

2SLGBTQI Identity and Dementia:

An Introduction for Unpaid Carers

Additional Learning Resources

This supplementary resource is intended to support unpaid carers' ongoing learning and development. It includes links to many of the resources mentioned in the online module.

2SLGBTQI Identities and Experiences

- [2SLGBTQI Glossary of Terms](https://egale.ca/awareness/glossary-of-terms/) Downloadable quick reference sheet. Egale Canada. <https://egale.ca/awareness/glossary-of-terms/>
- [Fix Hearts, Not Parts](https://egale.ca/egale-in-action/intersex-awareness-day/) Intersex awareness resources. Egale Canada. <https://egale.ca/egale-in-action/intersex-awareness-day/>
- [Four Components of Human Identity](https://egale.ca/awareness/the-genderbread-person/) Downloadable quick reference sheet. Egale Canada. <https://egale.ca/awareness/the-genderbread-person/>
- [Inqueery](https://www.them.us/video/series/inqueery) Video series on the history and meaning of various 2SLGBTQI identity terms. Them. <https://www.them.us/video/series/inqueery>
- [Two Spirits, One Voice](https://youtu.be/t8XUCuujPCc) Mini-documentary (duration: 16:28). Egale Canada. <https://youtu.be/t8XUCuujPCc>

2SLGBTQI Rights and Allyship

- [2SLGBTQ Bill of Rights](https://www.virtualhospice.ca/2SLGBTQ/media/q1yb5410/bill-of-rights.pdf) Downloadable booklet. Canadian Virtual Hospice. <https://www.virtualhospice.ca/2SLGBTQ/media/q1yb5410/bill-of-rights.pdf>
- [Canadian Queer History Timeline](https://www.queerevents.ca/queer-history/canadian-history-timeline) Digital exhibition of 2SLGBTQI history. Queer Events. <https://www.queerevents.ca/queer-history/canadian-history-timeline>
- [Many in the 2SLGBTQ+ community assume we have equal rights](https://www.virtualhospice.ca/2SLGBTQ#gallery-13) Video (duration: 2:53). Canadian Virtual Hospice. <https://www.virtualhospice.ca/2SLGBTQ#gallery-13>
- [Tips on How to Practice 2SLGBTQI Allyship](https://egale.ca/awareness/tips-on-how-to-practice-lgbtqi2s-allyship/) Downloadable quick reference sheets. Egale Canada. <https://egale.ca/awareness/tips-on-how-to-practice-lgbtqi2s-allyship/>

Dementia Diagnosis and Progression

- [Dementia Progression](https://alzheimer.ca/sites/default/files/documents/Progression-overview--Alzheimer-Society.pdf) Downloadable reference. Alzheimer Society of Canada. <https://alzheimer.ca/sites/default/files/documents/Progression-overview--Alzheimer-Society.pdf>
- [Getting a Diagnosis Toolkit](https://alzheimer.ca/sites/default/files/documents/getting-a-diagnosis-toolkit.pdf) Downloadable worksheets. Alzheimer Society of Canada. <https://alzheimer.ca/sites/default/files/documents/getting-a-diagnosis-toolkit.pdf>
- [I'm Caring for a Person Living with Dementia](https://alzheimer.ca/en/help-support/im-caring-person-living-dementia) Webpage with links to multiple resources. Alzheimer Society of Canada. <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia>
- [Understanding Dementia Symptoms](https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/understanding-symptoms) Webpage with links to multiple resources. Alzheimer Society of Canada. <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/understanding-symptoms>

Carer Roles and Networks of Care

- [10 Tips for Successful System Navigation](https://www.dementiacarers.ca/resources/tip-sheets/10-tips-for-successful-system-navigation/) Downloadable quick reference sheet. Sinai Health. <https://www.dementiacarers.ca/resources/tip-sheets/10-tips-for-successful-system-navigation/>
- [Caregiving Checklist](https://ontariocaregiver.ca/wp-content/uploads/2020/02/Caregiving-Checklist_Feb2020.pdf) Downloadable quick reference sheet. Ontario Caregiver Organization. https://ontariocaregiver.ca/wp-content/uploads/2020/02/Caregiving-Checklist_Feb2020.pdf
- [Coming Out and Coming in to Living with Dementia: Enhancing Support for 2SLGBTQI People Living with Dementia and Their Primary Unpaid Carers](https://egale.ca/egale-in-action/2slgbtqi-dementia-care/#reports). Research report. Egale Canada. <https://egale.ca/egale-in-action/2slgbtqi-dementia-care/#reports>
- [First Steps for Families](https://alzheimer.ca/sites/default/files/documents/first-steps-for-families.pdf) Downloadable brochure. Alzheimer Society of Canada. <https://alzheimer.ca/sites/default/files/documents/first-steps-for-families.pdf>
- [Principles for a Dignified Diagnosis](https://alzheimer.ca/sites/default/files/documents/tipsheet_dignified_diagnosis_2012_e.pdf) Downloadable quick reference sheet. Alzheimer Society of Canada. https://alzheimer.ca/sites/default/files/documents/tipsheet_dignified_diagnosis_2012_e.pdf
- [Profile of Family Caregivers Report](https://changefoundation.ca/wp-content/uploads/2016/06/Profile-of-Family-Caregivers-report-FINAL.pdf) Research report. The Change Foundation. <https://changefoundation.ca/wp-content/uploads/2016/06/Profile-of-Family-Caregivers-report-FINAL.pdf>

- [Providing Day-to-Day Care](https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care) Webpage linking to resources on multiple topics. Alzheimer Society of Canada. <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care>

