

Dementia Friends Workshop

The Alzheimer Society
of B.C.

Outline

- What dementia is.
- What a dementia-friendly community is.
- How to recognize that someone might be living with dementia.
- How to communicate in an effective and appropriate way.
- Where you can go for more help.

What is a dementia-friendly community?



What is a dementia-friendly?

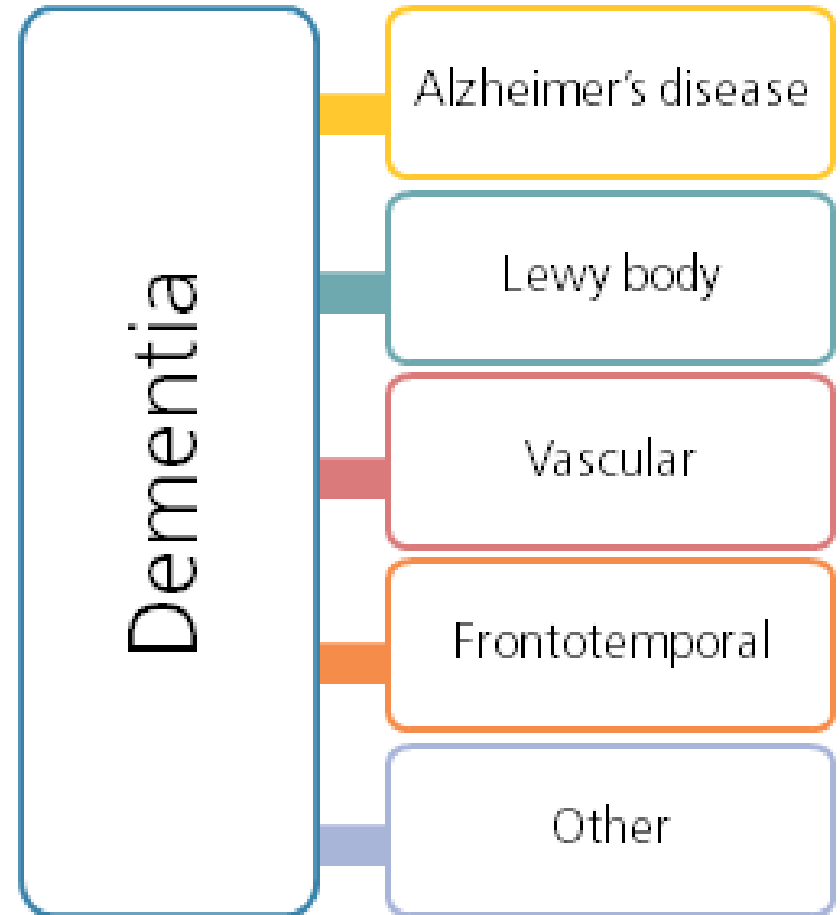


What is dementia?



