

First Link® Bulletin

Your link to dementia support

January – March 2020



EVENTS
CALENDAR

See inside for dementia programs in the North Fraser.

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>Getting to know dementia <i>For people experiencing early symptoms of dementia, as well as their family members or friends.</i> Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.</p>	<p>Saturday, January 25 1 – 3 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Rideau Manor 1850 Rosser Avenue Burnaby</p>
	<p>Tuesday, February 4 6:30 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows</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. Join us for this new education offering that includes a short virtual reality experience: A Walk Through Dementia.</p>	<p>Thursday, January 23 2 – 4 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Century House 620 8th Street New Westminister</p>
<p>Shaping the journey: Living with dementia® <i>An opportunity for people in the early stages of dementia and their care partner to learn about living with dementia.</i> Explore the dementia journey in a supportive environment with others going through similar experiences. Learn about the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.</p>	<p>Five Thursdays February 6, 13, 20, 27 and March 5 1 – 3 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org Registration is also available through the Wilson Centre directly at 604-927-PLAY (7529).</p>	<p>Wilson Centre 2150 Wilson Avenue Port Coquitlam</p>

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Please note pre-registration is required. Sessions with low registration may be cancelled.

Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Dementia dialogues: Communication and behaviour This facilitated discussion will cover how communication is affected by dementia and how to understand behaviour as a form communication. Caregivers will explore strategies for determining what the person living with dementia might be trying to communicate.</p>	<p>Monday, February 10 6:30 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Century House 620 8th Street New Westminster</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>Thursday, February 13 6 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Glen Pine Pavilion 1200 Glen Pine Court Coquitlam</p>
<p>Dementia dialogues: <i>Seeing gems along the dementia journey</i> (film) 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>Wednesday, February 19 6 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org Registration is also available through the Wilson Centre directly at 604-927-PLAY (7529).</p>	<p>Wilson Centre 2150 Wilson Avenue Port Coquitlam</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, February 20 6 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Glen Pine Pavilion 1200 Glen Pine Court Coquitlam</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<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>Tuesday, February 25 1 – 3 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Dogwood Pavilion 1655 Winslow Avenue Coquitlam</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>Two Saturdays March 14 and 21 10 a.m. – 4 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Century House 620 8th Street New Westminster</p>
	<p>Two Saturdays March 14 and 21 10 a.m. – 3:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Maple Ridge Seniors Activity Centre 12150 224th Street Maple Ridge</p>
<p>Dementia dialogues: Grief and loss <i>Learn about the impact of loss and grief if you are caring for someone living with dementia.</i> This facilitated discussion will cover strategies for coping with and adjusting to changes throughout the stages of dementia.</p>	<p>Tuesday, March 24 1:30 – 3:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows</p>
<p>Dementia dialogues: <i>Complaints of a dutiful daughter</i> (film) Deborah Hoffman recounts her attempts to come to terms with her mother's advancing Alzheimer's disease in this Oscar-nominated documentary, exploring the relationship between parent and child. Video screening will be followed by a facilitated discussion.</p>	<p>Monday, March 30 6:30 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. Please call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Burnaby Seniors Outreach Society 2055 Rosser Avenue Burnaby</p>

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Webinars			
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>

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® – Coquitlam	Eight Wednesdays January 8 – February 26	Register in person or by calling Dogwood Pavilion at 604-927-6098 . Cost: \$42.00 + GST per pair for eight weeks, prorated. For more information, please call 604-449-5010.	Dogwood Pavilion Centennial Room 1655 Winslow Avenue Coquitlam
	Nine Wednesdays March 4 – April 29	Register in person or by calling Dogwood Pavilion at 604-927-6098 . Cost: \$47.25 + GST per pair for each nine weeks, prorated. For more information, please call 604-449-5010.	
Minds in Motion® – Pitt Meadows	Eight Fridays January 10 – February 28	To register, call the Alzheimer Society of B.C. at 604-298-0780 . Cost: \$45 per pair for eight weeks, prorated. For more information please call 604-675-5156.	Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows
Minds in Motion® – New Westminster	10 Wednesdays January 8 – March 11	To register, call Century House at 604-519-1066 . Cost: \$62.00 per pair for 10 weeks + \$20 membership fee. For more information please call 604-675-5156.	Century House 620 8th Street New Westminister

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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 support groups and support groups for people in the early stages of dementia

****We have openings in Burnaby, Port Coquitlam, Coquitlam, New Westminster and Maple Ridge.****

For specific days and times, please contact the North Fraser Resource Centre:

Call 604-298-0780 or email info.northfraser@alzheimerbc.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. For caregivers.

General tele-support group

3rd Thursday of each month, 2 – 3 p.m.

Please call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3339 or email swezner@alzheimerbc.org

Tele-support group

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

4th Monday of each 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@alzheimerbc.org