

## 30 Tips of the Day | Oct. 15 – Nov. 14, 2018 | Dementia-Friendly North Shore

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Mon, Oct 1	<p>Did you know that more than 70,000 people in B.C. are currently living with Alzheimer’s disease or another dementia? Visit the Alzheimer’s Society of British Columbia website to find out more about recognition and dementia numbers in Canada.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Did you know that more than 70,000 people in B.C. are currently living with Alzheimer’s disease or another dementia? Visit the Alzheimer’s Society of British Columbia website to find out more about recognition and dementia numbers in Canada.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Tue, Oct 2	<p>Did you know that seniors are not the only ones diagnosed with dementia? 10,000 people living with dementia in B.C. are under the age of 65. Find out more about risk factors and what you can do to keep your brain healthy.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Did you know that seniors are not the only ones diagnosed with dementia? 10,000 people living with dementia in B.C. are under the age of 65. Find out more about risk factors and what you can do to keep your brain healthy. <a href="#">#DementiaFriendlyNorthShore</a></p>
Wed, Oct 3	<p>There are many types of dementia, including Alzheimer’s disease, vascular dementia, Lewy Body dementia, and fronto-temporal dementia. Learn more about the different types of dementia and how to identify warning signs.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>There are many types of dementia, including Alzheimer’s disease, vascular dementia, Lewy Body dementia, and fronto-temporal dementia. Learn more about the different types of dementia and how to identify warning signs.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Thu, Oct 4	<p>Dementia is not a normal part of aging. It’s not just because someone is getting older. Let’s put an end to the myths and stereotypes surrounding dementia.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Dementia is not a normal part of aging. It’s not just because someone is getting older. Let’s put an end to the myths and stereotypes surrounding dementia.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Fri, Oct 5	<p>Dementia is not just about losing your memory—it can affect thinking, communicating and doing everyday activities. Learn to recognize signs and symptoms and what you can do to help someone who has been affected by dementia. <a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Dementia is not just about losing your memory—it can affect thinking, communicating and doing everyday activities. Learn to recognize signs and symptoms and what you can do to help someone who has been affected by dementia. <a href="#">#DementiaFriendlyNorthShore</a></p>
Sat, Oct 6	<p>It is possible to live well with dementia. Close to 60 per cent of people living with dementia live by themselves or at home with a caregiver. Peruse some practical tips for dealing with dementia at home in your</p>	<p>It is possible to live well with dementia. Close to 60% of people living with dementia live by themselves or with a caregiver. Let’s make the <a href="#">#NorthShore</a> accessible.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>

	<p>day-to-day life. And let's work together to make our community accessible to those living with dementia.</p> <p>Dementia is not just about losing your memory—it can affect thinking, communicating and doing everyday activities. Learn to recognize signs and symptoms and what you can do to help someone who has been affected by dementia. <a href="#">#DementiaFriendlyNorthShore</a></p>	
Sun, Oct 7	<p>The Alzheimer Society B.C. is here to help. Visit their website (<a href="http://alzheimerbc.org">alzheimerbc.org</a>) to find resources and learn more about dementia and Alzheimer's or what to do after a diagnosis.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p><a href="#">@AlzheimerBC</a> is here to help. To find out more info visit <a href="http://alzheimerbc.org">alzheimerbc.org</a>.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Mon, Oct 8	<p>Families take care of one another. B.C. families provide 33.1 million hours of unpaid care to people living with dementia a year. For resources and more information about supporting someone living with dementia visit the Alzheimer Society B.C. website.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Families take care of one another. B.C. families provide 33.1 million hours of unpaid care to people living with dementia a year. For resources and more information about supporting someone living with dementia visit the Alzheimer Society B.C. website.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Tue, Oct 9	<p>The Alzheimer Society of B.C. is here to help. If you have questions about dementia, call the First Link® Dementia Helpline toll-free: 1-800-936-6033 or 604-681-8651.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p><a href="#">@AlzheimerBC</a> is here to help. Call the First Link® Dementia Helpline toll-free: 1-800-936-6033 or 604-681-8651.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Wed, Oct 10	<p>Contact the Alzheimer Society of B.C. at <a href="mailto:dementiafriendlybc@alzheimerbc.org">dementiafriendlybc@alzheimerbc.org</a> for information on making your community dementia-friendly.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Contact <a href="#">@AlzheimerBC</a> for information on making your community dementia-friendly. <a href="mailto:dementiafriendlybc@alzheimerbc.org">dementiafriendlybc@alzheimerbc.org</a></p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Thu, Oct 11	<p>Speaking is but one form of communication. A person living with dementia's capability to understand body language is often maintained for a long time along the dementia journey.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Speaking is but one form of communication. A person living with dementia's capability to understand body language is often maintained for a long time along the dementia journey.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Fri, Oct 12	<p>Are you doing all you can? You cannot</p>	<p>Are you doing all you can? You cannot</p>

