

Virtual programs currently available

Due to the COVID-19 pandemic, our in-person programs remain on a hiatus until we are confident they are safe to resume. Until then, the following virtual programs and supports are currently available for individuals affected by dementia. Call the First Link® Dementia Helpline to register at **1-800-936-6033**.

Caregiver support groups	Early stage groups
<ul style="list-style-type: none"> • Groups meet monthly for 90 minutes by telephone or online. • Regional groups are available. • Specialized provincial groups are available for: <ul style="list-style-type: none"> ○ Chinese families ○ Adult children ○ LGBTQ+ caregivers ○ Caregivers of a person living in long-term care ○ Caregivers of a person living with: <ul style="list-style-type: none"> - Young-onset dementia - BvFTD dementia - Lewy Body dementia 	<ul style="list-style-type: none"> • For people experiencing early symptoms of dementia. • Groups meet every two weeks for 60 minutes by telephone or online. • Two types of groups available: <ul style="list-style-type: none"> - Coffee and Chat: Socialize, share experiences, laugh, and enjoy the company of others living the dementia experience, in a more informal setting. - Support groups: Discuss the impact of the disease, share stories and experiences, laugh together, and learn from facilitated discussions. • Practice sessions are available to help new members connect to the meeting.
Webinars and recorded videos	Minds in Motion online
<p>Live weekly webinars on various topics, such as:</p> <ul style="list-style-type: none"> • What is dementia? • Communication and behaviour • Coping with guilt and grief • Adjusting to long-term care <p>Visit: alzbc.org/webinars for our upcoming schedule.</p> <p>To see a list of recorded videos, visit: alzbc.org/recorded-videos.</p>	<ul style="list-style-type: none"> • For people experiencing early symptoms of dementia to attend with a care partner. • This online, 8-week social and fitness activity program provides an opportunity to connect with others living with dementia. • Weekly 1.5 hour sessions include: <ul style="list-style-type: none"> ○ 30 minute fitness video ○ 45 minutes of social time • Practice sessions are available to help new members connect to the program. • Come join us for exercise, fun and laughs! • Visit our website to learn more.

First Link® Phone support

- Through First Link® phone support, Alzheimer Society staff will call individuals on a regular basis to provide support and education. Click [here](#) to make a referral.
- The First Link® dementia helpline is available for anyone affected by dementia (professionally or personally) to learn about dementia, receive caregiver support, and to learn about and register for available programs.

Contact us

- **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:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

To learn more about our virtual programs or to register, please visit our website at www.alzheimerbc.org or contact the First Link® Dementia Helpline at **1-800-936-6033** or info.helpline@alzheimerbc.org.