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Dementia numbers in Canada

Over **85,000** British Columbians live with dementia, and an estimated **661,500** people across Canada.

Women are disproportionately impacted in terms of living with the disease and providing care.

In 2020, care partners in B.C. provided an estimated **61.3 million hours** of unpaid caregiving support annually.

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What is a dementia-friendly community?



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What is a dementia-friendly community?



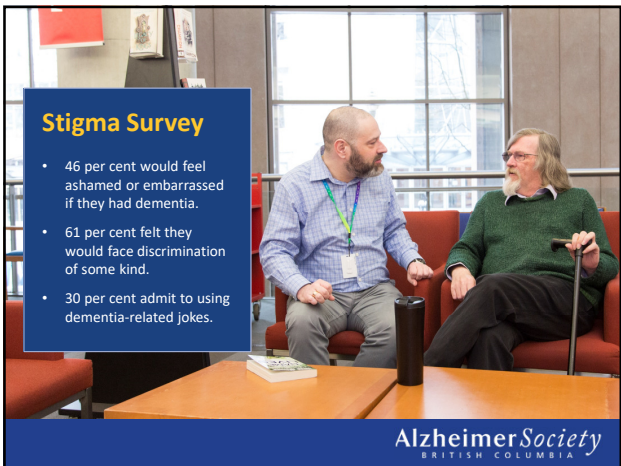
Supportive Inclusive
Accessible

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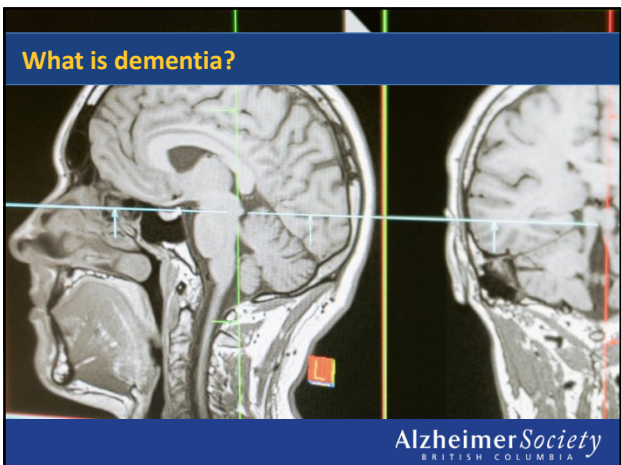
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Stigma Survey

- 46 per cent would feel ashamed or embarrassed if they had dementia.
- 61 per cent felt they would face discrimination of some kind.
- 30 per cent admit to using dementia-related jokes.

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What is dementia?

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Alzheimer's disease and other dementias

- There are many types of dementia.
- Dementia is not part of normal aging.
- Dementia is progressive – it is experienced in stages.

The diagram shows a central box labeled 'Dementia' with five colored lines extending to the right, each pointing to a box representing a type of dementia: Alzheimer's disease (yellow), Lewy body (teal), Vascular (red), Frontotemporal (orange), and Other (blue).

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Stages of dementia

Early Stage	Middle Stage	Late Stage
Mild dementia	Moderate dementia	Severe dementia

Time →

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Natural aging vs. dementia


Natural aging	Dementia
Forgetting a conversation from a year ago.	Forgetting recent conversations.
Forgetting the name of an acquaintance.	Forgetting the name of a close family member or friend.
Taking extra precautions when venturing out in snow or ice.	Not recognizing the safety risk associated with snow or ice.
Occasional word-finding difficulty.	Frequent pauses and word substitutions.

*Note – this is not a diagnostic tool.

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Signs of dementia




1. Problems with memory.
2. Difficulty with familiar tasks.
3. Unable to find the right words.
4. Problems with abstract thinking.
5. Changes in mood.
6. Poor judgment.
7. Disorientation to time or place.


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Dementia is not:



Strictly genetic.



A natural part of aging.




Preventable or curable.


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Dementia does not mean that the person:



Will no longer have a meaningful life.



Will become aggressive.



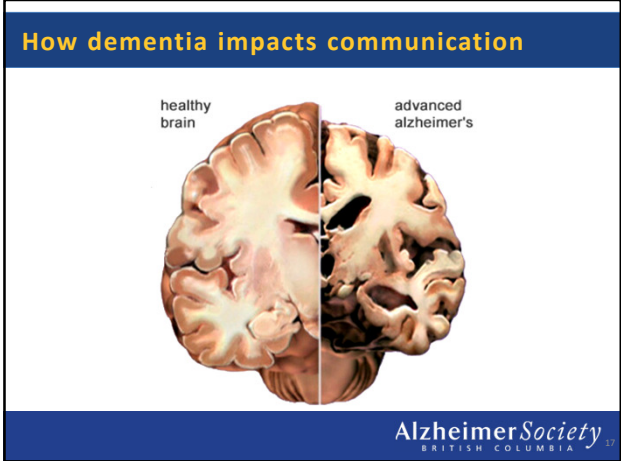
Will no longer understand what is happening around them.

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How do we communicate?

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Communication strategies

Before the conversation

-  Set the stage: Can they hear you?
Can they see you?
-  Get the person's attention.
-  Position yourself.

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Communication strategies




Having a conversation

-  Speak slowly and clearly.
-  Share one message at a time.
-  Take your time.

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Communication strategies

-  Show and talk.
-  Repeat important information.
-  Use close-ended questions.

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Communication strategies



- Avoid arguing.
- Listen closely with your eyes and ears.
- Acknowledge what is happening.
- Connect, don't correct.

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The Built Environment



SECURITY

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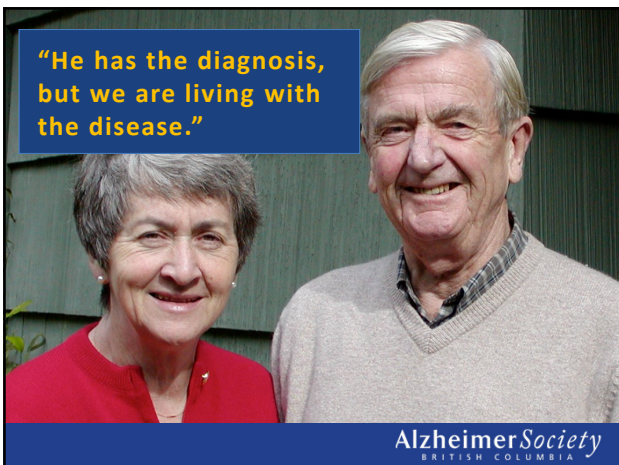
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In their words...

“They have the right words and tone of voice to help soothe and calm people and many times they have given great advice. A good sounding board too. There are many things I can say about this helpline, it's been really a great resource and my go-to.”

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“Provides a place to share my experiences with those that "get it". The meetings are very well facilitated which makes it even more effective and comforting.”

“I really appreciate the support calls. I am having trouble dealing with the diagnosis and impact. So having the calls just help me to know that I am not alone.”

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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

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Stay connected

Call the First Link® Dementia Helpline:

- 1-800-936-6033 (English)
- 1-833-674-5007 (Mandarin/Cantonese)
- 1-833-674-5003 (Punjabi)

www.alzheimerbc.org

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