

Recommended learning

The Alzheimer Society of B.C. offers a comprehensive library of information on our website, including handouts and on-demand video content. Below are some recommended resources and on-demand video content for your learning about Alzheimer's disease and related dementias, and how to support those affected by dementia across the province.

First Link®

- [About First Link®](#) (web page)
- [List of programs and services](#)
- [Making a referral to First Link®](#) (PDF)
- [Referral form](#)

Information and resources

- [Resources for a move to long-term care](#)
- [Providing day-to-day care](#)
- [Ways to help](#)
- [10 easy ways to fight stigma against dementia](#)
- [Getting to know dementia](#)
- [Dementia information in non-English languages](#) (Hindi, Chinese and more)
- [Shopping for assistive products](#)
- [Information for healthcare providers](#)
- [Getting a diagnosis toolkit](#)
- [Person-centred care](#)

On demand videos

- [Dementia friends](#) (24 minutes)
- [10 warning signs of dementia](#) (4 minutes)
- [Myths and treatment options](#) (17 minutes)
- [Communication: Strategies and tips](#) (35 minutes)
- [Understanding and responding to behaviours](#) (22 minutes)
- [How to support a friend who has dementia or is a caregiver](#) (41 minutes)
- [Jim's story: Dementia-friendly communities](#) (7 minutes)
- [Stages and progression of dementia](#) (40 minutes)

Additional videos on a variety of dementia-related topics are available at: alzbc.org/ondemand

