

Alzheimer Society of B.C. Resources

- <u>Grief in dementia caregiving</u> (handout)
- Asking for help worksheet Use this worksheet to help people in your life provide help where you need it most.
- Burnout Qub Rules and Regulations
- <u>List of Affirmations</u> Print out this list of affirmations to put somewhere you can easily see them.
- <u>Caregiver Stress</u> This brochure outlines 10 signs of caregiver stress and 10 ways to reduce your stress.

Helpful videos:

The Gift of Mindfulness and The Skill of Self-Compassion with Dr. Elisabeth Drance, Geriatric
Psychiatrist

How we can help:

- Caregiver telephone support groups A variety of days, times, and specializations are available.
- Minds in Motion online A physical