

## Dementia - resources

Dementia varies greatly from person to person and immediate family members (spouse, children) are often the main support for organizing care through each stage. How to deal with it is a real maze of information, workshops, web surfing.

The age of onset of the various dementias is going down, some saying it is now quite prevalent in the mid forties cohort. Reference has been made to a "tsunami" of cases, which could well exceed the available long term residential care beds in BC.

Education is the key. We can all be assured that "learning on the job" when a loved one is afflicted is both exhausting and non-productive. The BCRTA has attached some excellent sources of information on the topic.

Depending on the research rates of one in four or one in three adults over age 65 will develop dementia, so it is can strike any family.

This is not a finite list, and will be expanded as we receive feedback and input from our members. If you have suggested resources from your community or provincially, please send them to Cliff Boldt, [mcboldt@telus.net](mailto:mcboldt@telus.net), and they will be added to our resource list.

Click here.

<http://www.caregiverstress.com/2010/11/8-red-flags-that-an-alzheimers-caregiver-needs-a-break/>

<http://www.caregiverstress.com/2010/11/8-alzheimers-symptoms-to-watch-for-if-you-suspect-dementia/>

<http://www.caregiverstress.com/2010/11/providing-home-care-for-an-older-adult-a-good-fit/>

<http://www.caring.com/articles/alzheimers-caregiver-needs-break>

<http://www.healingwell.com/library/alzheimers/article.asp?author=marcell&id=1>

