



# Alzheimer Society

BRITISH COLUMBIA

**Webinar:** Understanding dementia: What is dementia?

**Helpful links and resources**

Click on the links below for more information:

**[Building a Strong Foundation for Dementia Care guidebook](#)**

This guidebook provides health-care providers with information on topics such as: [Understanding dementia](#), [Understanding communication](#), [Understanding behaviour](#) and [Understanding what families experience](#)

**[What is dementia?](#)**

Read about what dementia is and the difference between Alzheimer's Disease and dementia.

**[What is Alzheimer's disease?](#)**

Learn what Alzheimer's disease is and what changes may be expected.

**[Other dementias](#)**

For those supporting a person living with a dementia other than Alzheimer's disease.

**[What to expect](#)**

During the [early stage](#), during the [middle stage](#), during the [late stage and end-of-life](#).

**Webinars:**

- To watch "Dementia Care during COVID-19: Understanding behaviour" (June 2020) or "Understanding Dementia: Tips and Strategies for Communication" (Dec 2020) email Jenn Lesage ([jlesage@safecarebc.ca](mailto:jlesage@safecarebc.ca)) for a copy of the recording.
- Click [here](#) to view the Alzheimer Society of B.C.'s [live and recorded webinars](#).

Visit us at [alzheimerbc.org](http://alzheimerbc.org) and follow us on social media to access the latest resources.

- Find COVID-19 resources for health-care providers at [alzbc.org/HCP-COVID](http://alzbc.org/HCP-COVID)
- Other resources for health-care providers at [alzbc.org/hcp-ed](http://alzbc.org/hcp-ed)

## First Link® Dementia Helpline

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

Available Monday to Friday



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## Resources related to the webinar questions:

### Diagnosis and screening:

- [Overview of diagnosis process](#) (go to minute 10:25 in this webinar recording)
- [Resources for health-care providers on diagnosis and screening](#)
- [Research Ready: Research on early diagnosis and dementia](#) (30 min. webinar recording)

### Preventing dementia and reducing risk:

- [Overview of risk factors for dementia and lifestyle tips and strategies that can reduce your risk.](#)

### Self-care for health-care workers:

- [Care for Caregivers: Mental health support for continuing care providers](#) (Canadian Mental Health Association, BC Division and SafeCare BC)

**Questions?** Call the First Link® Dementia Helpline or e-mail [dementiaeducation@alzheimerbc.org](mailto:dementiaeducation@alzheimerbc.org)

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