

# Supports for Mental and Emotional Well-Being



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Who to Contact if You Need Help



Types of Supports and Services



## Key ideas:

- You are not alone! There are supports and services that can help you.
- To find supports and services in your area, contact your family doctor and local Alzheimer's Society.
- Reach out to other people living with dementia to find out what supports and services they have found helpful.
- Understand how you are feeling and ask for help when you need it.

## Types of services and supports that may be helpful

- Education sessions and websites – learn about dementia and how it can affect you.
- Support groups and counselling – learn tips and strategies to help you cope with the changes and feelings you may be experiencing.
- Assistance with meals, cleaning and maintenance – to reduce stress.
- Exercise and activities – to support your overall well-being.

Connecting with other people living with dementia can be very helpful.

Ask your local Alzheimer's Society about ways to do this.

## By Us For Us Guides:

- The By Us For Us Guides (or BUFU Guides) are a set of resources developed BY people living with dementia FOR people living with dementia
- They were developed to provide tips and strategies to people with dementia on how to cope with dementia and the changes experienced
- Examples of guides include:
  - Enhancing wellness
  - Tips and strategies
  - Managing triggers
- There are also guides for care partners of people living with dementia
- To access the guides, visit: <https://tinyurl.com/4dpdzjdv>

## Notes, reflections, and goals:

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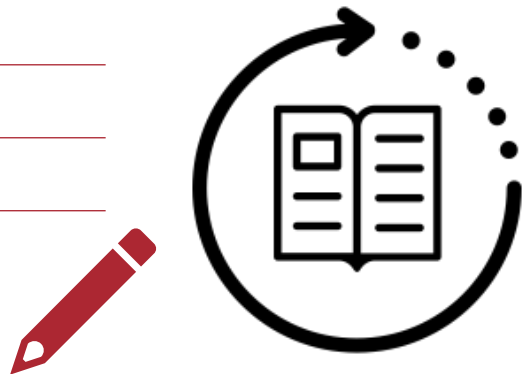
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## How can I get started?

- Talk with others about how you are feeling.
- Ask for help when you need it.
- Contact your local Alzheimer's Society to learn about resources in your area.

## Where can I find more information?

- Get Support - <https://tinyurl.com/wdnmepnk>
- Finding Help - <https://tinyurl.com/yx7b7bdc>
- I'm Living with Dementia - <https://tinyurl.com/9we96s6f>