

By Us For Us Guides



The By Us For Us Guides are a series of resources created by a group of talented and passionate people living with dementia and care partners. The guides are designed to equip people living with dementia and care partners with the necessary tools to enhance well-being and manage daily life.

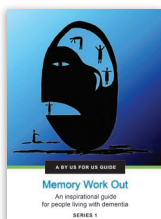
To purchase or download any of the By Us For Us guide, visit www.the-ria.ca/bufu

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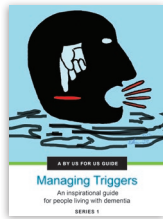
Series 1

Persons with Dementia Series

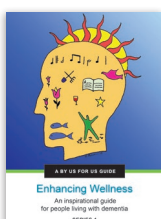
These guides are designed by people living with dementia.



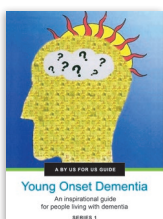
Memory Workout



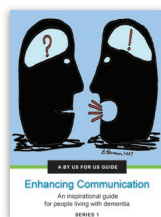
Managing Triggers



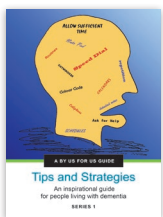
Enhancing Wellness



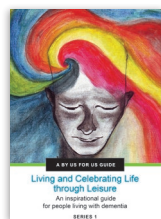
Young Onset Dementia



Enhancing Communication



Tips & Strategies



Living and Celebrating Life Through Leisure

Series 2

Partnership Series

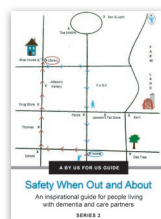
These guides are designed together by people living with dementia and care partners.



Food & Mealtime



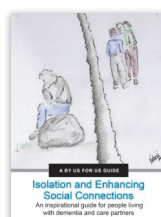
Living Safely



Safety When Out and About



Living and Transforming with Loss and Grief



Isolation and Enhancing Social Connections

NEW IN 2021

Young Carer Series

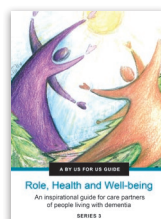


Support Matters

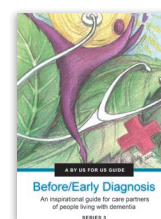
Series 3

Partner in Care Series

These guides are written by care partners and shows their unique experience of supporting a person living with dementia.



Role, Health and Well-being



Before / Early Diagnosis