

# Health Promotion and Dementia: Approaches and Programs for People with Early Stage Dementia

January 2012

**Alzheimer Society**  
BRITISH COLUMBIA



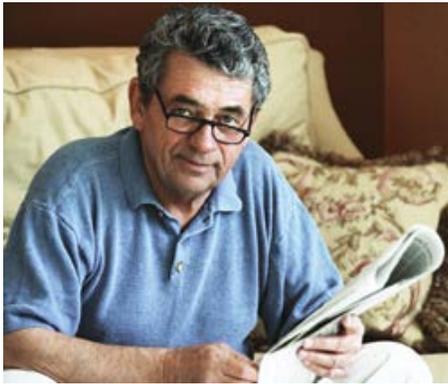
# Living Well with Dementia



**Alzheimer Society**  
BRITISH COLUMBIA



# Heads Up: An introduction to brain health



**Risk reduction and keeping healthy**

# Heads Up:

## An introduction to brain health

- Dementia is **NOT** a normal part of aging
- Can't prevent Alzheimer's, but **may** be able to reduce the risks
- Keep your mind, body and spirit active
- Eat a balanced diet
- Stay connected – socially and spiritually
- *Healthy aging in general is important!*



# Heads Up:

## An introduction to brain health

- Start now by taking action in 3 areas:

<b>1. Mind</b>
<b>2. Body</b>
<b>3. Spirit</b>

- Be realistic
- Revisit your goals

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# Heads Up: An introduction to brain health

**Heads Up Keeping Your Brain Fit**

**BRONZE**  
I will...

- Concentrate more mindfully on what I'm doing.
- Memorize three frequently-used phone numbers.
- Watch less TV.  
*Ideas: Read a book, do a crossword or sudoku, play a social game (i.e. cards).*
- Seek out new experiences.

**SILVER**  
I will...

- Do some mental arithmetic every day.
- Memorize five items on a "to do" list.
- Read newspapers and stories and memorize key points.  
*Ideas: Retell the story to someone else.*
- Memorize a favourite recipe, team roster or sequence of trophy winners.

**GOLD**  
I will...

- Learn a language or take an evening class.
- Memorize seven items on a "to do" list.  
*Ideas: Stimulate your brain with music, art, crafts, hobbies and ideas.*
- Try harder to remember names and faces, birthdays of friends, etc.

*Additional Notes*

**MIND**

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# A Diagnosis of Dementia

“A hard diagnosis to give ...  
an even harder diagnosis to hear”



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# Individuals need ...

Information

Education

Support

Resources

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# Individuals need to know about ...

the disease and  
its progression

strategies for  
managing the  
challenges and  
living well

emotional and  
social support –  
“a journey to be  
shared”

personal planning;  
health and  
community services



## ***Early Intervention***

*Connecting to Learning, Services & Support*

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# Online Resources

The screenshot shows the website's navigation menu with 'Living With Dementia' selected. The main content area is titled 'I Have Dementia' and includes a 'Donate Now' button. A central text block states: 'If you have been diagnosed with Alzheimer's disease or a related dementia, this is the place for you to start.' Below this, a paragraph describes the challenges of a diagnosis and offers relief through explanation. A photograph of an elderly couple is shown. To the right, a 'HELPFUL LINKS' section lists resources like 'First Steps', 'Newsletter & Bulletins', and 'Memory Problems Booklet'. A sidebar on the left provides contact information for the Dementia Helpline and tele-workshops.



# Memory Problems? booklet

## HANDY TIPS – WAYS TO HELP YOURSELF

*These tips are used by members of the Early Stage Support Groups.*

### **Keep track of appointments & things.**

- Put an oven mitt in the middle of the floor to remind you the oven is on.
- Use post-it notes to remind you of important things to do or to remind you how to operate appliances (e.g. steps to warm up food in the microwave).
- Keep a day planner next to the phone to write appointments in.
- Use a weekly dispenser for pills.

### **Exercise both physically & mentally.**

- Read the paper to keep your mind active.
- Take up swimming or regular walking.
- Join a choir, the mental stimulation is good and it lifts your spirits.

### **Participate in social activities.**

- Stay involved with hobbies and interests.
- Volunteer your time to help someone else.

