

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

[Dementia Talk App](#)

Sinai Health

[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

