

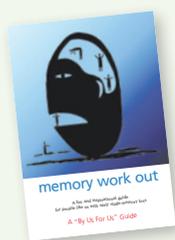
# By Us For Us (BUFU) Guides

Made by people living with dementia,  
for people living with dementia

**marep** Murray Alzheimer Research  
and Education Program

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

## PERSON WITH DEMENTIA SERIES



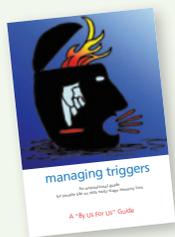
### MEMORY WORKOUT

provides examples of brain games and exercises. The guide encourages people living with dementia to develop and maintain regular “workouts” for the brain to support cognition while engaging in enjoyable activities.



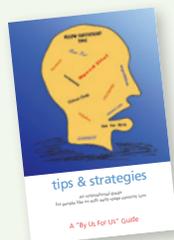
### ENHANCING WELLNESS

focuses on ways that people living with dementia can enhance physical, psychological, emotional, social and spiritual well-being to live life to the fullest. The guide provides helpful for eating well, being physically active, staying connected with others, and living in peace.



### MANAGING TRIGGERS

outlines the main triggers experienced by people living with dementia, and offers solutions to manage and alleviate them. The guide focuses on managing triggers associated with social situations, verbal communication, changes of abilities and memory, and managing the environment and negative emotions.



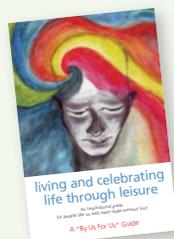
### TIPS & STRATEGIES

offers advice on creating a “new normal” in daily life when living with early-stage dementia. The guide provides memory “workout” ideas, tips for those in the workforce, and strategies to develop daily routines that will work for individuals.



### ENHANCING COMMUNICATION

outlines communication challenges experienced by people living with dementia when communicating with family and friends, health care professionals, and in social situations. The guide provides practical solutions and a wide range of communication strategies.



### LIVING AND CELEBRATING LIFE THROUGH LEISURE

offers suggestions for people living with dementia to discover meaningful experiences through activities and relationships. Meaningful leisure can include a wide range of activities, and is so important for well-being.



### YOUNG ONSET DEMENTIA

offers tips and strategies for living well with young onset dementia. The guide provides suggestions on adapting to the cognitive and physical changes associated with young onset dementia, as well as managing and coping with emotions, independence, family, transportation, and finance.

## PARTNER IN CARE SERIES



**BEFORE/EARLY DIAGNOSIS** offers help and reassurance for those who are concerned about possible symptoms of dementia. The guide provides knowledge about the diagnosis, assessment and testing processes.



**ROLE, HEALTH, AND WELL-BEING** offers many tips and strategies to understand, support and maintain the health and well-being of partners in care. Positive stories are also shared to encourage all partners in care on their journey.

## PARTNERSHIP SERIES



**LIVING AND TRANSFORMING WITH LOSS AND GRIEF** explores the experiences of loss and grief that come with the dementia journey for family partners in care as well as people living with dementia. The guide provides useful tips and strategies for acknowledging, experiencing and transforming these experiences, and supporting readers through the ebbs and flows of loss and grief to a place of acceptance, peace and hope.



**LIVING SAFELY** offers many safety tips and strategies related to driving, living at home, being out in the community, personal identification and use of technology, health and medication, physical safety, and financial safety. The guide also provides information and resources related to safety and dignity.



**FOOD & MEALTIME** presents strategies for adapting to the many changes associated with food, mealtimes and living with dementia. Whether shopping for groceries, preparing meals, or going to a restaurant to eat, it is important to acknowledge and accept changes around food and mealtimes for both people living with dementia and partners in care.



**SAFETY WHEN OUT AND ABOUT** offers tips and strategies for staying safe in the community, including communication strategies and planning ahead. Memory loss or changes in the ability to solve problems can increase the risk of getting lost, or make finding your way more difficult for people living with dementia. This guide was developed in partnership with the Alzheimer Society of Ontario and Finding Your Way™.

## YOUNG CARERS SERIES



**SUPPORT MATTERS** examines factors that are important in the lives of young carers - children, youth, and young adults who experience a shift in their family roles as a result of a family member's exceptional needs or their unique family situation. The guide suggests ways to manage and cope with responsibilities, and provides advice and guidance to adults and organizations on ways they can better support young carers in their community.

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*Enhancing Life*

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