

Summer 2022  
Newsletter

# RaDAR

RURAL DEMENTIA ACTION RESEARCH



*Dr. Debra Morgan*

*Dr. Morgan, CCHSA Professor and Chair in Rural Health Delivery, has been leading the interdisciplinary RaDAR team since 2003. The team's goal is to improve dementia care in rural and remote settings.*

## Rural Dementia Action Research (RaDAR) Team



## SUMMIT OF THE KNOWLEDGE NETWORK IN RURAL AND REMOTE DEMENTIA CARE

The RaDAR research program is guided by The Knowledge Network in Rural and Remote Dementia Care. The Network includes front-line health care providers and managers, people living with dementia and family members, health region representatives, international researchers, and individuals from governmental and community-based organizations. The Network meets at the annual Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where Network members provide input into new and ongoing RaDAR research projects and learn about new dementia care research taking place in Saskatchewan and internationally. Duane Minish directs Summit organization and coordination each year.

The RaDAR team held its 14th annual summit November 2 & 3, 2021.  
Summit 2021 was the team's second to be held as an online only virtual event.

*Summit  
2021 Online*



*Dr. Fiona Marshall*

One hundred twenty-nine attendees logged in to attend the two-day event that included an evening poster session and a mix of both live and pre-recorded presentations on a variety of dementia-related topics from a diverse group of presenters. Keynote speaker Dr. Fiona Marshall, from the University of Nottingham, UK, and Director of Flourish Rural Derbyshire Community Interest Company, joined us virtually to present on the topic of 'farm-based care' as part of her work on agricultural-based dementia care.

More information about the Summit, including archived full presentations from many of the sessions, can be found on the RaDAR team's website under the Previous Summits tab: [www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)

### Bilokreli Family Trust Fund

The RaDAR team receives \$25,000 in annual funding to support the Summit and the team's activities, generously provided by the Bilokreli family. The family has an interest in supporting rural dementia research in the province, and we are pleased to offer student poster prizes in their name to student trainees working in the field.

**The Bilokreli Student Poster Prizes at the 14th Annual Summit (2021) were awarded to:**

**1st** August Kortzman    **2nd** Karl Grewal, & Michaela Trites (co-presenters)    **3rd** Erin Leeder & Kayley Lawrenz (tied)



**UPCOMING - SUMMIT 2022 Online - Save the Date!**  
**Tuesday, November 22nd & Wednesday, November 23rd, 2022**

**Keynote Speaker:** **Dr. Nicole Ruggiano**, PhD, MSW. Professor and Director of the Doctor of Social Work Program, University of Alabama School of Social Work.

**Planned Presentation:** **Advancing Evidence-based Technologies to Support Dementia Care and Caregiving: Challenges, Opportunities, and Directions Forward**

**More information about Summit 2022 is available  
on the RaDAR team's website under the Upcoming Summit tab:**

[www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)

Updates will continue to be added as more information becomes available.



## RURAL AND REMOTE MEMORY CLINIC



*RRMC and researcher team meet in research room to discuss patient assessments (photo taken before COVID-19).  
Image credit: Tara Yolan Productions*

The RaDAR team implemented the Rural and Remote Memory Clinic (RRMC) in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment on one day, and uses Telehealth videoconferencing for follow-up appointments. The RRMC was started as a research project and now receives funding from the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 815 patients have been seen in the clinic.



*Clinic team feedback meeting with patient in family consultation room (photo taken before COVID-19). Image credit: Tara Yolan Productions*

Due to COVID-19, the Rural and Remote Memory Clinic has adapted our method of providing services to the community. During this past year, the University of Saskatchewan campus slowly began to reopen to staff and students, with limited opening to the public and we have continued to remotely-deliver clinical services and interventions. Patients and family members meet with our interdisciplinary team for assessment in one day using secure web-conferencing, or teleconferencing, depending on the technology available to them in their home. The clinic adapted its referral process for health care practitioners as well to better meet their needs during this time.

