

Exploring the



Behaviours in
Dementia
Toolkit

Practical & Evidence Informed



11

Helpful
Resources
that support
Care Partner
Education

As dementia progresses your role as a care partner will evolve. More physical or emotional support may be required, or you may need to find new ways to support your own well-being.

Click the links below to explore example tools and resources from the Toolkit that can help you increase your knowledge and skills, minimize stress and build your self-confidence as a care partner.

Videos

[Understanding Behaviour](#)
Alzheimer Society of BC

[Fountain of Health](#)
Dalhousie University

[Caregiver Training: Alzheimer's and Dementia Care Video Series](#)
UCLA Alzheimer's & Dementia Care Program

[Anishinaabek Dementia Care Video](#)
Anishinaabek Dementia Care

[Family Involvement in Care – 10 videos for care partners](#)
IOWA Geriatric Education Center

Podcasts

[Defy Dementia](#)
Baycrest Geriatric Health

[Dementia Dialogue](#)
Lakehead University

[Call to Mind](#)
University of Victoria





“Caregivers who actively seek knowledge and assistance to understand dementia have higher levels of hope and report better quality of life.

Dr. Wendy Duggleby, Researcher, University of Alberta

Guides

[The Living with Dementia Toolkit](#)

University of Exeter

[Emergency Planning for Caregivers Toolkit](#)

Ontario Caregivers Association

[Dementia, Your Companion Guide](#)

McGill Dementia Education Program

[Caring for Yourself and Your Loved One While Living with Dementia](#)

Native Women's Association of Canada

Online Courses

[iGeriCare Lessons](#)

McMaster University

[Understanding Dementia MOOC](#)

University of Tasmania

[Caring for Yourself](#)

Virtual Hospice

[Education e Modules](#)

Caremakers

[Dementia Passport](#)

Alzheimer Society of Newfoundland & Labrador



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powered by:



CCSMH
Canadian Coalition for
Seniors' Mental Health

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

www.BehavioursInDementia.ca

