

We're here to help

First Link® is a suite of Alzheimer Society of BC and Yukon programs, support services and education for people living with dementia and their caregivers. You can connect to First Link® dementia support by calling the First Link® Dementia Helpline.



Call the First Link® Dementia Helpline.

The Helpline offers dementia support and information in English, Cantonese, Mandarin, Punjabi, Hindi and Urdu 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 an online workshop or live webinar or browse our library of on-demand videos to learn about dementia on your schedule.

- **Webinar schedule:** alzbc.org/webinars
- **On-demand videos:** alzbc.org/ondemand
- **In-person workshops:** 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. Visit alzbc.org/mm



Coffee and Chat. A social program to help caregivers and people living with early symptoms of dementia meet new people, engage in social activities and have fun. Visit alzbc.org/coffee-chat



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



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. Groups meet monthly or semimonthly in-person, online or by phone. We also offer specialized groups for caregivers, including:

- Mandarin, Cantonese and South Asian.
- 2SLGBTQIA+ caregivers.
- Caregivers of people living in long-term care.
- Caregivers of people with young-onset dementia, frontotemporal or Lewy body dementia.



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



Visit alzheimerbcyukon.org or support us at alzbc.org/donatetoday.



First Link® Dementia Helpline

1-800-936-6033

English

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

Cantonese, Mandarin,
Punjabi, Hindi and Urdu

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