



THE FIRST LINK LEARNING SERIES



The First Link Learning Series is comprised of five progressive modules, each one building upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. Through the series, participants have the opportunity to learn and share with others who are living with dementia.

First Steps for People with Dementia

First Steps for People with Dementia helps individuals newly diagnosed with a dementia understand their diagnosis and the changes they experience. This module will also offer participants an opportunity to share and connect with others embarking on a similar journey.

First Steps for Care Partners

First Steps for Care Partners will offer family caregivers of people living with Alzheimer's disease and other dementias an overview of the disease. The topics covered in this module include what is happening in the brain, how to manage risk while maintaining independence, planning for the needs of the future and building a circle of support.

Care Essentials

Care Essentials will offer family caregivers of people living with Alzheimer's disease and other dementias problem solving strategies related to communication techniques, responsive behaviours, caregiver burnout, and expected changes in mid-stage progression of the illness.

Options for Care

Options for Care will help family caregivers of people living with Alzheimer's disease or other dementias evaluate their current caregiving needs and explore other available care options, including in home care, adult day programs and long-term care.

Care in the Later Stages

Care in the Later Stages will help family caregivers of people living with Alzheimer's disease or other dementias understand what to expect in the later stages of dementia. This module will also explore how participants can provide comfort to the person as well as review the experiences of grief and loss.

For more information or to register, contact our
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