Learn more about the services provided virtually  
to the people and health care providers in our province at [www.remotememoryclinic.ca](http://www.remotememoryclinic.ca)

### CANADIAN CONSORTIUM ON NEURODEGENERATION IN AGING (CCNA) PHASE II (2019-2024)

The CCNA was established by the Canadian Institutes of Health Research in April 2014 to address the growing prevalence of Alzheimer Disease and other dementias in Canada. The CCNA Phase II brings together over 350 researchers across 19 teams, including CCNA Team 15 Rural led by Drs. O'Connell and Morgan. CCNA hosts an annual in-person Partners Forum and Science Day (PFSD) which is attended by all 19 CCNA teams. Due to the pandemic, PFSD 2021 was held as a virtual event.

As part of Team 15's research, the RaDAR team continues to sustain and evaluate the impact of 4 rural memory clinics established in southeast Saskatchewan in CCNA Phase I. RaDAR is currently working with a 5th rural primary health care team to establish a clinic in their community. This work is co-led by Drs. Morgan and Kosteniuk. Ten Phase II projects linked to the rural memory clinics are currently in progress and two have been completed.

Included are projects examining the service/support needs of patients and care partners, an exploration of the role of the Alzheimer Society First Link Coordinator in rural memory clinics, and a formative evaluation of the Kipling Active Living Program for people living with dementia.





## CIHR FOUNDATION GRANT (2016-2023)

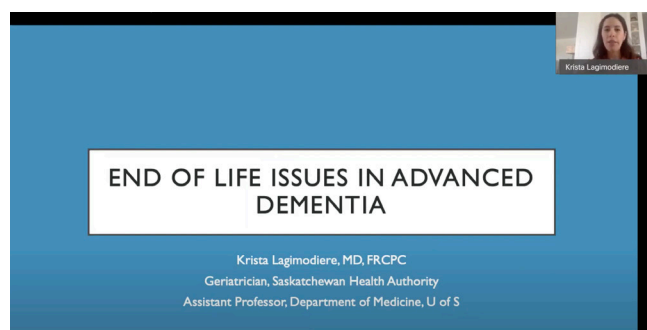


*Drs. Morgan and Bayly  
at Carlyle Community  
Health building*

Dr. Debra Morgan holds a multi-year CIHR Foundation Grant for the research program “Design and evaluation of integrated primary health care practice for dementia in rural and remote settings”. Co-investigators include Drs. Julie Kosteniuk, Megan O’Connell, Andrew Kirk, and Norma Stewart, and other Canadian and international experts.

The core of the Foundation program is to sustain rural PHC memory clinics that offer initial evaluation and management of individuals with suspected dementia, and scale-up the clinics to additional communities. Monthly 1-day memory clinics have been established in the southeast Saskatchewan communities of Kipling, Weyburn, Rural West (Bengough, Coronach, and Radville), and Carlyle. Clinic team members include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, a dietitian, and an Alzheimer Society First Link coordinator.

*In May, 2021 The RaDAR team provided  
an online training session hosted by  
geriatrician, Dr. Krista Lagimodiere on  
Management of End-Stage Dementia.*



Rural Memory Clinic team members from partner communities at the RaDAR Summit in November, 2019

*Learn more about the clinics under the  
Rural PHC Memory Clinics tab on our team website  
[www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)*

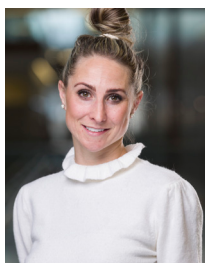
**Dr. Megan O'Connell** is continuing to work on remote dementia assessment, diagnosis, and treatment in both the memory clinic and in her capacity as co-lead of Team 15 in the Canadian Consortium of Neurodegeneration in Aging (CCNA). Dr. O'Connell co-leads a telemedicine working group within the CCNA with Dr. Maiya Geddes. This national team of top researchers aims to continue developing and delivering remote dementia care, capitalizing on models that were used before and during the COVID-19 pandemic. Dr. O'Connell is also a member of the Stigma and Social Inclusion cross-cutting platform of the CCNA, which focuses on reducing stigma and improving social connections for people living with dementia.

