

## Support for people affected by dementia

The Alzheimer Society of B.C. offers a range of dementia support services for caregivers and people living with early symptoms of dementia. You can connect to First Link® dementia support by calling the First Link® Dementia Helpline.



If you are a health-care provider, visit: [alzbc.org/refer](https://alzbc.org/refer) for information about how to make a referral to First Link® dementia support.



### **Call the First Link® Dementia Helpline.**

The Helpline offers dementia support and information in English, Cantonese, Mandarin and Punjabi for people living with dementia, caregivers, health-care providers and the general public. See bottom of page for details.



### **Attend an education workshop or webinar.**

We offer education on a variety of topics related to dementia and caregiving. Attend an in-person workshop, learn from home through a live webinar or browse our library of on-demand videos to learn about dementia on your schedule.

- **Webinar schedule:** [alzbc.org/webinars](https://alzbc.org/webinars)
- **On-demand videos:** [alzbc.org/ondemand](https://alzbc.org/ondemand)
- **In-person workshops:** [alzbc.org/edu-workshops](https://alzbc.org/edu-workshops)



**Minds in Motion®.** A weekly fitness and social activity program offered in-person or online for people living with any form of early-stage dementia to attend with a care partner. Connect with others living with dementia, enjoy some movement and have fun! Care partners must attend.

**To register, contact the First Link® Dementia Helpline (see below for details) or visit:** [alzbc.org/mim](https://alzbc.org/mim)



**Join a support group.** We offer a variety of support groups for caregivers and people living with early symptoms of dementia to connect with others with a shared experience. Learn, laugh and know that you are not alone. Groups meet monthly or semimonthly in-person, online or by phone. We also offer specialized groups for caregivers, including:

- Mandarin, Cantonese and South Asian
- LGBTQ2S+ caregivers
- Caregivers of people living in long-term care
- Caregivers of people with young-onset, frontotemporal or Lewy Body dementia

**To register, contact the First Link® Dementia Helpline (see below for details.)**



**First Link® support calls.** Receive information and support through calls with Society staff.



**Information and resources.** Access brochures, fact sheets, videos, quarterly newsletters and events in your area. Visit our website for information about a specific dementia-related topic, such as signs and symptoms of moving into long-term care: [alzbc.org/info-resources](https://alzbc.org/info-resources)



### **First Link® Dementia Helpline**

Available Monday to Friday

English	1-800-936-6033	(9 a.m. to 8 p.m.)
Punjabi	1-833-674-5003	(9 a.m. to 4 p.m.)
Cantonese or Mandarin	1-833-674-5007	(9 a.m. to 4 p.m.)