**Follow up Q & A:   
Understanding Dementia webinar – Alzheimer Society of BC**

**May 22, 2014**

Questions are in black  
Answers from Jan Robson in blue

* What are some best practices or ideas on how to help families cope with dementia?

If I had to give a short answer to this question it would be “encourage families to seek out information and support from a credible source.” The Alzheimer Society, of course, would be the source I would suggest. In most cases living with dementia is a marathon, not a sprint, so it helps if you understand what you are dealing with, how to be the best support for the person with dementia, and where to find support for yourself.

* How does dementia tie in with diabetes?

Diabetes is one of the risk factors for Alzheimer’s disease. Research shows that people with adult onset diabetes (sometimes called Type-2 Diabetes) are twice as likely to develop Alzheimer’s disease. There are many health complications that go along with diabetes and the risk of developing Alzheimer’s disease should be one risk that prompts people to manage their illness. The connection between the two diseases is not yet clear. Obesity and high blood pressure, which are problems associated with diabetes, are also risk factors in Alzheimer’s disease and vascular dementia. For more information check out <http://www.alzheimer.ca/en/Research/Alzheimer-s-disease-research/Diabetes-dementia-connection> and <http://www.alzheimer.ca/en/About-dementia/Alzheimer-s-disease/Risk-factors>

* How could initial screening look like to prevent getting further in the process if someone is not suited for BH?

Once again, becoming as knowledgeable about the disease as possible is a great place to start. Beyond that, we can lead by example:

* + Stop telling “memory jokes”
  + Treat everyone, but in this case particularly the elderly and those with dementia, with respect.
  + Remember that regardless of the losses experienced by the person with dementia, their core self remains, and can be reached.
  + Consider participating in one of the Alzheimer Society’s Coffee Breaks in September (see <http://www.alzheimerbc.org/Get-Involved/Coffee-Break-%281%29.aspx>
* How to interact with someone with dementia?

This was covered in the webinar, but for more information check out: <http://www.alzheimerbc.org/getdoc/8589316e-4ae8-4af2-b204-24d47f7a0b80/Communication.aspx> or

<http://www.alzheimer.ca/~/media/Files/national/brochures-day-to-day/day_to_day_communications_e.pdf>

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