**The Rural and Remote Memory Clinic-interventions (RRMCi)** continue to provide remote psychological interventions for rural patients with dementia and their caregivers. Two ongoing interventions relate to remotely delivered, empirically validated treatments for chronic sleep disturbance and maximizing daily function with cognitive rehabilitation. Additional interventions supporting socialization for caregivers and older adults including those with dementia during the era of COVID-19 are at various stages of implementation, and include rural, remote, and Indigenous populations. As well, an intervention for psychological consequences of driving cessation is currently underway, and recruitment for this study is set to begin shortly.



Dr. Ivan Panyavin

**Dr. Ivan Panyavin** has continued to be actively involved with running the virtual Rural and Remote Memory Clinic (vRRMC), providing diagnostic neuropsychological services to residents of rural Saskatchewan. He also continued to deliver individualized empirically derived treatment for chronic sleep disturbance, as well as cognitive rehabilitation services for individuals with cognitive impairment and their care partners. Additionally, Dr. Panyavin has been supervising professional development of Doctoral trainees in Clinical Psychology.



Dr. Amanda  
Froehlich Chow

**Dr. Amanda Froehlich Chow**, an Assistant Professor in the School of Public Health at the University of Saskatchewan, is collaborating with rural Indigenous communities to co-create culturally rooted resources for supporting wholistic wellness and promoting intergenerational connections among Indigenous communities. Dr. Froehlich Chow is also part of CCNA Team 18 which focuses on issues in dementia care for Indigenous Populations led by Dr. Jennifer Walker, Laurentian University.



Dr. Juanita Bacsu

**Projects led by RaDAR Postdoctoral Fellows** contribute to the Foundation project aims. **Dr. Juanita Bacsu** will complete her two-year Postdoctoral Fellowship with the support of Dr. Megan E. O'Connell and the RaDAR team this summer 2022. During her postdoctoral fellowship, Dr. Bacsu led a national team of researchers and trainees to analyze Twitter data to understand stigma against people with dementia during the COVID-19 pandemic. Her team's research on the COVID-19 impact on people with dementia was published in Alzheimer's Disease International's [World Alzheimer Report](#), the Canadian Journal of Public Health, the Journal of Medical Internet Research (JMIR), and JMIR Aging. She also won a poster award at CCNA's 2021 Partners Forum and Science Days for her team's Twitter research. Recently, Dr. Bacsu hosted a [brainxchange](#) webinar with Rev. Faye Forbes, Emily McLellan, and Jody Peters from the EPLED (Engagement of People with Lived Experience of Dementia) team on eradicating stigma of dementia. She also presented her team's research at multiple conferences hosted by the Gerontological Society of America, International Federation on Aging, Canadian Association on Gerontology, Canadian Association for Health Services and Policy Research, Emerging Researchers in Aging Australia, and the Rural and Remote Dementia Care Summit. Last fall, Dr. Bacsu co-produced a podcast series entitled, Science and Storytelling, with the Gerontological Society of America (GSA), where she co-hosted episodes on rural aging and stigma of dementia.



Dr. Melanie Bayly

**Dr. Melanie Bayly** has been involved in a number of RaDAR projects since joining the team as a post-doctoral fellow in 2017. These include a scoping review of dementia-related education and support service availability, accessibility and use in rural areas, an examination of the financial consequences of young onset dementia on families, and a meta-analysis of the impact of early-stage interventions on the wellbeing of caregivers and their ability to provide care to persons with MCI and dementia. Dr. Bayly also worked with data from the Canadian Longitudinal Study on Aging to examine whether older adults living alone with cognitive impairment are at higher risk of poor physical, social, and psychological wellbeing. She also investigated the experiences of patients and families who are assessed for dementia by the RaDAR rural primary care memory clinic teams, in order to understand their perspectives of the team-based model of care and how the assessment processes could be improved. Additionally, Dr. Bayly and the RaDAR team are collaborating with the Alzheimer Society of Saskatchewan to assess benefits, challenges, and outcomes associated with the inclusion of a First Link coordinator in this team-based model. As of December 2021, Dr. Bayly accepted a position with the Research Ethics Office at the University of Saskatchewan, although she is still involved in some of RaDAR's ongoing work.