### **Stay independent & safe.**

- Carry your name, address and phone number in every sweater and coat pocket, or buy a bracelet to put this information on.

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# Understanding & Living with Dementia

- One session workshop
  - What is dementia?
  - Life after diagnosis
- A gentle first step
- Plan – Walk – Learn



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# Shaping the Journey: living with dementia™

For people with early symptoms and a care partner:

1. The Brain and Dementia
2. Hearing the Diagnosis
3. Maintaining Your General Health
4. Life After Diagnosis
5. Planning Ahead
6. Maintaining Your Spirit

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# Shaping the Journey: living with dementia™



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Vlad and Mavis  
Shaping the Journey: *living with dementia*<sup>™</sup>

# Support Groups

- For people with early symptoms of dementia



- Model – Information & Mutual Aid

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# Support Groups

*“Hearing others talk about living with dementia and how they are coping has helped me understand what is happening to me.”*



# INSIGHT bulletin

**INSIGHT** Alzheimer Society  
BRITISH COLUMBIA

March 2011  
A bulletin for and by people with dementia

**In this issue:**

- Finding and Accepting Help
- Tips for accepting help
- Words of wisdom
- How do I know when I need assistance?
- Resources to look for in your community
- Alzheimer Society of B.C. offers help across the province
- In our own words
- Having a camera for a memory
- General suggestions for living well with dementia
- Notes and Events

**Finding and Accepting Help**

In a previous job I learned a lot about the province of British Columbia, including that what happens in Vancouver or Kelowna, for example, does not necessarily represent the reality in Prince Rupert or Nakusp. With that in mind, when I signed on as Honourary Editor of *Insight*, I wanted to reach out to others with dementia around the province.



Complementary to that intent is the Alzheimer Society of B.C. - not only their resource centres located across the province, but their website ([www.alzheimerbc.org](http://www.alzheimerbc.org)), brochures and educational opportunities. Do you know what the Alzheimer Society offers? Are you taking advantage of these resources and information?

There are more than 70,000 people in B.C. with dementia and many of those are fairly recently diagnosed. The message for you is, "you are not alone." To reinforce that, there are many support groups where you can meet others, gain insight and new friends. No support group in your area? The Society has the next best alternative with helpful information and services for you, the details of which are included in this edition of *Insight*.

I know how easy it is to retreat from activities after hearing the diagnosis, and avoid talking about what is going on. But that's not what we should be doing. *There is life after diagnosis and it is our journey of a lifetime.* When we travel, we research where it is we're going and avail ourselves of the services of a travel agent. For our dementia journey we should practice the same technique. There are a variety of services available in communities throughout B.C. Every one of us with dementia benefits from information gathering and from socializing. I encourage you to read this bulletin and take advantage of what the Alzheimer Society offers. And strap yourself in for your trip of a lifetime!

Continued on page 2.

[www.alzheimerbc.org](http://www.alzheimerbc.org)

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**INSIGHT** Alzheimer Society  
BRITISH COLUMBIA

Fall 2011  
A bulletin for and by people with dementia

**In this issue:**

- Positive steps on the dementia journey
- Spreading joy through his art
- Insight readers - we want to hear from you!
- Sharing our experiences
- Perspectives from a support group
- In our own words
- Get involved!
- Notes and events

**Positive steps on the dementia journey**

"Oh look, there's a new for sale sign," I say to Bhreagh... "and the fragrance of the roses grown at this other house is overwhelming!"

"Now that we're walking by the park, why don't you frolic in the water a bit? ..... We'd better stop here as the fire truck is leaving the station with its lights flashing ..... Okay, let's go. Good girl."

Walking with my dog Bhreagh is great fun and every time we go out for our walk we see new things, smell new flowers and say hi to others walking by. And as long as there are no children playing around the water park, my chocolate Lab will take a moment to splash and run in the water. I love my walks with Bhreagh. It is good exercise, there is some socialization, and somewhere along the way it brings a smile to my face.

And the beauty of walking is it can be done alone, with another person or in a group. You can walk in your neighbourhood, around a sea wall or through a local park. Always, though, by walking you will see new things, brighten your day, and maybe even make new friends.

Just the other day I went for a walk on a new route with a new friend who also has Alzheimer's disease. We were on a walk along the water where we saw birds (I can't remember the type he said), took lots of pictures, and took time to admire our city and talk about how it has changed over the years.

