

Dementia Friendly Tips

Awareness about Dementia and the Role of our Community

Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday activities. Learn to recognize signs and symptoms and what you can do to help someone who has been affected by dementia.

It's not just because someone is getting older. Dementia is not a normal part of aging. Let's put an end to the myths and stereotypes surrounding dementia.

Families take care of one another. BC families provide 33.1 million hours of unpaid care per year to people living with dementia. For resources and more information about supporting someone living with dementia visit alzheimerbc.org

Environments for people living with dementia should be inclusive, safe, and comfortable.

While there are treatments for symptoms that stem from the disease there is currently no cure for Alzheimer's disease nor can its progression be reversed.

Are you doing all you can? You cannot prevent Alzheimer's disease, but healthy lifestyle choices may reduce your risk. Staying active can help maintain a healthy brain.

There are many types of dementia, including Alzheimer's disease, vascular dementia, Lewy Body dementia, and frontotemporal dementia. Learn more about the different types of dementia and how to identify warning signs.

Did you know that seniors are not the only ones diagnosed with dementia? 10,000 people living with dementia in BC are under the age of 65. Find out more about risk factors and what you can do to keep your brain healthy.

Signs and Symptoms of Dementia

A person living with dementia may experience challenges in judgement or decision making, for example wearing clothing on a hot day.

A person living with dementia may become passive and apathetic and require cues and prompting to become involved.

People living with dementia may have problems with abstract thinking, for example not understanding what numbers are and how they are used.

A person living with dementia may often forget things or have difficulty recalling information that has recently been learned.

Anyone can misplace their keys; a person living with dementia may put them in an appropriate place like in the freezer.

A person living with dementia may have trouble completing familiar tasks, such as preparing a meal or playing a game.

A person living with dementia may experience striking personality changes, and can become confused, suspicious or withdrawn.

Someone living with dementia can exhibit varied mood swings – from calm to tears to anger – for no apparent reason.

A person living with dementia may forget simple words or substitute words, making sentences difficult to understand.

People living with dementia can become lost on their own street, not knowing how they got there or how to get home.

Speaking is but one form of communication. A person living with dementia's capability to understand body language is often maintained for a long time along the dementia journey.

Where to go for help / next steps – Alzheimer Society of BC

Connections is a quarterly newsletter for caregivers and other people who want to stay updated about the Alzheimer Society of BC's activities. Subscribe today at alzheimerbc.org

The Alzheimer Society of BC is here to help. To find resources and learn more about Alzheimer's disease and other dementias or what to do after a diagnosis, visit alzheimerbc.org

If you're learning more about dementia and supporting others visit dementiafriends.ca to become a Dementia Friend.

Tele-workshops are one-hour educational sessions offered by the Alzheimer Society of BC via phone and internet. For more information alzheimerbc.org

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Know where to go if you need help. The Alzheimer Society of BC has resource centres throughout the province. Visit alzheimerbc.org today to find one near you.