August Kortzman

As well, Dr. O'Connell's PhD student **August Kortzman** delivered a presentation discussing informal social support in the context of care partners of persons living with dementia at the [CCNA Public Event: Caring and Caregiving for a Person living with Dementia](#). A body of research was presented that outlined informal social support deficits/opportunities and practical at-home exercises were described to help enhance social support network functioning.

**August is seeking informal caregivers (care partners)** to participate in a study regarding a remotely delivered non-pharmaceutical therapeutic intervention. **To learn more** about this study, please visit <https://rebrand.ly/August-K> or contact [august.kortzman@usask.ca](mailto:august.kortzman@usask.ca)



**Another RaDAR project** recently underway, led by RaDAR team member Valerie Elliot, is an environmental scan to explore local programs providing post-diagnostic services to clients who might include RaDAR Rural Primary Health Care Memory Clinic patients and families in southeast Saskatchewan. This project includes focus groups with health care and service providers and a review of secondary sources of information conducted at two time-points over three years. Our goal is to better understand the availability of existing local programs, current patient and family needs, program gaps and recommendations to address these gaps, and program changes or innovations over time. Focus groups and data extraction and a review of secondary sources for the first time-point are complete and telephone interviews to explore the patient-family perspective are currently underway.

#### **OTHER RADAR INITIATIVES**

- **Partnership with Saskatchewan Health Quality Council:** Drs. Morgan, O'Connell, and Kosteniuk and the Saskatchewan Health Quality Council are conducting a number of ongoing projects involving administrative health data. One such project is funded by the Canadian Consortium on Neurodegeneration in Aging (CCNA)'s Women, Sex, Gender & Dementia (WSGD) program. This project is investigating differences (sex, race, socioeconomic status, and geographic location) in the impact of the COVID-19 pandemic on health services used by people living with dementia in four provinces (PI Drs. Isabelle Vedel and Geneviève Arsenault-Lapierre, McGill University) with Dr. Debra Morgan leading the Saskatchewan component.
- **Synthesis Reviews:** The RaDAR team has published several reviews using a collaborative team-based approach to map, synthesize, and identify gaps in the evidence across several dementia-related areas. Topics related to individuals living with dementia included: support and education access and needs, team-based primary health care, stigma, palliative care, interventions for caregivers of people with mild cognitive impairment and early dementia, and multiple physical care transitions. Published reviews can be found on the RaDAR website [www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca) under the Publications tab.



## RADAR AFFILIATED STUDENTS & TRAINEES

**Juanita Bacsu**, PhD, Postdoctoral Fellow will complete her two-year Postdoctoral Fellowship with the support of Dr. Megan E. O'Connell and the RaDAR team this summer 2022. Her postdoctoral research focused on two areas: i) examining the impact of COVID-19 on people living with dementia and their care partners; and ii) addressing cultural safety to improve dementia care for Indigenous peoples.

**Melanie Bayly, PhD**, Postdoctoral Fellow with Dr. Morgan. Dr. Bayly is working with RaDAR on needs and supports for individuals with dementia and their caregivers living in rural areas.

**Melissa Brausse**, BSc nutrition student working with Dr. Allison Cammer completed a project investigating end of life nutrition care needs from the perspective of registered dietitians working in long-term care from across Canada.

**Virginia Deobald**, Masters student, Nursing, with Dr. Shelley Peacock. Virginia's thesis is focused on non-pharmacological interventions for persons living with dementia while in long-term care facilities from the nurse perspective.

**Meghan Flath**, PhD student, Clinical Psychology with Dr. O'Connell, is working on a pet augmented social inclusion intervention for persons with cognitive impairment and dementia.

