

YOUR LINK TO DEMENTIA SUPPORT

# First Link<sup>®</sup>

Supporting people  
affected by dementia  
throughout the  
dementia journey



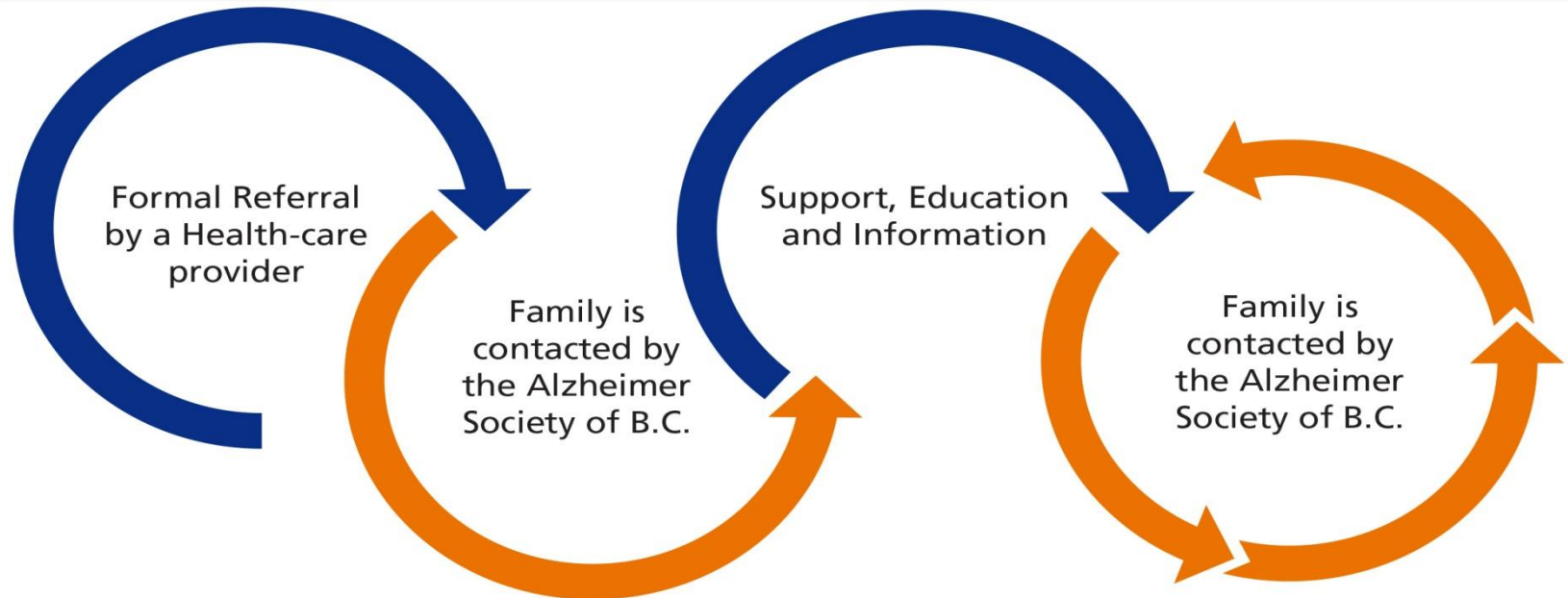
*Alzheimer Society*  
BRITISH COLUMBIA

Before there's a cure, there's care



Alzheimer Society  
BRITISH COLUMBIA

# How does First Link<sup>®</sup> work?





## Making a referral to First Link®

1 min read

Learn how to make a First Link® referral so that someone who has been diagnosed with dementia gets the support they need from our programs and services.



Refer a patient or client to First Link® by faxing a [Referral form](#) to 604-238-7390 or 1-833-238-7390. Please note: the PDF form is not fillable through Mozilla Firefox. The referral form can also be accessed through Med Access EMR, Wolf EMR or the Pathways web-based directory.



# First Link<sup>®</sup> dementia helpline

Monday to Friday  
9 a.m. to 8 p.m.

English:

**1-800-936-6033**



# Culturally specific support



Monday to Friday  
9 a.m. to 4 p.m.