Of course walking isn't the only way to get exercise, but for me it is a tonic I love taking. Whether you live in Bella Coola, Nelson or Nanaimo you can start your day feeling good with a smile or maybe you would prefer to end it that way. Either way, I hope the idea of walking, along with other suggestions and perspectives included in this issue of *Insight*, will be a positive step in our journey with dementia.



Jim Mann is the Honourary Editor of *Insight*. He is an active volunteer who advocates on behalf of and for people with dementia. Diagnosed with Early Onset Dementia in February 2007, at the age of 58, Jim is determined to help make a difference in the lives of people who are affected by the disease. As an experienced public policy professional, Jim provides critical advocacy advice to the Alzheimer Society of B.C. and the Alzheimer Society of Canada.

[www.alzheimerbc.org](http://www.alzheimerbc.org)

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# INSIGHT bulletin

- “We value being asked for our feedback and appreciate the stories from people with dementia, tips and especially updates on research.”
- “When it comes in the mail, it reminds you that you’re not alone ...It may be the one newsletter that pushed you (gently) to seek support.”

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# Minds *in* Motion™

***It's about living  
well with dementia  
– involved, active,  
connected***



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# Minds *in* Motion™

- Responds to individual needs and interests for socializing, activity and relaxation
- Is available “closer to home” (ideally, throughout the community)
- Facilitates meeting others living with dementia
- May be shared with family members
- Promotes healthy living
- Assists with access to services and information, as needed

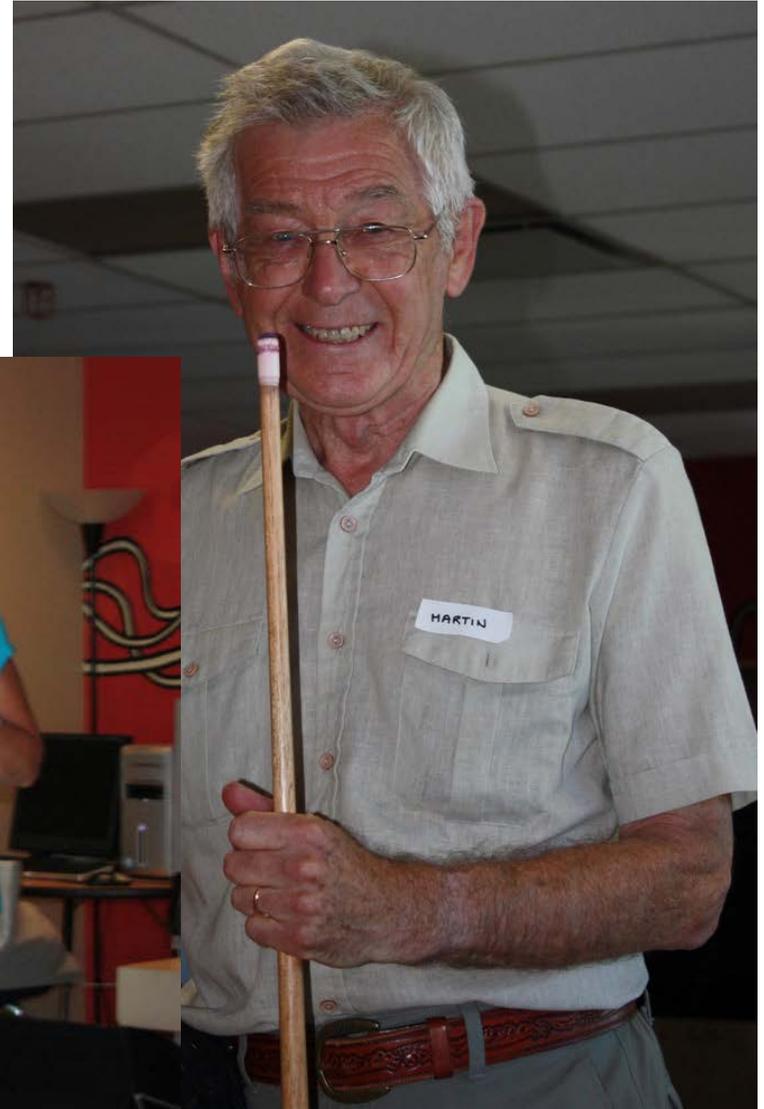
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# Minds *in* Motion™

