

Building Resilience in Caregivers (BRiC)

Building Resilience in Caregivers, Edmonton Zone

Edmonton West Primary Care Network

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Through the Edmonton West Primary Care Network, caregivers will connect with other caregivers to learn about maintaining their health and wellbeing with a variety of team-based health care resources. At the same time those living with dementia are provided with cognitive stimulation therapy sessions. The focus of the program is to build resilience in caregivers by reducing their social isolation, increasing their awareness and understanding of dementia while slowing the cognitive decline of those living with dementia. Like the bricks that build strong foundations in our homes throughout the community, the BRiC program strives to give caregivers and people living with dementia the ability to enhance their quality of life and wellbeing as they live independently in the community. Transportation and lunch are provided.