Cantonese or  
Mandarin:

**1-833-674-5007**

Punjabi:

**1-833-674-5003**

*“He has the diagnosis,  
but we are living with  
the disease.”*







## Support

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

## Education

- On a variety of dementia-related topics
- Workshops and webinars
- On-demand content

## Information

- Dementia Helpline
- Bulletins
- Website
- Community resources

# Introduction to First Link<sup>®</sup>



# Hybrid – here to stay

Offering both online and in-person options.

Benefits:

- Expanded reach.
- Diversified programming.
- New audiences.



# Support and social groups



- For caregivers
- For people living with early symptoms of dementia

- Social and fitness program
- For people in early stages of dementia and a care partner



# Education about dementia



- Online and in-person
- Discussion-based workshops and lecture-style webinars.
- Variety of days and times.
- Stand-alone sessions & series.

# Newsletters

## INSIGHT

Alzheimer Society  
BRITISH COLUMBIA

FOR PEOPLE LIVING WITH DEMENTIA

Winter 2018



Yes, I live with dementia.

Let me help you understand.

I was diagnosed when I was 58.  
I love to try food from other cultures.  
I'm Mario.

### RAISING AWARENESS FOR DEMENTIA

This January, people across Canada are standing up and saying, "Yes, I live with dementia".

Mario – a member of the B.C. Leadership Group of People Living with Dementia – is one of many Canadians who are talking about their experience during Alzheimer's Awareness Month to address the stigma that people living with dementia experience.

Every person experiences dementia differently. "When people tell me that I do not look like I

have Alzheimer's disease, I do not know how to respond, because they do not see my struggles," shares Mario.

Life goes on after diagnosis. People living with dementia can continue to do the things they love and remain active in their communities with the right help and support.

Read on for stories about the different ways people living with dementia are working towards reducing stigma and continuing to live as well as possible after a diagnosis.

#### IN THIS ISSUE

People living with dementia share their thoughts Page 2

Life with young onset dementia Page 3

Celebrating an outstanding volunteer Page 5

Helping to build a dementia-friendly society Page 6

## Alzheimer Society BRITISH COLUMBIA

# Connections

Winter 2018

Linking a community of dementia support



Yes, I live with dementia.

Let me help you understand.

I have frontotemporal dementia and Alzheimer's disease. I enjoy painting landscapes. I am an award-winning volunteer. I am Myrna.

### Alzheimer's Awareness Month

*This January, people across Canada are standing up and saying, "Yes, I live with dementia."*

"We all deserve dignity," says Myrna Norman, who was diagnosed with frontotemporal dementia and Alzheimer's disease in 2008.

Myrna – a member of the B.C. Leadership Group of People Living with Dementia – is one of many Canadians who are talking about their experience during Alzheimer's Awareness Month this January. They are addressing the stigma and discrimination that people living with the disease experience. "I have

friends who no longer wanted to see me," Myrna says, when asked about her experience of the stigma. But people living with dementia can continue to make great contributions to their communities when given the chance. "People talking about dementia is a positive thing," says Myrna.

What does Myrna want people to learn to do this January? "Become educated, be patient, be empathetic."

Read and learn more

Want to hear more about the experiences of people living with dementia? Visit [ilivewithdementia.ca](http://ilivewithdementia.ca).

In this issue  
Greetings & event calendar Page 2  
Caregiver story Page 3

Caregiver tips  
Get involved  
Volunteer profile

Page 4  
Page 6  
Page 8

**Questions or  
concerns about  
dementia or  
memory loss?**



## **First Link<sup>®</sup> Dementia Helpline**

Available Monday to Friday

English 1-800-936-6033  
*9 a.m. to 8 p.m.*

Punjabi,  
Hindi and Urdu 1-833-674-5003  
*9 a.m. to 4 p.m.*

Cantonese  
and Mandarin 1-833-674-5007  
*9 a.m. to 4 p.m.*

**[alzheimerbc.org](http://alzheimerbc.org)**

**[alzbc.org/flhdl](http://alzbc.org/flhdl)**

**Alzheimer Society**  
BRITISH COLUMBIA