



Dementia-Friendly Communities

Alzheimer Society of B.C.

First Link® Dementia Helpline
1-800-936-6033 M-F 9 a.m. to 8 p.m.

Alzheimer Society
BRITISH COLUMBIA

Welcome! We're so glad you're here.

Today's presentation:

1. Why?

- Why we all have a role to play in building dementia-friendly communities.

2. What?

- What dementia is.
- What is dementia not.
- What are the signs and symptoms?

3. How?

- How you can help.

4. Where?

- Where to go for more information.

Alzheimer *Society*

BRITISH COLUMBIA



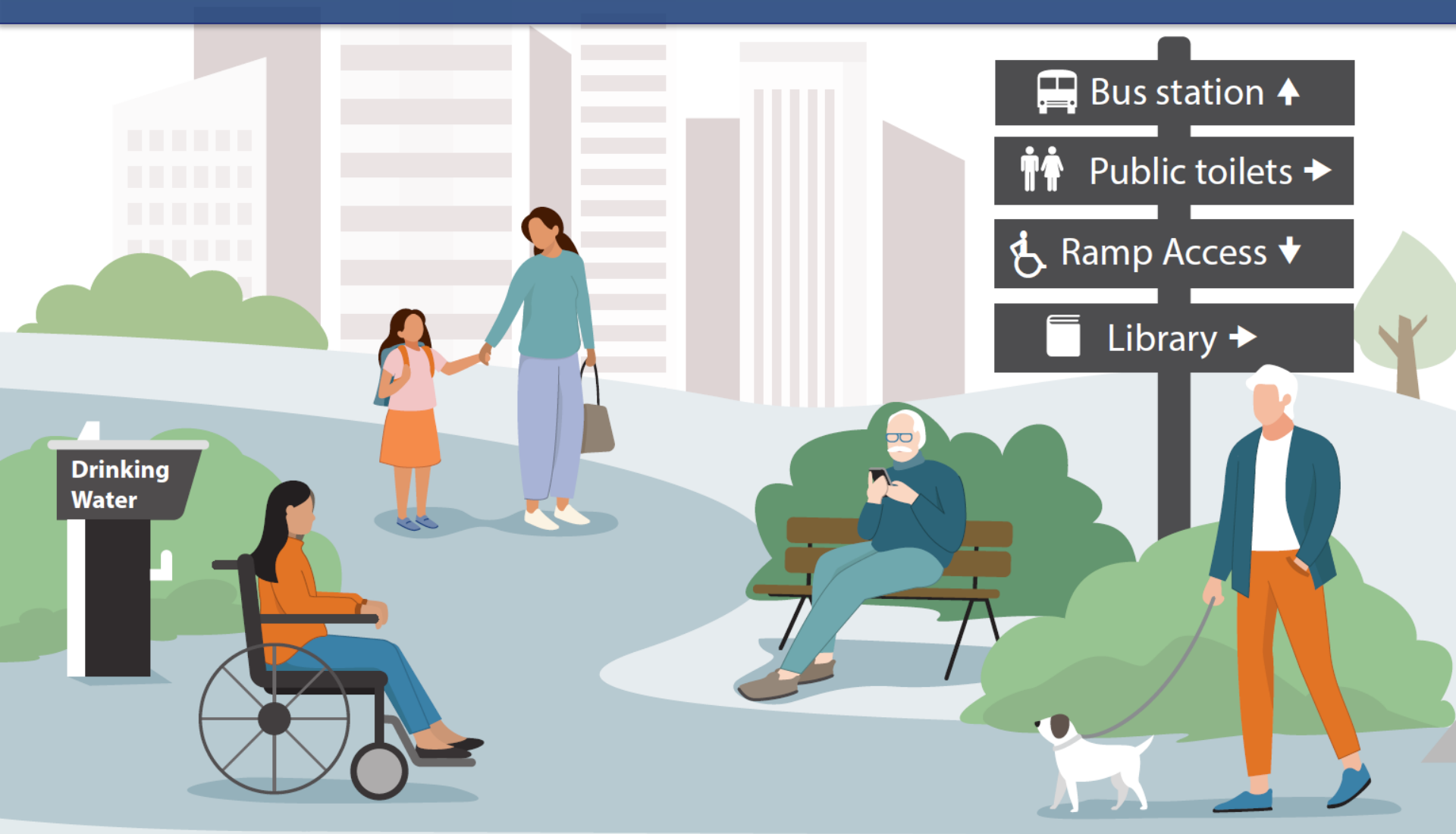
Dementia-Friendly Communities

Building a dementia-friendly B.C.

