



**NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

Wednesday, September 30, 2015

**Victoria residents urged to make their communities more dementia friendly**

**Victoria, B.C.** — Victoria residents will have an opportunity to learn how they can make their communities more dementia friendly with education from the Alzheimer Society of B.C. There will be three Dementia Friends education sessions and the first takes place on Wednesday, September 30, 2015, from 5:30 – 7 p.m. at the Esquimalt United Church, 500 Admirals Road and is co-presented by Esquimalt-Royal Roads MLA Maurine Karagianis. To attend the event, please RSVP online at [www.maurinekaragianis.ca](http://www.maurinekaragianis.ca) or by phone at 250-479-8326.

The second workshop is on Thursday, October 1, 2015, from 5:30 – 7 p.m. at the Cook Street Activity Centre, 1 - 380 Cook Street and is co-presented by Victoria-Beacon Hill MLA Carole James. To attend the event, please RSVP to MLA Carole James at 250-952-4211 or [Carole.James.MLA@leg.bc.ca](mailto:Carole.James.MLA@leg.bc.ca).

The final education event is on Friday, October 2, 2015, from 2 – 3:30 p.m. at the Berwick House, 4062 Shelbourne Street and is co-presented by MLA Dr. Andrew Weaver. To attend the event, please RSVP by phone at 250-472-8528 or e-mail [Andrew.Weaver.mla@leg.bc.ca](mailto:Andrew.Weaver.mla@leg.bc.ca).

“We are working with municipalities, professionals, corporations and volunteers to better support people with dementia through our Dementia-Friendly Communities initiative, and we are thrilled to be able to work with communities in Victoria,” says Maria Howard, CEO of the Alzheimer Society of B.C.

Sixty per cent of people with dementia live in the community by themselves or with a care partner. Although many people with dementia live well in the community for quite a long time, staying engaged in the activities a person once enjoyed can become more difficult as their cognitive abilities change. Meanwhile, stigma, as well as social and physical barriers, can make it harder for people with dementia to feel supported and remain involved in their communities.

People with dementia often face challenges when going shopping, doing their banking, eating out at a restaurant or going to their local post office. They may also have difficulties using transportation, going on holidays, maintaining social contact or enjoying hobbies out in the community.

However, with information, compassion and community engagement, there is an opportunity to change this. The Dementia Friends education and training offered by the Alzheimer Society of B.C. will help everyone to take part in creating accessible, inclusive spaces for people with dementia.

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For more information on Dementia-Friendly Communities visit <http://alzbc.org/dementia-friendly-communities>

Interviews and photos available upon request.

### **Media contact**

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### **About dementia**

Dementia is a term that describes a general group of brain disorders. Symptoms include the loss of memory, impaired judgment, and changes in behaviour and personality. Dementia is progressive, degenerative and eventually terminal. Alzheimer's disease is the most common form of dementia accounting for almost two-thirds of dementias in Canada today.

### **About the Alzheimer Society of B.C.**

The Alzheimer Society of B.C. provides a provincial network of support and education for families impacted by dementia and people concerned about memory loss. Communities across the province count on the Society for support services, information and education programs, advocacy to improve dementia care in B.C. and to fund research to find the causes and cures. As part of a national federation, the Society is a leading authority on the disease in Canada.



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