



Learning how to deal with feelings, staying connected, accepting help: Online Resources

There is a lot of information available through the internet which can be confusing and difficult to navigate. You can follow the links below to find resource material that will help you in dealing with some of the feelings you're experiencing. This section contains online resources and tip sheets for people learning how to cope with a diagnosis, coping with stress, how to support caregivers, and accessing support and services.

1. Reacting to a diagnosis and dealing with feelings

[Shared Experiences](#). Booklet and audio from the Alzheimer Society of Canada. Suggestions from people living with dementia on how to cope with emotions, adjust to changes, and plan for the future.

[Insight education bulletin](#). Written by and for people living with dementia from the Alzheimer Society of British Columbia. Ways to share your diagnosis, ways to live well and stay connected with others.

[Telling Friends and Family](#). From the Alzheimer Society of Canada offers a range of communication tips.

[Living with Dementia](#): Web tool developed in partnership with the University of Waterloo to provide information and resources that will help enable those newly diagnosed with dementia to live well and help prepare for the road ahead.

[Living and Transforming with Loss and Grief](#). By Us for Us© guides developed by persons living with a dementia in partnership with the University of Waterloo. Strategies for acknowledging grief and loss in self and others that can lead to acceptance, hope and strength.

[Loss and Grief in dementia](#). A resource developed for families and persons living with dementia, by the Alzheimer Society of Canada. This resource explains how ambiguity and mixed feelings impacts the lived experiences of persons living with dementia and their families.



[Living With Dementia – Personal Stories](#). From the University of Waterloo offer stories from persons with dementia about their journey, the realities of their lives, and how they continue to live meaningful lives.

[Care for the caregiver](#). Tip sheet created by the Alzheimer Society of Ottawa and Renfrew County. Helpful tips on dealing with the feelings of grief as you deal with dementia in your family.

[Preparing for support - Tips & Strategies](#): By Us for Us© guides developed by persons living with a dementia in partnership with the University of Waterloo. Offers practical ideas and suggestions for the person with dementia on living daily with your illness.

2. *Caregiving*

[Self-Care for the Caregiver](#). This resource, developed by the Alzheimer Society of Canada highlights warning signs for stress, checklist, and tips to cope positively as a caregiver.

[Taking a break: Why it's Essential](#). Tip sheet created by the Alzheimer Society of Ottawa and Renfrew County offers thoughts and strategies on the importance of taking a break from care giving.

[Grief Related to Caregiving](#). Tip sheet created by the Alzheimer Society of Ottawa and Renfrew County. Helpful tips on dealing with the feelings of grief as you deal with dementia in your family.

[Take Care of yourself-Compassion Fatigue presentation-video \(ASORC hosted\)](#)

[Managing Triggers](#). By Us for Us© guides developed by persons living with a dementia in partnership with the University of Waterloo. Practical tips to manage stress triggers in positive ways (ENG only).

[What is caregiver role](#). This tip sheet from the Alzheimer Society of Ottawa and Renfrew County outlines the stages of care and possible role changes families may experience; along with tips for coping with changes.

[Care for the Caregiver](#). This tip sheet from the Alzheimer Society of Ottawa and Renfrew County highlights the importance of taking care of your self will help you to be a healthier caregiver. Tips to take care of yourself and suggestions for support and community programs.



Understanding your triggers:

<http://livingwithdementia.uwaterloo.ca/livingwell/quality-faq.html?9>

3. *Getting help from family and health services*

[Preparing For In-Home Help and Support](#). Tip sheet created by the Alzheimer Societies in Champlain on ways to make in-home help and support a positive experience.

[Ways to help](#). Practical tips to share with your friends and family and show that you care. Developed by the Alzheimer Society of Canada.

[I'll get by with a little help from my friends](#). Online booklet created by the Alzheimer Society of Scotland. Tips for you, for your friends and family.

[Visiting with Elders](#). Handbook created by Baycrest Geriatric Care in Toronto. Meaningful suggestions on how to stay connected through visits.

4. *Changing Relationships and Living Well with Dementia*

[Enhancing Wellness](#). By Us For Us© guides created by persons living with a dementia in partnership with the University of Waterloo. Tips to live well, physically and emotionally.

[How to engage in meaningful activities](#). Tip sheet created by the Alzheimer Society of Ottawa and Renfrew County to help family members to consider meaningful ways to engage in life and leisure.

[Living and celebrating life through leisure](#). By Us For Us© guides created by persons living with a dementia in partnership with the University of Waterloo. Tips to live well, physically and emotionally.

[Living Well – ReThink Dementia](#). Series of videos with tips on living well with dementia.

[How relationships change-](#). A resource from the Alzheimer Society of Canada. Considering how dementia can affect relationships between couples, family members and friends.



[Intimacy](#). Information provided by the Alzheimer Society of Canada, explores the topic of intimacy and how the need for companionship and closeness remains, though changes for families living with dementia.

[Holidays and Special Occasions](#) . From the Alzheimer Society of Canada, offers tips and strategies to help ensure successful family events.

Additional Local Resources:

Community Health Centres (CHCs)

1-866-532-3161 to find your local Community Health Centre (ex. Centretown, Sandy Hill, Eastern Ottawa, etc.)

- Provides primary health and health promotion programs for individuals, families and communities such as counseling and exercise programs for seniors
- Includes individual counseling and walk-in counseling services

Individual, couples and walk-in counselling (all the below serve all denominations)

Family Services Ottawa (613) 725-3601

Jewish Family Services of Ottawa (613) 722-2225

Catholic Family Services (613) 233-8478

[Bereaved Families of Ontario \(Ottawa Chapter\)](#): Offers counselling and support for families dealing with grief.