



Supporting Care Partners of Those with Dementia

Last reviewed December 2019

Dementia 101: Basics

<https://www.alzeducate.ca/login/index.php>

This 60 min. free online course offered by the Alzheimer Society of Toronto teaches participants about the differences between normal aging and dementia, the importance of a diagnosis, different types of dementia, the impact of changes to the brain, the progression of Alzheimer's disease, person-centred care and other ways the Alzheimer's Society of Toronto can help residents in the GTA. **(FULL ACCESS WITH ALZEDUCATE ACCOUNT)**

Dementia 102: Communications

<https://www.alzeducate.ca/login/index.php>

This 60 min. free online course offered by the Alzheimer Society of Toronto is the second course in the series for family caregivers. This course is intended to improve communication with the person with dementia by learning about our desire to connect, our need for communication, how dementia changes communication and some create communication strategies.

(FULL ACCESS WITH ALZEDUCATE ACCOUNT)

Dementia 103: Behaviour

<https://www.alzeducate.ca/login/index.php>

This 60 min. free online course offered by the Alzheimer Society of Toronto is the third course in the series for family caregivers. This course is intended to improve interactions with the person with dementia by learning to understand the possible causes of behaviours and strategies to respond to behaviours. **(FULL ACCESS WITH ALZEDUCATE ACCOUNT)**

Understanding Dementia

<http://www.utas.edu.au/wicking/understanding-dementia>

This free online course is offered by the University of Tasmania. While not specifically designed for informal caregivers it is designed to be accessible to anyone with a general interest in dementia. This is an easily accessible 9 week online course which builds upon the latest international research on dementia. To sign up for the next course you must sign up at

<https://mooc.utas.edu.au/sign-up>. **(OPEN ACCESS)**

Preventing Dementia

<https://mooc.utas.edu.au/course/20>

This free online course is offered by the University of Tasmania. While not specifically designed for informal caregivers it is designed to be accessible to anyone with a general interest in dementia. This is a 5 week online course which reviews the latest research into factors that may modify the risks of developing dementia. In order to sign up for the next course you must sign up at

<https://mooc.utas.edu.au/sign-up>. **(OPEN ACCESS)**

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Dementia: Free E-Learning Workshops

<https://www.alz.org/help-support/resources/care-training-resources#elearning>

These free e-learning resources developed by the American Alzheimer Association provide helpful information for a variety of issues related to dementia care, such as early detection, dementia conversations, etc. **(OPEN ACCESS)**

iGeriCare

<https://igericare.healthhq.ca/lessons>

iGeriCare offers free, online access to lessons and resources that help individuals to learn about all aspects of dementia at their own pace, in their own homes. **(OPEN ACCESS)**

A Handbook for Care

https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/handbook_for_care_e.pdf

This handbook provides an introduction to dementia, information on caring for someone with dementia and for caring for yourself. **(OPEN ACCESS)**

Alzheimer's Disease: First Steps for Families

https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/first_steps_for_families_e.pdf

This brochure by the Alzheimer Society of Canada provides 10 steps to people whose loved one has recently been diagnosed with Alzheimer's disease. **(OPEN ACCESS)**

Alzheimer's Disease: Reducing Caregiver Stress

https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/b300-11e-2017-reducing%20caregiver%20stress-final-md.pdf?_ga=2.130465743.1334227183.1560263092-841975573.1558551277

This brochure outlines 10 signs of caregiver stress 10 ways to reduce caregiver stress. **(OPEN ACCESS)**

Alzheimer's Disease: Ways to Help

https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/ways_to_help_e.pdf

This brochure offers tips for visiting with someone who has Alzheimer's disease, caring for caregivers as well as other important information for people to know. **(OPEN ACCESS)**

Ambiguous Loss and Grief in Dementia

https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/ambiguous_loss_family_e.pdf

This resource is intended to help families and caregivers understand and cope with ambiguous loss and grief, how to help those with dementia to cope with loss and grief and strategies for families and caregivers to stay connected to the person with dementia. **(OPEN ACCESS)**

Be Ready for an Emergency Department Visit

<https://alzheimer.ca/en/on/Living-with-dementia/Caring-for-someone/Hospital-visits>

This webpage provides checklists and forms for a person with dementia to fill out with a family member, friend or caregiver. Please note that the "My Wishes" document should refer to a Power of Attorney for Personal Care document not an advance directive and should list whomever would be the person with dementia's Substitute Decision Maker. **(OPEN ACCESS)**

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By Us For Us Series of Guides

<https://uwaterloo.ca/murray-alzheimer-research-and-education-program/>

This series of guides was created by individuals with dementia and their care partners to equip people with dementia and their care partners with the necessary tools to manage daily challenges and live the best lives possible. **(OPEN ACCESS)**

Considering the Move to a Long-term Care Home

https://alzheimer.ca/sites/default/files/files/national/long-term-care/ltc_1_considerig_a_move_e.pdf

This information sheet overviews things to consider as well as hands-on tips for considering move for a person with dementia. **(OPEN ACCESS)**

