



# Alzheimer Society

BRITISH COLUMBIA

## Webinar: Recognizing your journey as a caregiver Helpful links and resources

### Alzheimer Society of B.C. Resources

- [Grief in dementia caregiving](#) (handout)
- [Asking for help worksheet](#) Use this worksheet to help people in your life provide help where you need it most.
- [Burnout Club Rules and Regulations](#) Are you joining the burnout club? Review this list of “rules and regulations” to see how you might be a member of the burnout club.
- [List of Affirmations](#) Print out this list of affirmations to put somewhere you can easily see them.
- [Caregiver Stress](#) This brochure outlines 10 signs of caregiver stress and 10 ways to reduce your stress.

### Helpful videos:

- [The Gift of Mindfulness](#) and [The Skill of Self-Compassion](#) with Dr. Elisabeth Drance, Geriatric Psychiatrist

### How we can help:

- [Caregiver telephone support groups](#) A variety of days, times, and specializations are available.
- [Minds in Motion online](#) A physical and social activity program for people living with dementia to attend with a care partner.
- [Weekly webinars](#): See our list of upcoming and recorded webinars [here](#).
- **Newsletters**
  - [Connections](#): Stories, resources, news, and updates for caregivers.
  - [Insight](#): Stories by and resources for people living with dementia.
  - [First Link® Bulletin](#): A listing of local support services and dementia education.

## First Link® Dementia Helpline

English: 1-800-936-6033 (9 a.m. to 8 p.m.)  
Mandarin or Cantonese: 1-833-674-5007 (9 a.m. to 4 p.m.)  
Punjabi: 1-833-674-5003 (9 a.m. to 4 p.m.)

Available Monday to Friday