

First Link® Bulletin

Your link to dementia support

October - December 2024



Updates on
programs and
services

See inside for dementia programs in
the Yukon

Online workshops

All sessions are hosted on Zoom. If you are new to using Zoom and would like a chance to practice connecting to a meeting before the session, please call our First Link® Yukon Dementia Helpline at 1-888-852-2579 or email info.yukondhl@alzheimercbc.org.

Please note these sessions are not recorded – only register if you plan to attend live. Register at alzbc.org/edu-workshops or call 1-888-852-2579.

Online workshops	Date
Considering the transition to long-term care Learn about the options for accessing long-term care, including eligibility requirements. We will also discuss factors to consider when planning a move and provide tips for easing the transition. For caregivers.	Thursday, October 17 6:30 to 8 p.m.
From home to care home: Preparing and adjusting to the new environment Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.	Tuesday, October 29 6:30 to 8 p.m.
Creating a safe home environment: Identifying and minimizing risks Learn to identify safety risks in the home and make adaptations to prevent accidents. Topics include safety measures for medications, food, hazardous substances and more. For caregivers and people living with dementia.	Thursday, November 14 10 to 11:30 a.m. (PST) 11 to 12:30 p.m. (MST)
Personal care: Bathing and hygiene Bathing is often a highly private, personal activity and people living with dementia may need help when they're feeling vulnerable. Learn about common hygiene challenges and effective strategies to maintain a successful routine. For caregivers.	Thursday, November 28 3 to 4:30 p.m. (PST) 4 to 5:30 p.m. (MST)
What is dementia? Learn how dementia affects an individual's brain and behaviour. General topics include different types of dementia, stages and progression and dispelling some common myths. For caregivers and people living with dementia.	Tuesday, December 10 10 to 11:30 a.m. (PST) 11 to 12:30 p.m. (MST)

Register at alzbc.org/edu-workshops or call 1-888-852-2579

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT

Yukon

Learn about dementia from anywhere in our live weekly webinars

Learn strategies for living well with dementia at our free webinars offered each Wednesday, typically at 2 p.m. Our trained presenters share tips and strategies in a lecture-style format. All you need is a computer, tablet or phone to participate and connect with others on the dementia journey.

All sessions are hosted on Zoom. To register for our upcoming webinars, visit our website at alzbc.org/webinars. You can watch the education content on-demand at alzbc.org/ondemand.



Webinar	Date
Medical Assistance in Dying (MAiD) and dementia: Unraveling the myths from the facts with Dr. Stefanie Green Explore the facts, the complexities and the misconceptions surrounding Medical Assistance in Dying (MAiD) for people living with dementia with Dr. Stefanie Green, a leading MAiD practitioner and best-selling author. Dr. Green will provide an overview of MAiD and lead an in-depth discussion on MAiD in B.C., which will include potential eligibility and access for people diagnosed with dementia, and will answer commonly asked questions. For caregivers and people living with dementia.	Wednesday, October 2 2 to 3:30 p.m.
Preparing for end-of-life on the dementia journey Learn what to expect when transitioning from advanced dementia to end-of-life. We will explore the physiological signs of dying, key decisions to be made, ways to discuss end-of-life wishes in advance and strategies to maintain connection throughout the end of the dementia journey. For caregivers.	Wednesday, October 9 2 to 3:30 p.m.
Supporting end-of-life: Considering an end-of-life doula Join Laurie DeCroos to hear her personal experience as an end-of-life doula and learn how end-of-life doulas support people living with dementia and their families with compassionate and unbiased care. We'll walk through how to access this support service as well as discuss the role of end-of-life doulas, from facilitating family conversations to assisting in planning for after-life care For caregivers and people living with dementia.	Wednesday, October 16 2 to 3:30 p.m.
Lived experience: Living with purpose post-diagnosis In this empowering webinar, lived experience partners will share how they've found purpose and fulfilment after receiving a dementia diagnosis. Learn how people living with dementia have navigated the complexities of the disease and overcome feelings of grief and loss to find a renewed sense of purpose. Whether you are a person living with dementia, a caregiver, family member or friend, this webinar will provide valuable insights and strength to move forward on the dementia journey with hope. For caregivers and people living with dementia.	Wednesday, October 30 2 to 3:30 p.m.