**Ben Gould**, PhD student, Clinical Psychology with Dr. O'Connell is exploring Mi'kmaq community Mental Wellness needs, identifying and discovering appropriate approaches to improving aging and quality of Life.

**Karl Grewal**, PhD student, Clinical Psychology with Dr. O'Connell is working on integrating sensor technology to measure daily function as an outcome measure for cognitive rehabilitation for persons living with dementia.

**August Kortzman**, PhD student, Clinical Psychology with Dr. O'Connell, is working on developing a social network intervention that can be remotely delivered to rural caregivers of persons living with dementia and will begin a residency placement at the University of Manitoba in September 2022.

**Erin Leeder**, MSc student in Nutrition with Dr. Cammer is working on a project using nutrition data from the Rural and Remote Memory Clinic.

**Seshni Naidoo**, MSc student in Nutrition with Dr. Cammer is examining the nutrition related support required in urban and rural house-model long-term care homes.

**Andrea Scerbe**, PhD student, Clinical Psychology with Dr. O'Connell, is preparing to defend her dissertation on technology-based methods for remotely delivering dementia education to rural primary care providers.

**Jake Ursenbach**, PhD student, Clinical Psychology with Dr. O'Connell, is working on differences in rural and urban dwellers in cognitive function, which has implications for assessment and dementia diagnosis for rural patients.



