

First Link[®] Bulletin

Your link to dementia support

July – September 2018



EVENTS CALENDAR

See inside for dementia programs in North & Central Vancouver Island.

Travelling with someone living with dementia



As summer approaches, many families will be considering travel. With the adequate support and right adjustments, people living with dementia can enjoy travelling. Careful planning will ensure everyone's comfort and safety. Here are some tips that can help your trip go more smoothly:

- Include the person living with dementia in your planning and give them a copy of the trip itinerary for reference.

- Allow time to investigate the best travel/medical insurance policy for your situation.
- Consider taking a shorter trip ahead of time as a trial run. This will give an idea of the challenges you might face and whether a longer trip is possible.
- Have a contingency plan. Be prepared to cut the holiday short if travelling turns out to be distressing for either of you.
- Write down and bring a list of emergency contacts.
- Bring enough medication to cover the period of travel, as well as at least an extra day, in case you get delayed.
- Bring digital and photocopies of medical information and legal documents, such as a list of current medications and your representation agreement, if you have one.
- Consider notifying the airline and/or hotel staff that someone living with dementia is travelling with you and inform them of your specific needs.

For more tips, download the travelling tips handout at

<https://bit.ly/2JxZx7L>

Learning and support opportunities

Whether you are staying close to home or travelling during the summer, there are many opportunities for learning and support:

- **Tele-workshops:** Understanding Communication – July 12 (2 or 7 p.m.)
Please see page 4.
- **First Link[®] Dementia Helpline:**
1-800-936-6033
- **Attend an education session:** Getting to Know Dementia, Family Caregiver Series and many more.
- **Phone or meet with a Support & Education Coordinator at your local resource centre.** Call 250-734-4170 or email: info.nanaimo@alzheimerbc.org

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Alzheimer Society
BRITISH COLUMBIA

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island health


BRITISH COLUMBIA

Ministry of Health

Program	Date	Registration	Location
<p>Shaping the Journey: living with dementia[®] A series for people with early symptoms of dementia and a care partner. Meet others who are going through similar experiences in a supportive environment. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.</p>	<p>Four Wednesdays August 22, 29 and September 5, 12</p> <p>1 – 3:30 p.m.</p>	<p>Pre-registration is required: Please call Courtenay Recreation at 250-338-1000</p> <p>Free to attend, donations appreciated.</p>	<p>Lower Native Sons Hall 360 Cliffe Avenue Courtenay</p>
<p>Family Caregiver Series An education series for family members who are caring for a person living with dementia. The Family Caregiver Series covers the following topics:</p> <ul style="list-style-type: none"> • Understanding dementia • Understanding communication • Understanding behaviour • Planning for the future • Self-care for the caregiver 	<p>Two Saturdays July 14 and 21</p> <p>1 – 4 p.m.</p>	<p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Campbell River Community Centre 401 11 Avenue Campbell River</p>
	<p>Three Thursdays August 2, 9 and 16</p> <p>1 – 4 p.m.</p>	<p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Nanaimo Memory and Complex Care Centre 4989 Wills Road Nanaimo</p>
	<p>Four Fridays September 21, 28 & October 5 and 12</p> <p>1:30 – 3:30 p.m.</p>	<p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Providence Farm 1843 Tzouhalem Road Duncan</p>
	<p>Three Thursdays September 27 and October 4, 11</p> <p>1 – 4 p.m.</p>	<p>Please Call Courtenay Recreation 250-338-1000 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Lower Native Sons Hall 360 Cliffe Avenue Courtenay</p>

Program	Date	Registration	Location
Getting to Know Dementia Receive basic information about dementia and the impact of receiving a diagnosis. Learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C.	Friday, July 13 1:30 – 3:30 p.m.	Please Call Courtenay Recreation 250-338-1000 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.	Native Sons Grand Hall 360 Cliffe Avenue Courtenay
	Wednesday, July 18 1 – 3 p.m.	Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.	Cowichan Public Library The Gathering Place 2687 James Street Duncan
Dementia Friends Workshop As the population of our province ages, we will all be affected by dementia – as friends and family members, neighbours and people in the labour force. The Dementia Friends workshop is an opportunity to enhance your knowledge of how to best support people living with dementia in your community. We can all play a role in making our community a great place to live for people with dementia. We will cover: introduction to dementia, common myths and practical communication.	Tuesday, July 24 6:30 – 8:30 p.m.	Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.	Saltair Community Centre 3850 South Oyster School Rd. Saltair
	Thursday, September 13 6 – 8 p.m.	Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.	Nanoose Bay Community Centre 2925 NW Bay Road Nanoose Bay
Transition to Residential Care This session is designed to help family caregivers who are considering residential care options for a person living with dementia. General information will be provided on how to access residential care in the community, as well as a review of some important considerations when choosing a facility.	Wednesday, August 29 1:30 – 3:30 p.m.	Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.	Stanford Seniors Village 250 Craig Street Parksville

