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

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<thead>
<tr>
<th>Language</th>
<th>Phone Number</th>
<th>Time Frame</th>
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<tbody>
<tr>
<td>English</td>
<td>1-800-936-6033</td>
<td>(9 a.m. to 8 p.m.)</td>
</tr>
<tr>
<td>Mandarin or Cantonese</td>
<td>1-833-674-5007</td>
<td>(9 a.m. to 4 p.m.)</td>
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<tr>
<td>Punjabi</td>
<td>1-833-674-5003</td>
<td>(9 a.m. to 4 p.m.)</td>
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Available Monday to Friday