	<p>prevent Alzheimer's disease, but healthy lifestyle choices may reduce your risk. Staying active can help maintain a healthy brain.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>prevent Alzheimer's disease, but healthy lifestyle choices may reduce your risk. Staying active can help maintain a healthy brain.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Sat, Oct 13	<p>Tele-workshops are one-hour educational sessions offered by the Alzheimer Society of B.C. via phone and internet. For more information visit <a href="http://alzheimerbc.org">alzheimerbc.org</a>. Or check out Insight, a quarterly educational bulletin for and by people living with dementia. Subscribe today at <a href="http://alzheimerbc.org">alzheimerbc.org</a>.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Tele-workshops are one-hour educational sessions offered by <a href="#">@AlzheimerBC</a> via phone and internet. For more info visit <a href="http://alzheimerbc.org">alzheimerbc.org</a>. Or check out Insight, a quarterly educational bulletin for and by people living with dementia.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Sun, Oct 14	<p>The Alzheimer Society of BC is an excellent resource—to learn how to identify warning signs and support those living with dementia visit <a href="http://alzheimerbc.org">alzheimerbc.org</a>.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>The Alzheimer Society of BC is an excellent resource—to learn how to identify warning signs and support those living with dementia visit <a href="http://alzheimerbc.org">alzheimerbc.org</a>.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Mon, Oct 15	<p><i>Connections</i> is a quarterly newsletter for caregivers and other people who want to stay updated about the Alzheimer Society of B.C.'s activities. Subscribe today at <a href="http://alzheimerbc.org">alzheimerbc.org</a></p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p><i>Connections</i> is a quarterly newsletter for caregivers and other people who want to stay updated about the Alzheimer Society of B.C.'s activities. Subscribe today at <a href="http://alzheimerbc.org">alzheimerbc.org</a></p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Tue, Oct 16	<p>Environments for people living with dementia should be inclusive, accessible, safe and comfortable.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Environments for people living with dementia should be inclusive, accessible, safe and comfortable. <a href="#">#DementiaFriendlyNorthShore</a></p>
Wed, Oct 17	<p>Always speak to people living with dementia with dignity and respect—avoid using baby talk or elder-speak like “sweetie” or “dear”.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Always speak to people living with dementia with dignity and respect—avoid using baby talk or elder-speak like “sweetie” or “dear”.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Thu, Oct 18	<p>Know where to go if you need help. The Alzheimer Society of B.C. has resource centres throughout the province. Visit <a href="http://alzheimerbc.org">alzheimerbc.org</a> today to find one near you.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>	<p>Know where to go if you need help. <a href="#">@AlzheimerBC</a> has resource centres throughout the province. Visit their website today to find one near you.</p> <p><a href="#">#DementiaFriendlyNorthShore</a></p>
Fri, Oct 19	<p>While there are treatments for symptoms that stem from the disease there is currently no cure for Alzheimer's disease nor can its progression be reversed.</p>	<p>While there are treatments for symptoms that stem from the disease there is currently no cure for Alzheimer's disease nor can its progression be reversed.</p>

	#DementiaFriendlyNorthShore	#DementiaFriendlyNorthShore
Sat, Oct 20	If you're interested in learning more about dementia and supporting others visit dementiafriends.ca to become a Dementia Friend. #DementiaFriendlyNorthShore	If you're interested in learning more about dementia and supporting others visit @AlzheimerBC and dementiafriends.ca to become a Dementia Friend. #DementiaFriendlyNorthShore
Sun, Oct 21	A person living with dementia may often forget things or have difficulty recalling information that has recently been learned. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may often forget or have issues recalling recently learned information. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Mon, Oct 22	A person living with dementia may have trouble completing familiar tasks, such as preparing a meal or playing a game. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may have trouble completing tasks such as preparing a meal or playing a game. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Tue, Oct 23	A person living with dementia may forget simple words or substitute words, making sentences difficult to understand. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may forget or substitute words, making sentences difficult to understand. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Wed, Oct 24	People living with dementia can become lost on their own street, not knowing how they got there or how to get home. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	People living with dementia can get lost on their own street, not knowing how they got there or how to get home. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Thu, Oct 25	A person living with dementia may experience changes in judgment or decision-making, for example wearing heavy clothing on a hot day. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may experience changes in judgment or decision-making, for example wearing heavy clothing on a hot day. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Fri, Oct 26	People living with dementia may have problems with abstract thinking, for example not understanding what numbers are and how they are used. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	People living with dementia may have problems with abstract thinking, for example not understanding what numbers are and how they are used. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Sat, Oct 27	Anyone can misplace their keys; a person living with dementia may put them in an inappropriate place like in the freezer.	Anyone can misplace their keys; a person living with dementia may put them in an inappropriate place like in the freezer.

	#KnowTheSignsOfDementia #DementiaFriendlyNorthShore	#KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Sun, Oct 28	Someone living with dementia can exhibit varied mood swings—from calm to tears to anger—for no apparent reason. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	Someone living with dementia can exhibit varied mood swings—from calm to tears to anger—for no apparent reason. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Mon, Oct 29	A person living with dementia may experience striking personality changes and can become confused, suspicious or withdrawn. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may experience striking personality changes and can become confused, suspicious or withdrawn. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Tue, Oct 30	A person living with dementia may become passive and apathetic and require cues and prompting to become involved. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore	A person living with dementia may become passive and apathetic and require cues and prompting to become involved. #KnowTheSignsOfDementia #DementiaFriendlyNorthShore
Wed, Oct 31	You're not alone—if you or someone you know is living with dementia and is looking for resources and support the Alzheimer Society of BC is here to help. To learn how visit: <a href="http://alzheimer.ca/en/bc/We-can-help">http://alzheimer.ca/en/bc/We-can-help</a> #DementiaFriendlyNorthShore	You're not alone—if you or someone you know is living with dementia and is looking for resources and support the Alzheimer Society of BC is here to help. To learn how visit: <a href="http://alzheimer.ca/en/bc/We-can-help">http://alzheimer.ca/en/bc/We-can-help</a> #DementiaFriendlyNorthShore