Emotional Impacts and Considerations

- [Ambiguous Loss and Grief in Dementia](https://alzheimer.ca/sites/default/files/documents/ambiguous-loss-and-grief_for-individuals-and-families.pdf) Downloadable booklet. Alzheimer Society. https://alzheimer.ca/sites/default/files/documents/ambiguous-loss-and-grief_for-individuals-and-families.pdf
- [Finding Meaning as an Important Step in Coping with Ambiguous Loss](https://www.youtube.com/watch?v=IAFFe3fvcYA) Video (duration: 4:22). National Council on Family Relations. <https://www.youtube.com/watch?v=IAFFe3fvcYA>
- [Loss, Grief, and Healing](https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing) Webpage. Centre for Addiction and Mental Health. <https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>
- [Strategies for Living Positively with Ambiguous Loss and Grief](https://alzheimer.ca/sites/default/files/documents/checklist_ambiguous-loss-and-grief_for-individuals-and-families.pdf) Downloadable quick reference sheet. Alzheimer Society of Canada. https://alzheimer.ca/sites/default/files/documents/checklist_ambiguous-loss-and-grief_for-individuals-and-families.pdf
- [Unpaid Caregiver Challenges and Supports](https://www.cihi.ca/en/dementia-in-canada/unpaid-caregiver-challenges-and-supports) Webpage. Canadian Institute for Health Information. <https://www.cihi.ca/en/dementia-in-canada/unpaid-caregiver-challenges-and-supports>

Inclusive and Person-centred Language

- [Affirming and Inclusive Language](https://egale.ca/awareness/affirming-and-inclusive-language/) Downloadable quick reference sheet. Egale Canada. <https://egale.ca/awareness/affirming-and-inclusive-language/>
- [Pronouns Matter](https://www.mypronouns.org/) Website. Mypronouns.org. <https://www.mypronouns.org/>
- [Pronoun Usage Guide](https://egale.ca/awareness/pronoun-usage-guide/) Website. Egale Canada. <https://egale.ca/awareness/pronoun-usage-guide/>
- [On “Person-First Language”: It’s Time to Actually Put the Person First](https://radicalcopyeditor.com/2017/07/03/person-centered-language/) Blog article. Radical Copyeditor. <https://radicalcopyeditor.com/2017/07/03/person-centered-language/>
- [Using Person-centred Language](https://alzheimer.ca/en/take-action/become-dementia-friendly/using-person-centred-language) Webpage. Alzheimer Society of Canada. <https://alzheimer.ca/en/take-action/become-dementia-friendly/using-person-centred-language>

Organizations and Groups

- [Community Services Directory for LGBTQ+ Older Adults, Families, and Caregivers](https://sinaigeriatrics.ca/wp-content/uploads/2018/01/21.-LGBTQ-1.pdf) Downloadable directory. Sinai Health System. <https://sinaigeriatrics.ca/wp-content/uploads/2018/01/21.-LGBTQ-1.pdf>
- [Find Your Society](https://alzheimer.ca/en/help-support/find-your-society) Contact list of provincial/territorial Alzheimer Society chapters. Alzheimer Society of Canada. <https://alzheimer.ca/en/help-support/find-your-society>
- [LGBTQI2S+ Support Group](https://alz.to/event/lgbtqi2s-support-group-online/) Online support group for Toronto residents. Alzheimer Society of Toronto. <https://alz.to/event/lgbtqi2s-support-group-online/>

Preparing for the Future

- [Dementia & Advance Care Planning: Context and Considerations for 2SLGBTQI Communities](https://egale.ca/awareness/dementia-advanced-care-planning-session-new-horizons-brief/) Community Conversations brief. Egale Canada. <https://egale.ca/awareness/dementia-advanced-care-planning-session-new-horizons-brief/>
- [Planning for My Care](https://www.virtualhospice.ca/2SLGBTQ/media/igkp01nf/2slgbtq-planning-for-my-care.pdf) Downloadable guide and workbook. Canadian Virtual Hospice. <https://www.virtualhospice.ca/2SLGBTQ/media/igkp01nf/2slgbtq-planning-for-my-care.pdf>
- [Planning for Your Future](https://alzheimer.ca/en/help-support/im-living-dementia/planning-your-future) Webpage. Alzheimer Society of Canada. <https://alzheimer.ca/en/help-support/im-living-dementia/planning-your-future>
- [Unpaid Caregiver Challenges and Supports](https://www.cihi.ca/en/dementia-in-canada/unpaid-caregiver-challenges-and-supports) Webpage. Canadian Institute for Health Information. <https://www.cihi.ca/en/dementia-in-canada/unpaid-caregiver-challenges-and-supports>

Training and Ongoing Learning

- [2SLGBTQI Caregiver Resources](https://ontariocaregiver.ca/2slgbtq-resources/) Online directory. Ontario Caregiver Organization. <https://ontariocaregiver.ca/2slgbtq-resources/>
- [Rainbow Table](https://egale.ca/egale-in-action/rainbowtable) Webinar series and Facebook community. Egale Canada. <https://egale.ca/egale-in-action/rainbowtable>
- [SCALE Program: Nurturing Mental Health and Wellness for Caregivers](https://ontariocaregiver.ca/scale-program/) Online course. Ontario Caregiver Organization. <https://ontariocaregiver.ca/scale-program/>
- [Webinars On Caregiver Well-Being](https://ontariocaregiver.ca/webinars-caregiver-well-being/) Recorded sessions covering a range of topics. Ontario Caregiver Organization. <https://ontariocaregiver.ca/webinars-caregiver-well-being/>



Public Health
Agency of Canada

Agence de la santé
publique du Canada

The creation of this resource was funded by a Dementia Community Investment grant from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.