Program	Date	Registration	Location
<p>Life in Residential Care</p> <p>The session focuses on the process of adjustment after a person living with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offer tips for acting as an advocate within a residential care setting.</p>	<p>Wednesday, September 5</p> <p>1:30 – 3:30 p.m.</p>	<p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Stanford Seniors Village 250 Craig Street Parksville</p>
<p>Grieving Losses During the Dementia Journey</p> <p>Grief is the natural process to all changes that involve loss. Learn about the impact of loss and grief, and explore strategies for coping with and adjusting to changes throughout the stages of dementia.</p>	<p>Wednesday, September 19</p> <p>1:30 – 3:30 p.m.</p>	<p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p> <p>Free to attend, donations appreciated.</p>	<p>Stanford Seniors Village 250 Craig Street Parksville</p>

Tele-workshops

<p>Understanding Communication</p> <p>As a caregiver, you may find it increasingly difficult to communicate and connect with the person living with dementia. This tele-workshop for family caregivers explores how communication is affected by dementia and suggests effective strategies and ways of providing care that focus on the needs of the person living with dementia.</p>	<p>Thursday, July 12</p> <p>2 or 7 p.m.</p> <p><i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>
<p>Understanding Behaviour</p> <p>Caregivers will learn how to understand behaviour as a form of communication. We will explore strategies to determine what the person living with dementia might be trying to communicate, to find ways to decrease the occurrence of behaviours that concern us and to respond in supportive ways.</p>	<p>Wednesday, August 8</p> <p>2 or 7 p.m.</p> <p><i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>

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<p>Research Update Join Dr. Haakon Nygaard of UBC as he explores the question “Is there light at the end of the tunnel?” This session will review some of the exciting scientific progress being made in Alzheimer’s disease research and its potential future clinical directions.</p>	<p>Thursday, September 13</p> <p>2 p.m.</p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>
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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.

<p>Tele-support Group For caregivers of someone with behavioural variant frontotemporal dementia (bvFTD).</p>	<p>4th Monday of the month</p> <p>7 – 8 p.m.</p>	<p>For more information, call 250-382-2052 or 1-800-936-6033 (First Link® Dementia Helpline) or email: info.victoria@alzheimerbc.org</p>
<p>Early Stage Support Group Early stage support groups are for people living with dementia who want to get current information and share their experiences and coping strategies with others.</p>	<p>1st and 3rd Thursday of the month</p> <p>10:30 a.m. – noon</p>	<p>Nanaimo</p> <p>To register, please call 250-734-4170 Email: info.nanaimo@alzheimerbc.org</p>
<p>Caregiver Support Group For family and friends supporting someone living with Alzheimer’s disease or another dementia.</p> <p>To register, please call 250-734-4170 or toll free 1-800-462-2833 or email: info.nanaimo@alzheimerbc.org</p>	<p>2nd Thursday 10:30 a.m. – noon</p>	<p>Nanaimo</p>
	<p>1st Tuesday 1:30 – 3 p.m.</p>	<p>Parksville</p>
	<p>3rd Tuesday 1:30 – 3 p.m.</p>	<p>Qualicum Beach</p>
	<p>3rd Monday 6:30 – 8 p.m.</p>	<p>Port Alberni</p>
	<p>1st Wednesday 7 – 8:30 p.m.</p>	<p>Campbell River</p>

Minds in Motion®

A fitness and social activity program for people with early symptoms of Alzheimer's disease or another dementia and a care partner. Includes 45-60 minutes of exercise led by a certified fitness instructor, followed by an hour of social time with activities and light refreshments.

New participants are encouraged to visit the community centre for information or to register.

Minds in Motion® – Nanaimo	Tuesdays September 11 – October 23 10 a.m. – noon or 1 – 3 p.m.	To register, call 250-756-5200, drop by the Beban Social Centre or register online at www.ireg.nanaimo.ca Cost: \$44.10 per couple for 7 weeks, prorated. For more information: https://bit.ly/1JTVdYe	Beban Park Social Centre Room #7 2300 Bowen Road Nanaimo
Minds in Motion® – Oceanside (serves Parksville, Qualicum, Nanoose)	Fridays September 14 – October 26 1:30 – 3:30 p.m.	To register call 250-248-3252. Cost: \$57.84 per couple for 7 weeks, prorated. For more information: https://bit.ly/1JTVdYe	Parksville Community Centre Red Cedars Room 132 Jensen Avenue East Parksville
Minds in Motion® – Courtenay (serves North Island)	Wednesdays September 12 – October 24 1 – 3 p.m.	To register call 250-338-1000. Cost: \$55.13 per couple for 8 weeks, prorated. For more information: https://bit.ly/1JTVdYe	Lower Native Sons Hall 360 Cliffe Avenue Courtenay
Minds in Motion® – Duncan (serves Cowichan Valley)	Mondays September 10 – October 29 1 – 3 p.m.	To register call 250-746-7665 or drop by the Cowichan Aquatic Centre. Cost: \$44.10 per couple for 7 weeks, prorated. For more information: https://bit.ly/1JTVdYe	Cowichan Aquatic Centre 2nd Floor 2653 James Street Duncan