Webinar	Date
<p>Getting your affairs in order: Health-care, legal and financial planning Early in the dementia journey it can feel daunting to think about what lies ahead – but it’s important to plan now, before communication and decision-making become more challenging. Learn how to begin planning early for important legal, health-care and financial decisions. For caregivers and people living with dementia.</p>	<p>Wednesday, November 6 2 to 3:30 p.m. (PST) 3 to 4:30 p.m. (MST)</p>
<p>British Columbia Law Institute and Canadian Centre for Elder Law: Dementia and decision-making Early in the dementia journey it can feel daunting to think about what lies ahead – but it’s important to plan now, before communication and decision-making become more challenging. Learn how to begin planning early for important legal, health-care and financial decisions. For caregivers and people living with dementia.</p>	<p>Wednesday, November 13 2 to 3 p.m. (PST) 3 to 4 p.m. (MST)</p>
<p>Adjusting our sails: Mindfulness as a strategy for living well with dementia Just as we have no control over the wind, we have no control over the unfolding of cognitive change, which can blow in like a harsh wind and toss us around like a ship at sea. Join Dr. Liz Drance as she guides you through using mindfulness practices that can support your ship when the stormy weather of cognitive change hits! For caregivers and people living with dementia.</p>	<p>Wednesday, November 20 2 to 3:30 p.m. (PST) 3 to 4:30 p.m. (MST)</p>
<p>Research connects: Topic TBA Join us as we explore various topics related to dementia research. In order to be as responsive as possible to the latest news in dementia research, the specific topic will be announced closer to the date. For the general public.</p>	<p>Wednesday, November 27 2 to 3:30 p.m. (PST) 3 to 4:30 p.m. (MST)</p>
<p>Preparing for the holidays The holidays can be a stressful time for anyone – but especially for people on the dementia journey. Explore strategies for adapting your plans and learn tips on minimizing stress and maximizing connection with meaningful activities. For caregivers and people living with dementia.</p>	<p>Wednesday, December 4 2 to 3:30 p.m. (PST) 3 to 4:30 p.m. (MST)</p>

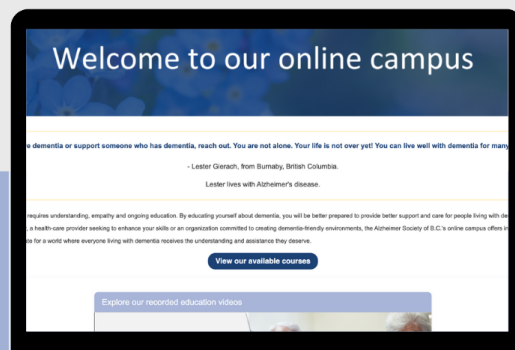
Register online at alzbc.org/webinars

Webinar	Date
<p>Lived experience: Practical tips for living well with memory loss In this webinar, lived experience partners will share personal stories, practical strategies and valuable insights to help people affected by dementia learn more about dementia-related memory loss and adapt their home environments to be dementia-inclusive. Gain a deeper understanding of dementia-related memory loss and find inspiration from others walking the dementia journey. For caregivers and people living with dementia.</p>	<p>Wednesday, December 11 2 to 3:30 p.m. (PST) 3 to 4:40 p.m. (MST)</p>

Register online at alzbc.org/webinars

Learn about dementia
from anywhere at any
time, because we know
caregiving doesn't happen
on a schedule.

Visit alzbc.org/onlinecampus



First Link® Yukon Dementia Helpline

1-888-852-2579

Monday to Friday, 10 a.m. to 8 p.m.

alzbc.org/FLDHL

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT

Yukon

Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer regional support groups in-person and provincial support groups virtually for caregivers and people living in the early stages of dementia.

Please note: Due to the high level of interest in our support groups for people living with dementia and for caregivers, we are only listing groups with space for new members. If you're interested in joining a support group but do not see one for your area, please call the First Link® Dementia Helpline and we will add you to an interest list.

To register:

- Call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.

Virtual specialized support groups

Adult children support group

Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.

3rd Tuesday of the month, 7 to 8:30 p.m.
4th Tuesday of the month, 7 to 8:30 p.m.
2nd Wednesday of the month, 7 to 8:30 p.m.

Young onset support group

Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.

For more information, please call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

Long-term care support group

Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.

3rd Tuesday of the month, 10 to 11:30 a.m.

2SLGBTQIA+ support group

Are you a caregiver who is part of the 2SLGBTQIA+ community caring for someone living with dementia who is?

1st Wednesday of the month, 7 to 8:30 p.m.

Virtual specialized support groups

Early stage support group

Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.

For more information, please call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

Lewy body dementia support group

Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.

For more information, please call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

BvFTD support group

Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia.

For more information, please call the First Link® Yukon Dementia Helpline at 1-888-852-2579.

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