

First Link® Bulletin

Your link to dementia support

January – March 2020



EVENTS
CALENDAR

See inside for dementia programs in Richmond.

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.

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Heads up: An introduction to brain health It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.</p>	<p><u>Cantonese</u> Thursday, January 9 1:30 – 3 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 294 7000 Minoru Boulevard Richmond</p>
<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><u>English</u> Tuesday, January 21 1 – 3 p.m.</p>	<p>To register, please call The Richmond Public Library at 604-231-6413</p>	<p>Richmond Brighthouse Library 2nd floor 7700 Minoru Gate Richmond</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><u>Cantonese</u> Three Saturdays January 18, 25 and February 1 1 – 4 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 340 7000 Minoru Boulevard Richmond</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><u>English</u> Tuesday, February 18 6 – 8:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Minoru Centre for Active Living 7191 Granville Avenue Richmond</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><u>English</u> Tuesday, February 25 6 – 8:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Minoru Centre for Active Living 7191 Granville Avenue Richmond</p>

<p>Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.</p>	<p><u>Cantonese</u> Thursday, February 27</p> <p>10 a.m. – noon</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Brighthouse Library 2nd floor 7700 Minoru Gate Richmond</p>
	<p><u>English</u> Wednesday, March 4</p> <p>1 – 3 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Richmond Brighthouse Library 2nd floor 7700 Minoru Gate Richmond</p>
<p>Accessing services Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers if you are caring for someone living with dementia.</p>	<p><u>Cantonese</u> Thursday, March 5</p> <p>10 a.m. – noon</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 340 7000 Minoru Boulevard Richmond</p>
<p>Dementia dialogues: Building caregiver resilience This facilitated discussion will explore how certain demands can contribute to stress and burnout. Learn about positive coping strategies in this interactive workshop.</p>	<p><u>English</u> Tuesday, March 10</p> <p>1 – 3 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Richmond Caring Place Room 340 7000 Minoru Boulevard Richmond</p>

Webinars

<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>

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.

Minds in Motion® – English	Six Tuesdays January 7 – February 11 1:30 – 3:30 p.m.	Register in person or by phone at South Arm Community Centre 604-276-4300 . For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$33.90 + GST per pair for six weeks *Program is full; wait-list available. Please check with South Arm for registration*	South Arm Community Centre Front Multi-purpose Room 8880 Williams Road Richmond
	Seven Tuesdays February 18 – March 31 1:30 – 3:30 p.m.	Register in person or by phone at South Arm Community Centre 604-276-4300 . For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$39.55 + GST per pair for seven weeks *Program is full; wait-list available. Please check with South Arm for registration*	
Minds in Motion® – Chinese	12 Wednesdays January 8 – March 25 1:30 – 3:30 p.m.	To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org Registration code: 2753459 Cost: \$67.80 per pair for 12 weeks	Cambie Community Centre East Richmond Hall 12360 Cambie Road Richmond

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. These are safe environments, providing an opportunity for emotional support and the sharing of common experiences, practical tips and strategies.

Caregiver and early-stage support groups

Please contact the Vancouver Resource Centre:
604-675-5150 or email: info.vancouver@alzheimerbcc.org

Chinese-speaking support groups

Cantonese & Mandarin-speaking support groups
For more information, please contact Sharon Tong at
604-687-8299 or email: info.chinese@alzheimerbcc.org

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.

General tele-support group

Third Thursday of each month, 2 – 3 p.m.
For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email swezner@alzheimerbcc.org

Tele-support group

For caregivers of someone diagnosed with behavioural variant frontotemporal dementia (bvFTD)
Fourth Monday of the month, 7 – 8 p.m.
For more information, call Mary Beth Rutherford at 250-493-8182 / toll free 1-888-318-1122 or email mrutherford@alzheimerbcc.org