First Link® Dementia Helpline
1-800-936-6033 M-F 9 a.m. to 8 p.m.

Alzheimer *Society*
BRITISH COLUMBIA

What is a dementia-friendly community?



What is a dementia-friendly community?





Alzheimer Society
BRITISH COLUMBIA

What is dementia?

Dementia

Alzheimer's disease



60-70%
of dementia cases

Vascular dementia



10-20%
of dementia cases

Frontotemporal dementia



10%
of dementia cases

Lewy body dementia



5%
of dementia cases

Rarer forms

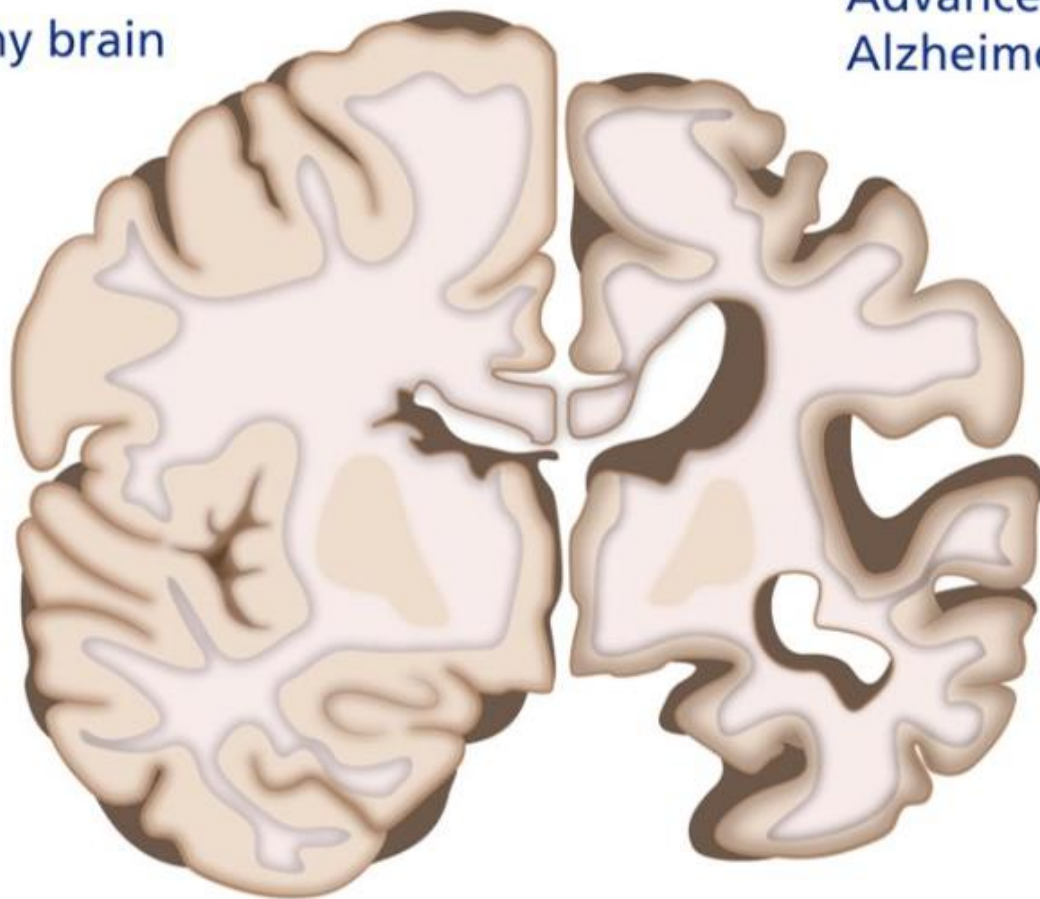


5%
of dementia cases

The brain

Healthy brain

Advanced
Alzheimer's disease



First Link® Dementia Helpline
1-800-936-6033 M-F 9 a.m. to 8 p.m.

Alzheimer Society
BRITISH COLUMBIA

Myths and misconceptions

In reality:

Dementia is not a natural part of aging.

In reality:

Most types of dementia are not genetic.

