 1-888-318-1122 or email mrutherford@alzheimerbc.org