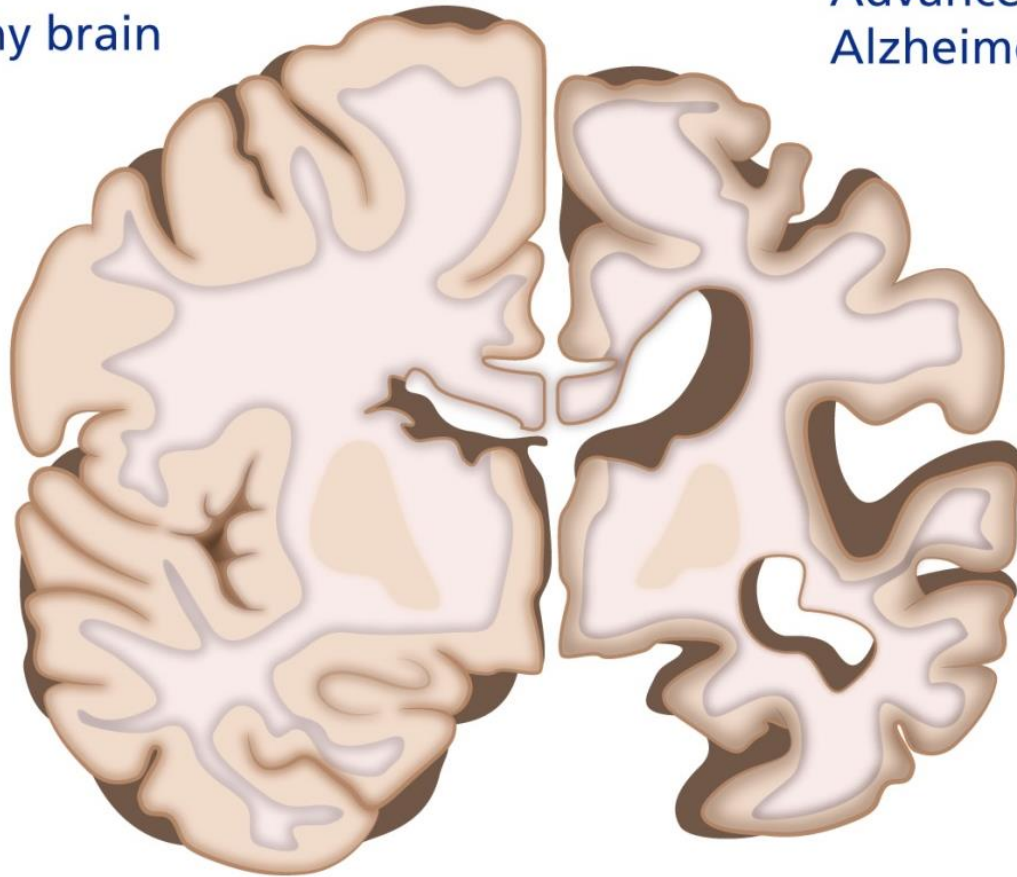
Alzheimer's disease and other dementias

- There are many types of dementia.
- Dementia is not part of normal aging.
- Dementia is progressive – it is experienced in stages.



The brain

Healthy brain



Advanced
Alzheimer's disease

What might not be true about dementia?



Myths about dementia

Dementia is **not**...

- Strictly a genetic disorder.
- A disease that only affects older people.
- Normal aging/memory loss.
- Preventable.
- Curable.
- Caused by aluminum.

Myths about dementia

Dementia does **not** mean...

- The end of a meaningful life.
- That a person cannot understand what is going on around them.
- That a person will become violent or aggressive.

**How might
you know
someone is
living with
dementia?**



Signs of dementia



1. Problems with memory.
2. Difficulty with familiar tasks.
3. Unable to find the right words.
4. Problems with abstract thinking.
5. Challenges following conversations.
6. Poor judgment.
7. Disorientation of time or place.

Connecting with the Doctor

It is extremely important for people with these symptoms to consult a doctor because they can be similar to symptoms of other conditions, some of which can be treated.

A doctor can help to:

- Assess
- Treat
- Initiate Further Testing/Referral

Wandering

- Wandering is a common behaviour associated with dementia.
- Wandering may occur for a number of reasons.
- When someone living with dementia is found wandering it is an emergency.





How can
you help?

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Communication tips





Get the person's
attention.



Make eye contact.



Bring the person to a quiet place.



Speak slowly and clearly.



Share one message at a time.



Use close-ended questions – yes or no answers.



Allow time for response.



Repeat or try again later.



Respond to feelings, not stories.



Connect, don't correct.

Reminder...

Alzheimer's disease and any other dementia should always be diagnosed/confirmed by a medical doctor

- To make sure it is not caused by something else that is reversible
- To ensure appropriate referral and treatment

Dementia-friendly built environments



YOUR LINK TO DEMENTIA SUPPORT

First Link[®]

South Asian Dementia
Helpline

1-833-674-5003





Support

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

Education

- Family Caregiver Series
- Shaping the Journey: Living with Dementia®
- Tele-workshops
- Other workshops

Information

- Bulletins
- Website
- Referrals

Five things to share about dementia

1. It is not a natural part of aging.
2. It is not just about losing your memory – it can affect thinking, communicating and doing everyday activities.
3. It is possible to live well with dementia.
4. There is more to a person than a diagnosis of dementia.
5. The Alzheimer Society of B.C. is here to help.

Spread the word and get involved!



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HELP FOR TODAY. HOPE FOR TOMORROW...



Contact us

Alzheimer Society of B.C.

604-681-6530

1-800-667-3742

www.alzheimerbc.org

South Asian First Link[®]

Dementia Helpline

1-833-674-5003

604-449-5003

(Lower Mainland)

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\$100,000
Our Goal