Dementia, Caregiving and Controlling Frustration

<https://www.caregiver.org/dementia-caregiving-and-controlling-frustration>

This webpage provides tips on how to recognize the warning signs of frustration, calming down, reducing stress, tips for communication, asking for help and advice for self-care. **(OPEN ACCESS)**

Eating and Drinking

<https://www.alzheimers.org.uk/get-support/daily-living/eating-drinking?documentID=149>

This webpage provides a comprehensive overview for care partners to consider in regards to the nutrition and hydration needs of those with dementia. **(OPEN ACCESS)**

Employment Insurance: Compassionate Care Benefits

<https://www.canada.ca/en/services/benefits/ei/caregiving.html>

This Government of Canada webpage explains compassionate care benefits, who is eligible to apply, information on how to apply and other important details. **(OPEN ACCESS)**

Family Carers & Friends

<https://icaniwill.alz.co.uk/icaniwill/library/family-carers-and-friends.html>

Alzheimer's Disease International's, "I Can! I Will!" project provides e-books with a variety of perspectives on dementia. This book contains chapters' specific to family carers and friends. **(OPEN ACCESS)**

Enhancing Care for Ontario Dementia Care Partners

<https://www.dementiacarers.ca/>

This website provides information about available in-person and online programs in Ontario. **(OPEN ACCESS)**

Heads Up for Healthier Brains

<https://alzheimer.ca/sites/default/files/%5bzaboutme:directory%5d/b300-16e-2017-heads%20up-final-md.pdf>

This brochure outlines things that people can do maintain or improve brain health. Recommendations for reducing the risk of developing dementia are also included. **(OPEN ACCESS)**

Heads Up for Healthier Living

https://alzheimer.ca/sites/default/files/files/national/heads-up/heads_up_healthier_living_e.pdf

This brochure outlines things that people can do to enhance their health and quality of life when living with Alzheimer's disease. Safety considerations and other resources are also provided. **(OPEN ACCESS)**

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Housing Options for People Living with Dementia: Volume 1

<https://eppdscrmssa01.blob.core.windows.net/cmhcprodcontainer/sf/project/archive/publications/60967.pdf?sv=2018-03-28&ss=b&srt=sco&sp=r&se=2021-05-07T03:55:04Z&st=2019-05-06T19:55:04Z&spr=https,http&sig=bFocHM6noLjK8rlhy11dy%2BkQJUBX%2BCDKzkjLHfhUIU0%3D>

This guide examines housing options designed to meet the needs of people living with dementia; support services that can help caregivers; principles to help manage housing for persons with dementia; and environmental design elements that can increase the safety of people living with dementia as well as that of their family and caregivers. **(OPEN ACCESS)**

Housing Options for People Living with Dementia: Volume 2

<https://eppdscrmssa01.blob.core.windows.net/cmhcprodcontainer/sf/project/archive/publications/68296.pdf?sv=2018-03-28&ss=b&srt=sco&sp=r&se=2021-05-07T03:55:04Z&st=2019-05-06T19:55:04Z&spr=https,http&sig=bFocHM6noLjK8rlhy11dy%2BkQJUBX%2BCDKzkjLHfhUIU0%3D>

This volume consists of three sections focused on supports for persons living with dementia, as well as for their caregivers; guidance on planning, establishing, managing and operating supportive/community-based housing for persons living with dementia and four models that have been developed to address the health and well-being of persons living with dementia. **(OPEN ACCESS)**

Housing Options for People Living with Dementia: Volume 3

<https://eppdscrmssa01.blob.core.windows.net/cmhcprodcontainer/sf/project/cmhc/pubsandreports/pdf/68298.pdf?sv=2018-03-28&ss=b&srt=sco&sp=r&se=2021-05-07T03:55:04Z&st=2019-05-06T19:55:04Z&spr=https,http&sig=bFocHM6noLjK8rlhy11dy%2BkQJUBX%2BCDKzkjLHfhUIU0%3D>

This volume presents 15 Canadian and 6 international case studies including group homes, assisted living, long-term care/residential care, full continuum of care, dementia day care and respite centres. **(OPEN ACCESS)**

Reducing Risk of Falls for People with Dementia

<https://www.alzheimer.mb.ca/wp-content/uploads/2013/09/2014-Dementia-Fall-Risk-Checklist-template.pdf>

This information sheet provides information on how individuals with dementia may experience changes which increase their risk of falling, considerations to keep in mind if a fall does occur, recommendations to reduce environmental risk factors as well as a checklist that incorporates space for creating an action plan. **(OPEN ACCESS)**

Understanding Behaviour

<https://alzheimer.ca/en/Home/Living-with-dementia/Understanding-behaviour>

This Alzheimer Society webpage includes a video to help people understand the possible causes of challenging behaviours associated with dementia, strategies for responding to behaviours and additional resources. **(OPEN ACCESS)**

Baycrest Quick-Response Caregiver Tool

<https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Baycrest-Quick-Response-Caregiver-Tool/QR-Form/Baycrest-Quick-Response-Caregiver-Tool-Pocket-Guid.aspx>

This one page handout outlines the acronym CARER to help remind caregivers of 5 steps. **(OPEN ACCESS)**