

## Exploring the



Behaviours in  
Dementia  
Toolkit

Practical & Evidence Informed



## Alzheimer's Disease

# 8

## Helpful Resources

Alzheimer's disease (AD) is the most common type of dementia, accounting for 60 to 80% of all cases of dementia. **AD progressively changes a person's brain, impacting how they think, feel and act.** Most cases of AD are sporadic, meaning they do not run in families.

Maintaining a healthy diet, staying active and socially engaged can support people living with AD to live well, and may slow the progression of the disease.

**Click the links below to explore example resources** from the Toolkit and better understand AD.

### Understand AD

#### [A Handbook for Care](#)

##### **Alzheimer Society of Canada**

Comprehensive guide for care partners includes an introduction to Alzheimer's disease and chapters on caring for someone with dementia as well as caring for yourself.

#### [Apathy, Depression, and Anxiety in Dementia](#)

##### **iGeriCare/McMaster University**



Free and easy access to simple lessons and helpful resources that allow individuals to learn about all aspects of dementia at their own pace, in their own homes.

#### [Behavioural Problems Associated with Dementia](#)

##### **Baycrest Health**

Dr. Morris Freedman explains what Behavioural and Psychological Symptoms of Dementia are and how they are different from cognitive or memory problems related to the illness.

#### [Living with Alzheimer's - Taking Action Workbook](#)

##### **Alzheimer's Association**

Interactive workbook helps you learn about dementia and about steps you can take to live your best life with Alzheimer's disease.

“ I as a person have not changed... only my mind.

Eileen Stevenson  
early-stage support group member



## Support a Person with AD

### [Being Active At Home: A Resource For People Living With Dementia And Their Care Partners](#)

University of Waterloo

Guide to learn about the physical activity guidelines for people living with dementia and advice for setting up an at home physical activity plan.

### [By Us For Us Guides](#)

Research Institute for Aging

Free, practical series of inspirational guides created by people living with dementia to support others to live well with dementia.

### [Activity Book for Caregivers and Their Loved One with Dementia - Part 1](#)

### [Activity Book for Caregivers and Their Loved One with Dementia - Part 2](#)

McGill University Dementia Education Program

Activity books provide adaptable ideas to support people with dementia to stay engaged in meaningful activities that align to their interests and abilities and contribute to their sense of self.



## Behaviours in Dementia Toolkit

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powered by:



Free online library for health care providers, care partners & families supporting people experiencing behaviours in dementia.

[www.BehavioursInDementia.ca](http://www.BehavioursInDementia.ca)