## Peer-reviewed Journal Articles

- Bacsu, J., Johnson, S., O'Connell, M. E., Viger, M., Muhajarine, N., Hackett, P., Jeffery, B., Novik, N., & McIntosh, T. (2022). Stigma Reduction Interventions of Dementia: A Scoping Review. *Canadian journal on aging = La revue canadienne du vieillissement*, 41(2), 203–213. [doi:10.1017/S0714980821000192](https://doi.org/10.1017/S0714980821000192)
- Bacsu, J., O'Connell, M. E., & Wighton, M. B. (2022). Improving the health equity and the human rights of Canadians with dementia through a social determinants approach: A call to action in the COVID-19 pandemic. *Canadian journal of public health = Revue canadienne de sante publique*, 1–5. Advance online publication. [doi:10.17269/s41997-022-00618-8](https://doi.org/10.17269/s41997-022-00618-8)
- Bacsu, J., Fraser, S., Chasteen, A., Cammer, A., Grewal, K. S., Bechard, L. E., Bethell, J., Green, S., McGilton, K. S., Morgan, D., O'Rourke, H. M., Poole, L., Spiteri, R. J., and O'Connell, M. E. (accepted March 14, 2022). Using Twitter to Examine Stigma Against People with Dementia During COVID-19: Infodemiology Study. *JMIR Aging*, Advance online publication. [doi:10.2196/35677](https://doi.org/10.2196/35677). PMID: 35290197
- Bacsu, J., O'Connell, M. E., Webster, C., Poole, L., Wighton, M. B., & Sivananthan, S., Cammer, A., Azizi, M., Grewal, K., Green, S., Gowda-Sookchoff, R., Spiteri, R. (2021). Understanding the impact of COVID-19 on people with dementia and their carers. In Chapter 21– Impact of global pandemic on diagnosis. *2021 World Alzheimer Report: Journey Through the Diagnosis of Dementia*. Montreal, Quebec: Alzheimer's Disease International and McGill University, pp. 251-253. Available from: <https://www.alzint.org/u/World-Alzheimer-Report-2021-Chapter-21.pdf>.
- Bayly, M., Morgan, D., Elliot, V., Kosteniuk, J., Froehlich Chow, A., O'Connell, M., and Peacock, S. (2021). Does early-stage intervention improve caregiver wellbeing or their ability to provide care to persons with mild dementia or mild cognitive impairment? A systematic review and meta-analysis. *Psychology and Aging*, 36(7), 834–854. [doi:10.1037/pag0000642](https://doi.org/10.1037/pag0000642)
- Bayly, M., O'Connell, M., Kortzman, A., Peacock, S., Morgan, D., and Kirk, A. (2021). Family carers' narratives of the financial consequences of young onset dementia. *Dementia*, 20(8), 2708–2724. [doi:10.1177/14713012211009341](https://doi.org/10.1177/14713012211009341)
- Chakanyuka, C., Bacsu, J., DesRoches, A., Dame, J., Carrier, L., Symenuk, P., O'Connell, M. E., Walker, J., Crowshoe, L., & Bourque Bearskin L. (2022). Indigenous-specific cultural safety within health and dementia care: A scoping review of reviews. *Social Science and Medicine*, 293(2022), 1-17. [doi:10.1016/j.socscimed.2021.114658](https://doi.org/10.1016/j.socscimed.2021.114658)
- Chakanyuka, C., Bacsu, J., Desroches, A., Walker, J., O'Connell, M. E., Dame, J., Carrier, L., Symenuk, P., Crowshoe, L., Bourque Bearskin, L. (2022). Appraising Indigenous cultural safety within healthcare: Protocol of a scoping review of reviews. *Journal of advanced nursing*, 78(1), 294-299. [doi:10.1111/jan.15096](https://doi.org/10.1111/jan.15096)
- Grewal, K., O'Connell, M.E., Kirk, A., MacDonald, S.W.S., and Morgan, D. (2021). Intraindividual Variability Measured with Dispersion Across Diagnostic Groups in a Memory Clinic Sample *Applied Neuropsychology: Adult*, 1-10. [doi:10.1080/23279095.2021.1970552](https://doi.org/10.1080/23279095.2021.1970552)
- Grewal, K. S., Trites, M., Kirk, A., MacDonald, S.W.S. Morgan, D., Gowda-Sookchoff, R., O'Connell, M.E (2022). CVLT-II Short Form Forced Choice Recognition in a Clinical Dementia Sample: Cautions for Performance Validity Assessment. *Applied Neuropsychology: Adult*. [doi:10.1080/23279095.2022.2079088](https://doi.org/10.1080/23279095.2022.2079088)
- Kosteniuk, J., Morgan, D., Elliot, V., Froehlich Chow, A., Bayly, M., Watson, E., Osman, M., Osman, B., O'Connell, M.E., Kirk, A., Stewart, N., Cammer, A., and Innes, A. (2021). A scoping review of care trajectories across multiple settings for persons with dementia. *Canadian Journal on Aging/La revue Canadienne du vieillissement*, 41(1):71-95. [doi:10.1017/S0714980821000167](https://doi.org/10.1017/S0714980821000167)
- Kosteniuk, J., Morgan, D., O'Connell, M.E., Seitz, D., Elliot, V., Bayly, M. Cameron, C., and Froehlich Chow, A. (2022). Dementia-related continuing education for rural interprofessional primary health care in Saskatchewan, Canada: perceptions and needs of webinar participants. *Primary Health Care Research & Development*. 23 (e32): 1–7. [doi: 10.1017/S1463423622000226](https://doi.org/10.1017/S1463423622000226)

