

Dementia education

Mapping your journey: stages and progression of dementia

Helpful links and resources

Alzheimer Society of B.C.

- [Programs and services from Alzheimer Society of B.C.](#) (webpage)
- [Getting a diagnosis toolkit](#) (downloadable PDF toolkit)
includes warning signs and a checklist to prepare for the doctor's visit
- [Principles for a dignified diagnosis](#) (PDF)
- [10 benefits of early diagnosis](#) (webpage)
- [What is dementia?](#) (webpage)
- [The differences between normal aging and dementia](#) (webpage)
- [What to expect](#) (webpage)
 - During the [early stage](#) (downloadable PDF)
 - During the [middle stage](#) (downloadable PDF)
 - During the [late stage](#) and [end-of-life](#) (downloadable PDFs)
- [Living well with dementia](#) (webpage)
- [Grief and loss](#) (webpage)
- [Understanding how your relationships may change](#) (webpage)

Other resources

- Brain Tour: <http://braintour.alzheimer.ca/> (interactive webpage)

For information about other dementia education, please visit: alzbc.org/dementia-education.

For links to recorded information, go to alzbc.org/recorded-videos.

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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