

## Dementia education: Helpful links and resources

### Nothing about us without us - long-term care councils

#### Alzheimer Society of B.C.

- [Canadian Charter of Rights for People with Dementia](#) (webpage with downloadable PDF)
- [Person-centred care of people with dementia living in care homes](#) (webpage)
- [Person-centred language guidelines](#) (downloadable PDF)
- [Self-advocacy strategies](#) (webpage with downloadable PDFs)

#### Other resources

- [iltccabc.ca](http://iltccabc.ca) (Independent Long-term Care Councils Association of BC website)  
Email: [president.iltccabc@gmail.com](mailto:president.iltccabc@gmail.com) Call: 604.341.1447
- Barb Kirby  
Certified professional consultant on aging | Seniors navigator | LTC advocate  
Email: [Barb@seniorsadvocate.ca](mailto:Barb@seniorsadvocate.ca) Call: 604.767.4994
- [Vancouver Coastal Association of Family Councils](#) (VCAFC website)

#### About the panelists:

##### Lisa Dawson

Lisa's advocacy in long-term care was inspired by her experience supporting her father as a resident. She began by chairing his care home's family council and went on to co-found and lead the Vancouver Coastal Association of Family Councils (VCAFC), promoting education and council development across BC.

As President of the Independent Long-Term Care Councils Association of BC (ILTCCABC), Lisa helps elevate regional concerns to the Ministry of Health. Her volunteer work reflects a deep commitment to amplifying resident and family voices and improving quality of life in long-term care.

##### Barbara Kirby

Barbara's advocacy began with over 15 years of caring for her parents in long-term care, where she co-chaired her father's family council and gained firsthand experience navigating complex systems. Motivated to improve care for others, she pursued training in dementia care, conflict resolution, and earned certifications in aging and values-based leadership. Barbara worked with BC Community Response Networks to raise awareness of elder abuse and neglect.

Today, she advises the Vancouver Coastal Association of Family Councils (VCAFC) and works as a Health Care and Housing Navigator, championing dignity and empowerment for seniors and their families.

For information about other dementia education, please visit: [alzbc.org/dementia-education](http://alzbc.org/dementia-education).

For links to recorded information, go to [alzbc.org/ondemand](http://alzbc.org/ondemand).

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DEMENTIA HELPLINE

#### Yukon

English: 1-888-852-2579  
(Weekdays, 10 a.m. to 8 p.m. MT)

#### British Columbia

English: 1-800-936-6033  
(Weekdays, 9 a.m. to 8 p.m. PST)  
Cantonese and Mandarin: 1-833-674-5007  
(Weekdays, 9 a.m. to 4 p.m. PST)  
Punjabi, Hindi and Urdu: 1-833-674-5003  
(Weekdays, 9 a.m. to 4 p.m. PST)