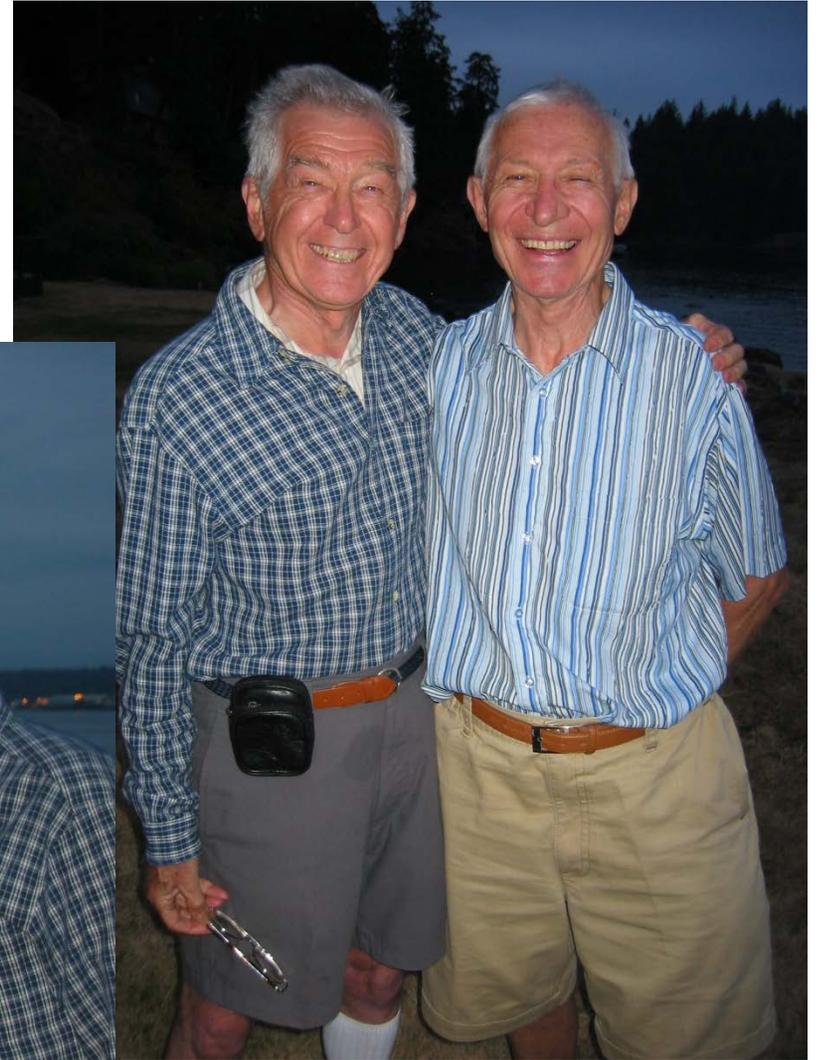
- A fitness and social / activity program
- For people with early dementia and a care partner
- Offered in partnership with community or seniors' centre

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# Minds *in* Motion™



# Minds *in* Motion™



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Information

Support



Education

Resources

“We were fearful of what we might encounter. What we found was people like us....You are helping us take back our lives, our dignity.”

# Alzheimer Society

BRITISH COLUMBIA

## ■ Alzheimer Resource Centres

for information, education,  
support and referrals

## ■ Dementia Helpline

1-800-936-6033

604-681-8651 (Lower Mainland)

## ■ Information Bulletins

- **In Touch** for caregivers
- **Insight** for people with dementia

## ■ Education

- Healthy Brain
- Understanding & Living with Dementia
- Shaping the Journey
- Family Caregiver Series
- Additional Workshops
- Tele-Workshops

## ■ Support Groups

- for people with early symptoms
- for caregivers

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# Alzheimer Society of BC

## Vision and Mission

Our ultimate vision is to create a world without Alzheimer's disease and related dementias.

The Alzheimer Society of B.C. exists to alleviate the personal and social consequences of Alzheimer's disease and related dementias, to promote public awareness and to search for the causes and the cures.