# RaDAR PUBLICATIONS

## Peer-reviewed Journal Articles continued

- Lindenbach J, Larocque S, Morgan D, and Jacklin K. (2021). Practitioner Empowerment, Older Adult Mistreatment, and Dementia. *Canadian Journal on Aging*, 40(2), 306-320. [doi:10.1017/S0714980820000136](https://doi.org/10.1017/S0714980820000136)
- MacDermott, S., McKechnie, R., LoGiudice, D., Morgan, D., and Blackberry, I. (accepted March 22, 2022). Barriers and facilitators to screening for cognitive impairment in Australian rural health services. *Geriatrics (Basel, Switzerland)*, 7(2), 35. [doi:10.3390/geriatrics7020035](https://doi.org/10.3390/geriatrics7020035)
- MacLeod, M.L.P., Zimmer, L.V., Kosteniuk, J.G., Penz, K.L., and Stewart, N.J. (2021). The meaning of nursing practice for nurses who are retired yet continue to work in a rural or remote community. *BMC Nursing*, 20:220. [doi:10.1186/s12912-021-00721-0](https://doi.org/10.1186/s12912-021-00721-0)
- Morgan, D., Kosteniuk, J. O'Connell, M.E., Seitz, D., Elliot, V., Bayly, M., Froehlich Chow, A., Cameron, C. (2022). Factors influencing sustainability and scale-up of rural primary healthcare memory clinics: Perspectives of clinic team members. *BMC Health Services Research*. *BMC Health Serv Res* 22, 148. [doi:10.1186/s12913-022-07550-0](https://doi.org/10.1186/s12913-022-07550-0)
- Peacock, S., Fletcher, S., Gibson, K., MacRae, R., Jack-Waugh, A., Haase, K., Bally, J., Duggleby, W., Hall, S., Holtslander, L., McAiney, C., Michael, J., Morgan, D., O'Connell, M. E., Ploeg, J., Rohantinsky, N., Thompson, G., & Vedel, I. (in press March 25, 2022). Championing dementia education: Adapting an effective Scottish dementia education programme for Canadian acute health care providers. *Canadian Journal on Aging*
- Sutherland M, Kirk A, Karunanayake C, O'Connell ME, and Morgan DG. What Happens to the Worried Well? (2022). Follow-up of Subjective Cognitive Impairment. *The Canadian Journal of Neurological Sciences*, 49(1), 84-92. [doi:10.1017/cjn.2021.39](https://doi.org/10.1017/cjn.2021.39)
- Vedel I., Arsenault-Lapierre G., Bergman H., Bronskill S., Couturier Y., Godard-Sebillotte C., Henein M., Kosteniuk J., Khanassov V., McAiney C., Morgan D., O'Connell M., Rojas-Rozo L., Seitz D., Sivananthan S., Smith E., Sourial N., Wilchesky M., and the COVID-ROSA Research team. (2021). Understanding and improving the care of older adults living with dementia across Canada during the COVID pandemic: A mixed methods study to inform policy and practice. *Science of Nursing and Health Practices*, 4(1):1-15. [doi:10.7202/1077989ar](https://doi.org/10.7202/1077989ar)
- Wilding, C., Davis, H., Rasekaba, T., Hammiduzzaman, M., Royals, K., Greenhill, J., O'Connell, M.E., Perkins, D., Bauer, M., Morgan, D., and Blackberry, I. (2021). Volunteers' support of carers of rural people living with dementia to use a custom-built application. *International Journal of Environmental Research and Public Health (IJERPH)*, 18(18), 9909. [doi:10.3390/ijerph18189909](https://doi.org/10.3390/ijerph18189909)
- Wilding, C., Morgan, D., Greenhill, J., Perkins, D., O'Connell, M.E., Bauer, M., Farmer, J., Morley, C., & Blackberry, I. (2022). Web-Based Technologies to Support Carers of People Living With Dementia: Protocol for a Mixed Methods Stepped-Wedge Cluster Randomized Controlled Trial. *JMIR Research Protocols*, 11(5), e33023. [doi:10.2196/33023](https://doi.org/10.2196/33023)

## **Technical Reports**

Kosteniuk, J., Morgan, D., Froehlich Chow, A. and Bayly, M. *Rural Memory Clinics: 2021 Update*. (2021). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (10 pages) Available from, <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2021-dec-radar-memory-clinics-report.pdf>

**For a complete list of all RaDAR publications please visit  
the Publications tab on our website at**

**[www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)**

## Programs and Services

The Alzheimer Society of Saskatchewan's programs and services help people with dementia, their care partners, families, and friends by providing information, support, education and referral to other community services.

Alzheimer Society Programs and Services staff support people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia.

### **What can clients expect from the Alzheimer Society of Saskatchewan?**

- **Individualized connection and service**
- **Individual information and support**
- **Learning Opportunities**
- **Support Groups**
- **Minds in Motion®**
- **Connection to other organizations**

### **First Link® Referrals**

**First Link®** is an Alzheimer Society program that connects people living with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease. We encourage our referral partners (physician, specialist, assessor coordinators, home care and long-term care staff) to continue to refer patients/clients to the Alzheimer Society via First Link®.

