

# Brain Health Resources in BC

## Alzheimer Society of British Columbia

**Phone:** 1-800-667-3742

**Email:** [info@alzheimercbc.org](mailto:info@alzheimercbc.org)

**Website:** <https://alzheimer.ca/bc/en>

### Minds in Motion®

A fitness and social program for people living with any form of early-stage dementia along with a family member, friend or care partner.

### Support Groups

Information and discussion groups for people in the early stages of dementia and for caregivers, available either in-person or by phone.

### Webinars

Online webinars and videos are available on a range of topics about living with dementia.

### First Link® Dementia Support

Bulletins, support groups, education and one-on-one phone calls, available throughout the progression of the disease. Accessed through the Helpline, visiting a resource centre or through a referral from a health-care provider.

### First Link® Dementia Helpline

Helpline staff answer questions from anyone affected by dementia, professionally or personally, and provides a connection to appropriate programs and community resources.

**Phone: English:** 1-800-936-6033

**Cantonese & Mandarin:** 1-833-674-5997

**Punjabi:** 1-833-674-5003

# The Association for Frontotemporal Degeneration

**Phone:** 1-866-507-7222 (HelpLine)

**Email:** [info@theaftd.org](mailto:info@theaftd.org)

**Main website:** <https://www.theaftd.org/>

**For kids and teens:**

<http://www.aftdkidsandteens.org/>

## AFTD Website

Information, resources and support related to FTD. Sign up for newsletters and email alerts to stay informed about research, advocacy and support efforts.

## Kids & Teens Website

Information and coping strategies for children with a parent/close relative affected by FTD.

## Facebook

- **[facebook.com/TheAFTD](https://www.facebook.com/TheAFTD)**: information on events and research findings
- **[facebook.com/groups/52543721114](https://www.facebook.com/groups/52543721114)**: A closed group where members share their experiences and respond to discussion topics
- To join the “secret” facebook group for young adults in their 20s and 30s email [youngadults@theaftd.org](mailto:youngadults@theaftd.org)

## AFTD HelpLine

A direct service to persons with FTD, care partners and professionals. Accessible by phone or email.

# COVID-19 Considerations

In response to the global COVID-19 pandemic, organizations have been adapting their services to help continue to meet the needs of the community. While the majority of in-person programs have been suspended, other programs (by phone and online) continue to operate or have been enhanced to increase services during the pandemic.

## Alzheimer Society of British Columbia

**Website:** <https://alzheimer.ca/bc/en/help-support/covid-19-how-we-can-help>

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### First Link® Dementia Helpline

In response to COVID-19, the Helpline hours have been extended (English language) from 9 a.m. to 8 p.m. to provide information and guidance to individuals living with dementia, their caregiver, health-care providers and the general public.

### Dementia Education

Weekly webinars and pre-recorded videos available. These resources provide an opportunity to learn and to have questions answered by Alzheimer Society staff.

### Tele-support groups (for caregivers only)

Monthly tele-support groups for caregivers.