Myths and misconceptions

In reality:

Dementia can affect people from their 30's onwards.

In reality:

There is currently no proven prevention or cure for dementia

Myths and misconceptions

In reality:

Memory loss does not necessarily mean that you have dementia.

In reality:

All behaviour has meaning and not everyone with dementia will become aggressive.

Myths and misconceptions

In reality:

A person living with dementia is still present.

In reality:

Many people living with dementia continue to contribute meaningfully to their community and family.

A photograph of two men standing side-by-side in front of a dense green leafy background. The man on the left is older, with a long white beard and a white turban, wearing a brown jacket and glasses. The man on the right has a long grey beard and a black turban, wearing a grey quilted jacket over a light green shirt. A blue rectangular box is overlaid on the left side of the image, containing the text 'Living with dementia' in yellow.

Living with
dementia


Alzheimer Society
BRITISH COLUMBIA

Signs and symptoms of dementia



1. Problems with memory.
2. Difficulty with familiar tasks.
3. Changes in attention.
4. Communication challenges.
5. Problems with abstract thinking.
6. Altered judgment.
7. Disorientation in time or place.
8. Vision, visuospatial and perception changes.
9. Loss of initiative.
10. Physical changes.

Societal barriers: stigma and discrimination



Professionals talk about me to my spouse, like I'm not in the room.

People assume I'm not capable of being involved in my previous roles.

Our friends have stopped inviting us out.

People tell me that "everything is fine" and that there is nothing wrong with me.

People make jokes about me "losing my marbles."

Embarrassment
Social withdrawal
Loneliness

Stigma by association.

Excerpts from
Flipping Stigma on It's Ear Toolkit

The language we use matters



"We ... don't want to be seen as suffering from dementia, this is a term we really do not like. We are **living with it** and getting on with it with laughter and love and that makes a difference. We are being heard and **our opinions are valued.**"

- Agnes Houston,
Person living with dementia

First Link® Dementia Helpline
1-800-936-6033 M-F 9 a.m. to 8 p.m.

Alzheimer Society
BRITISH COLUMBIA

How can you help?



Alzheimer Society
BRITISH COLUMBIA

Communication tips





Set the stage.



Approach from the front and get the person's attention.



Make eye contact.



Offer a quiet place.



Speak clearly and share one message at a time.



Allow time for response.



Show and speak.



Use closed-ended questions.



Respond to feelings, not to stories.



Repeat or try again later.

Strategies for coping

- Try to stay positive and patient.
- Use humour when appropriate.
- Try not to take things personally.



Where to go for more information





Support

- One-on-one support
- Support groups
- Minds in Motion®

Education

- Family Caregiver Series
- Shaping the Journey: Living with Dementia®
- Many other workshops
- Webinars

Information

- Bulletins
- Website
- Referrals

Workshop survey

Before you go, please take some time to complete this evaluation form:



<https://www.surveymonkey.com/r/DementiaFriendlyCommunities>

Questions or concerns
about dementia or
memory loss?



First Link[®]

DEMENTIA HELPLINE

English: 1-800-936-6033

(Monday to Friday, 9 a.m. to 8 p.m.)

Cantonese and Mandarin: 1-833-674-5007

(Monday to Friday, 9 a.m. to 4 p.m.)

Punjabi, Hindi and Urdu: 1-833-674-5003

(Monday to Friday, 9 a.m. to 4 p.m.)

alzbc.org

Alzheimer Society
BRITISH COLUMBIA

Join our volunteer team



Volunteer Opportunities Available in the North Shore!

To learn more, contact our Volunteer Engagement Coordinator Aiswarya Ramdas

Email: aramdas@alzheimerbc.org

Phone: 604-298-0711

Alzheimer Society
BRITISH COLUMBIA

www.flippingstigma.com



HOME PAGE

scroll



TAKING ACTION AGAINST STIGMA
AND DISCRIMINATION ASSOCIATED
WITH DEMENTIA

More information and resources

Alzheimer Society of B.C. website

www.alzheimerbc.org

- On demand content
- Webinars
- Print materials
- Dementia-Friendly Communities page



Making your workplace dementia friendly

- Customized staff training
- Tips and strategies to make your space, policies and programs dementia friendly
- Evidence-based guidance on dementia-friendly best practices



alzbc.org/DFC_education
dementiafriendlybc@alzheimerbc.org