- First Link® gets people living with dementia and families connected early for support throughout their journey.
- The more a person living with dementia and their family know about Alzheimer's disease or another dementia, the better they may be able to cope with their situation.
- Clients will be linked to Alzheimer Society programs and services as well as community supports and services.

**For more information about how to make a First Link® Referral and to obtain a Referral Form, please visit our website:**

**[Making a Referral to First Link](#)** and **[First Link Referral Form](#)**



## **Assistance Getting a Diagnosis**

It is estimated that only 50% of people who have dementia receive a diagnosis.

**Timely diagnosis helps** people affected by dementia to benefit from information, education and support from the Alzheimer Society of Saskatchewan and other community organizations.

**Earlier access to care and services can help** people living with dementia and their families to better understand the disease, maximize quality of life and plan for the future.

**Individuals with questions about getting a diagnosis** may contact our

**Diagnosis and Support Coordinator at**

**1-800-263-3367** (toll-free in SK) or

Email [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

## **Dementia Helpline**

**When it comes to questions about dementia**, call our

**Dementia Helpline at**

**1-877-949-4141** or

Email [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

Our Dementia Helpline is available  
Monday to Friday, 8:30 a.m. - 4:30 p.m.

## Alzheimer Society of Saskatchewan Programs

### Support Groups

The Alzheimer Society support groups for people living with dementia and caregivers can improve quality of life and the ability to cope with the challenges of the disease.

**Alzheimer Society support groups offer a chance to:**

- Exchange information and friendship with others living with and affected by dementia
- Access the most current information
- Learn and share practical tips for coping with change
- Decrease feelings of loneliness and isolation
- Express feelings and be reassured that these feelings are normal
- Find a sense of hope

**Saskatchewan dementia support groups are offered in the following formats:**

- ✓ In-person, virtual (by Zoom)
- ✓ Hybrid (can attend in-person or virtually by Zoom) and
- ✓ Telephone

**For more information about groups and registration,  
please visit our [Support Groups page](#)**

### Minds in Motion®

**Minds in Motion® (MiM)** is a fitness and social program for those with early-stage dementia and a friend, family member or caregiver. Enjoy physical activity conducted by a certified fitness instructor, followed by activities and social time in a relaxed atmosphere. Develop new friendships with others living similar experiences.

**Please check back later this summer for updates on 3 fall sessions:  
Saskatoon, Regina and Virtual.**

**For more information and to view a video explaining MiM, click [here](#).**

**If you have questions about the program, email  
[mindsinmotion@alzheimer.sk.ca](mailto:mindsinmotion@alzheimer.sk.ca)**

## Learning Opportunities for People Living With Dementia and Families

**The Learning Series** helps people with dementia, their families, and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants can learn and share with others who are affected by dementia. Courses are free to attend.

For more information, click [here](#).

Keep checking our [Programs and Events page](#) for updates regarding fall programming and offerings!

We will continue to provide virtual learning opportunities (by Zoom) as well as offer in-person sessions in Saskatoon and Regina.

To register for Learning Series courses  
call 1-877-949-4141 or email [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

## Evenings of Education

**Evenings of Education** are presented virtually by content experts on stand-alone topics, approximately four times a year. The target audience is people living with dementia and their caregivers, although health care professionals are also welcome. Evenings of Education are free to attend.

Check back later this summer on our [Programs and Events page](#) for more information on an upcoming September Evening of Education event.

## Resources

Browse the **Alzheimer Society National Resource Library** to find a broad range of other helpful and informational documents, videos and links related to dementia.

<https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>

For additional information about  
Alzheimer Society Programs and Services:

Visit our website: [www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)

Facebook page:

<https://www.facebook.com/AlzheimerSK/>

Contact your local Alzheimer Society  
Resource Centre:

<https://alzheimer.ca/en/sk/ContactUs>

Dementia Helpline: 1-877-949-4141