

**iCON Chinese Health Forum 2021**  
**Take Charge of Your Health – Dementia 360**

**Part 1 – Saturday, December 11, 2021 (2:00 – 4:00 PM)**

**Speakers:** Dr. Charmaine Ma, Dr. Roger Wong, Winnie Lau, Dr. Kent Ling, Dr. Kendall Ho

**Overview:** An overview of dementia/cognitive impairment, early detection and recognition of signs and symptoms, diagnosis, and treatment. Communication strategies with patients and health professionals for caregivers.

Agenda
<p><b>Welcome &amp; Introductory Remarks</b></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit            Barbara Ho, iCON Chief Nursing Officer            Lindsay Arscott, Director, Primary Care Quality, BC Ministry of Health</p>
<p><b><i>Do I have dementia?</i></b></p> <p>Dr. Charmaine Ma, Family Physician</p>
<p><b><i>Assessments and treatments for dementia</i></b></p> <p>Dr. Roger Wong, Geriatrician</p>
<p><b><i>Communication strategies for caregivers</i></b></p> <p>Winnie Lau, Psychiatric Nurse</p>
<p><b><i>Knowledge on commonly used medications for people with dementia</i></b></p> <p>Kent Ling, Pharmacist</p>
<p><b><i>Getting homes ready for virtual care</i></b></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit</p>
<p><b>Question &amp; Answer Session</b></p> <p>All speakers</p>
<p><b>Thank You &amp; Closing Remarks</b></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit            Barbara Ho, iCON Chief Nursing Officer</p>

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**Part 2 – Sunday, December 12, 2021 (2:00 – 4:00 PM)**

**Speakers:** Dr. Tigerson Young, Wendy Lam, Jo Jo Wang, Miranda Wong.

**Overview:** Practical tips and community resources for caregivers looking after family members with dementia.

Agenda
<p><b>Welcome &amp; Introductory Remarks</b></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit            Barbara Ho, iCON Chief Nursing Officer</p>
<p><b><i>Mental health tips for caregivers of people with dementia</i></b></p> <p>Dr. Tigerson Young, Psychologist</p>
<p><b><i>Fall prevention and home safety</i></b></p> <p>Wendy Lam, Occupational Therapist</p>
<p><b><i>Can diet prevent dementia?</i></b></p> <p>Jo Jo Wang, Dietitian</p>
<p><b><i>Community resources – Who can help?</i></b></p> <p>Miranda Wong, Community Psychiatric Nurse</p>
<p><b>Question &amp; Answer Session</b></p> <p>All speakers</p>
<p><b>Thank You &amp; Closing Remarks</b></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit            Barbara Ho, iCON Chief Nursing Officer</p>