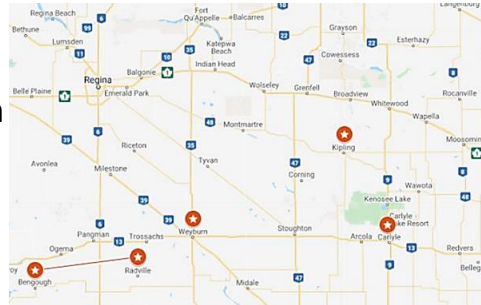


# Environmental scan of community-based programs for older adults in rural memory clinic communities and surrounding areas

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## Background:

- Rural areas often lack advanced health services and resources in general<sup>1,2</sup>
- RaDAR collaborates with rural Saskatchewan Primary Health Care (PHC) teams to **develop, implement, spread, and sustain RaDAR PHC memory clinics**
- This environmental scan is one of many RaDAR projects that support timely dementia diagnosis and management in rural areas



### Clinics currently operating in:

- Kipling (pop. 1,076)
- Weyburn (pop. 10,870)
- Rural West (Bengough/Radville) (pop. 1,110)
- Carlyle (pop. 1,524)

## Objectives:

- ▶ **To conduct an environmental scan** of local, community-based programs in rural areas where RaDAR PHC memory clinics are currently held, that might be used by clinic patients and families
- ▶ **To identify and describe:**
  - Programs/services**
    - Program provider **training/experience**
    - **Changes** in programs
    - Program **needs**
    - **Gaps/Innovations/Recommendations**



## Methods

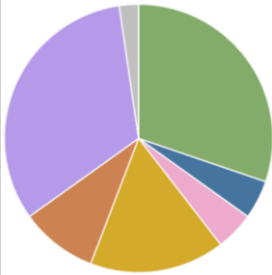
- **Multi-method qualitative** research design
- **Focus groups** with health care providers and managers; review of secondary sources of information; systematic internet search
- **\*Semi-structured phone interviews** with community-dwelling people living with dementia and family caregivers of people with dementia



**References:**  
<sup>1</sup>Hanlon N, Skinner M, Joseph A, Ryser L, Halseth G. New frontiers of rural ageing: resource hinterlands. In: Skinner M, Hanlon N, editors. Ageing resource communities: new frontiers of rural population change, community development and voluntarism. London: Routledge; 2016, p. 11–23.  
<sup>2</sup>Adsfs Scheil-Adlung, X. Global evidence on inequities in rural health protection. New data on rural deficits in health coverage for 174 countries [ESS Document No. 47]. In: Scheil-Adlung, X, editor. Extension of Social Security. Geneva, Switzerland: ILO; 2015, p. 1–44.

# Results: 43 Programs & Services Across 7 Categories<sup>3-5</sup>

Program & Service Types (n)	Available to all communities remotely	Available in-person in the communities of						*TOTALS
		*Kipling	*Weyburn	*Radville	*Bengough	*Carlyle	Wawota, Kennedy, Kenosee Lake, Manor	
<b>Social &amp; Leisure Activities (n=14)</b> • counselling, relationship such as senior centres, libraries, coffee clubs, activity programs	n=3	n=3	n=2	n=2	n=2	n=2	n=5	N=19
<b>General Support &amp; Referrals (n=13)</b> • counselling, relationship/behaviour management, support groups, referrals	n=12 <i>(n=1 initial consult in home community, remote follow-up)</i>	nil	nil	nil	nil	nil	n=1	N=13
<b>Transportation (n=7)</b> • such as volunteer driver programs, Handi-vans	nil	n=2	n=1	n=1	n=1	n=2	n=3	N=10
<b>Home &amp; Personal care (n=2)</b> • medical or non-medical care in the home such as Home Care, house cleaning/laundry, gardening/lawn mowing, showering, meal prep	nil	n=1	n=2	n=1	n=1	n=1	n=1	N=7
<b>Respite (n=2)</b> • in-home, overnight, day centres	nil	n=1	n=2	nil	nil	n=1	n=1	N=5
<b>Information &amp; Education (n=4)</b> • education/information sessions, leaflets/flyers, awareness events	n=4	nil	nil	nil	nil	nil	nil	N=4
<b>Safety (n=1)</b> • MedicAlert® Safely Home® - Canada-wide medical identification service	n=1	nil	nil	nil	nil	nil	nil	N=1
<b>TOTALS (n=43)</b>	N=20	N=7	N=7	N=4	N=4	N=6	N=11	N=59



Referral Process	Programs n
Self	2
Self, other	25
Self, other, Health Care Provider	6
Health Care Provider	1
Primary Care Physician, Nurse Practitioner	1
RaDAR Rural Memory Clinic team	1
Missing	7

Cost	Programs n
Free	20
Fees per service provided	9
Membership fees	5
Missing	9

Education/Training of Program Providers	Programs n
Geriatric Psychiatrist, FP/NP, OT, Pharmacist, Continuing Care Consultant, Social Worker	1
Neurologist, Neuropsychologist, Nurse, Psychometrist, PT	2
PhD in Psychology, grad students, neuropsychologist supervision	3
RaDAR Rural Memory Clinic team (FP/NP, Home Care Nurse, OT, PT, Dietician; composition varies by team)	1
Nurse, Social Worker, Counselor	5
Certified Fitness Instructor	1
Volunteer-based	8
Missing	22

### What have we learned so far?

- **A range of programs and services were identified** in and around communities where RaDAR memory clinics are currently held that might be used by patients and/or families that have been seen at a memory clinic
  - **Nearly half were free to access** and **nearly 20% were volunteer-based**
  - **17 programs and services identified were related to dementia**, most of which (10/17) were provided by the Alzheimer Society

### Why is this important?

- **A key step** toward providing evidence-based data to stakeholders, to inform and guide planning and decision-making
- **To raise awareness** of existing program innovations and gaps, and track changes over time

### Where do we go from here and why?

- **To ask people living with dementia and/or their family caregivers** about their experiences with community-based programs in areas with RaDAR memory clinics
- **To identify** unmet service needs and barriers to accessing services, to help **guide** program interventions, **inform** decision makers, and **enhance** the participation of people with dementia and their families within their own communities

\*Total n's in this column include some same service types offered in-person in multiple communities (e.g., SE Regional Public Libraries)  
\*Locations of RaDAR memory clinics

**References:**  
<sup>3</sup>Charlton P, Azar R, Luke A, Doucet S, Montelpare W, Nagel D, et al. Falling through the cracks: Barriers to accessing services for children with complex health conditions and their families in New Brunswick. *Journal of New Brunswick Studies*. 2017 Nov 23;8.  
<sup>4</sup>Stockwell-Smith G, Moyle W, Kellett U. The impact of early psychosocial intervention on self-efficacy of care recipient/carer dyads living with early-stage dementia—A mixed-methods study. *Journal of advanced nursing*. 2018 Sep;74(9):2167-80.  
<sup>5</sup>Health Quality Ontario. *Dementia Care for People Living in the Community*. Toronto: Queen's Printer for Ontario; 2018