

Summer 2024 Newsletter

RaDAR

RURAL DEMENTIA ACTION RESEARCH



Dr. Debra Morgan, CCRAH 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/remote settings.

The RaDAR research program has two main streams, [the specialist Rural and Remote Memory Clinic \(RRMC\)](#), and [the Rural Primary Health Care \(PHC\) Memory Clinics](#), and is guided by the Knowledge Network in Rural and Remote

Dementia Care. The Network consists of people living with dementia and family members, front-line health care providers and managers, and other stakeholders including health region representatives, international researchers, and individuals from governmental and community-based organizations.

The Network meets annually at the Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where members provide input into new and ongoing research projects and learn about new dementia care research taking place in Saskatchewan and internationally. Duane Minish directs Summit organization and coordination each year.



Not all team members present
Photo credit - D.Marshall

Mark your Calendar and Save the Date!

November 26 & 27, 2024 will be the next online Rural Dementia Care Summit.

This will be the 17th annual Summit meeting held by the RaDAR team. Updates on Summit planning for 2024, and information from past Summit events are available on the [RaDAR website](#) under the Summit tab.

If you would like to find out more from our past Summit 2023, including an archive of presentations shared, this is available on our website under the tab **'Previous Summits'**.



The RaDAR research program – two main streams: The specialist Rural and Remote Memory Clinic (RRMC), and the Rural Primary Health Care (PHC) Memory Clinics

Dr. Debra Morgan holds a multi-year Canadian Institutes of Health Research (CIHR) Foundation Grant (2016-2026) 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.



CIHR IRSC

Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

The core of the Foundation program is to design, implement and sustain Rural PHC Memory Clinics that offer initial evaluation and management of individuals with suspected dementia, and scale-up the clinics to additional communities. One-day memory clinics have been established in the southeast Saskatchewan communities of Kipling, Weyburn, Bengough, Radville, Carlyle, Maryfield, Esterhazy, and Lampman, with additional clinics in the planning stages. Members across the 7 teams include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, dietitians, pharmacists, and Alzheimer Society First Link coordinators.

The Canadian Consortium on Neurodegeneration in Aging (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. 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 Partners Forum and Science Day (PFSD) which is attended by all 19 CCNA teams. **As part of Team 15’s research, the RaDAR team continues to sustain and evaluate the impact of seven rural memory clinics established in southeast Saskatchewan in CCNA Phase 1, co-led by Drs. Morgan and Kosteniuk.** RaDAR is currently working with additional rural primary health care teams to establish a clinic in their community. Four Phase II projects linked to the rural memory clinics are currently in progress and seven have been completed. Projects completed this past year included an exploration of the role of the Alzheimer Society First Link Coordinator in rural memory clinics, and an environmental scan of programs and services for older adults in RaDAR memory clinic communities and surrounding areas.



Dr. Debra Morgan and Dr. Megan O’Connell attended the 2024 CCNA Partners Forum and Science Days.



Dr. O’Connell’s talk at the 2024 CCNA forum was titled “A virtual interdisciplinary diagnostic memory clinic: The technology support is critical for rural family satisfaction”.

Dr. Morgan’s talk at the 2024 CCNA forum was titled “Rural primary health care memory clinics: Past, present, and future”.

Rural and Remote Specialist Memory Clinic (RPMC)



- Administrative Director.....Dr. Debra Morgan
- Neurologist.....Dr. Andrew Kirk
- Neuropsychologist and Clinical Director.....Dr. Megan O’Connell
- Clinic Nurse.....Darla Walz
- Psychometrist.....Duane Minish
- Physiotherapist.....Jennifer Fairbairn
- Staff in Psychology.....August Kortzman (absent from photo)
- Clinical Support.....Shelley Biller (absent from photo)

RPMC team members November 2023
- image credit Debra Marshall

The RaDAR team implemented the specialist Rural and Remote Memory Clinic (RRMC) at the University of Saskatchewan 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 specialist RRMC was started as a research project and was subsequently funded by the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 890 patients have been seen in the clinic. Since our return to in-person appointments, we continue to use lessons learned during COVID. For example, when appropriate, patients are offered the option for follow-up appointment to be done via web-conferencing to lessen travel burden.

*Clinic team feedback meeting with patient in family consultation room.
Image credit: Honey Cut Productions*



Dr. Megan O'Connell

Dr. Megan O'Connell currently has a number of graduate students working on dissertations. Meghan Flath has started recruitment for her dissertation project on barriers and facilitators to pet ownership for older adults. She is surveying veterinarians and family members of older adults on their experiences with older adults and pet ownership in order to examine ways to address the identified barriers and promote the facilitators to older adult pet ownership.

Jake Ursenbach, August Kortzman, and Karl Grewal are all preparing to defend their theses in the near future. Mr. Ursenbach is finalizing his thesis, "Improving Cognitive Assessment in the Context of Rural Dementia Diagnosis." This thesis comprises three studies addressing the gap in the validity of assessment with rural-dwelling populations by investigating measurement equivalence of cognitive assessment instruments and the validity of computerized cognitive tests in rural and urban populations.

Mr. Kortzman has recently finished an n-of-1 feasibility study trialing Interpersonal Psychotherapy with 3 childcare partners of people living with dementia. The discussion will include analysis of gender differences in the availability of social support to care partners.

Mr. Grewal's dissertation developed a more detailed understanding of how technology could support individuals and families by surveying attitudes, beliefs, and existing technology use of care partners (Study 1); and by attempting to merge technology with cognitive rehabilitation through a series of case studies (Study 2).

Finally, Megan O'Connell is collaborating with numerous partners across Canada. She is the Saskatchewan primary investigator on the implementation of the Canadian edition of the Computer Interactive Reminiscence and Conversation Aid (CIRCA-CA), led nationally by Arlene Astell at University Health Network in Toronto. She is also bringing a multi-domain post-diagnostic support intervention to Saskatchewan – the Dementia Lifestyle Interventions for Growing Healthy Together, led by Laura Middleton at the University of Waterloo.

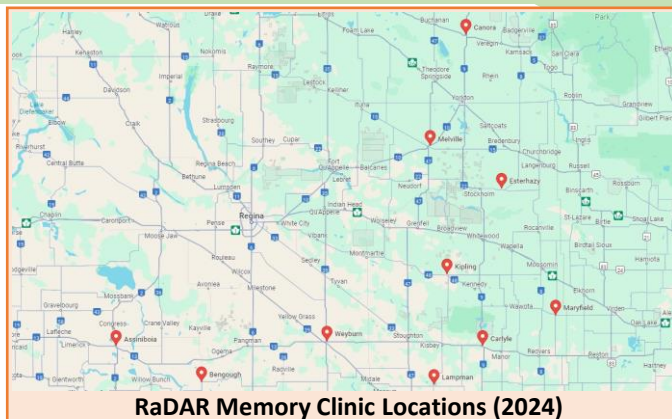
Learn more about specialist services provided virtually to people and health care providers in our province at www.remotememoryclinic.ca

RaDAR's Rural Primary Health Care (PHC) Memory Clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the [Rural Dementia Action Research \(RaDAR\) Team](#). The [2023 RaDAR Memory Clinic Report](#) provides team and research updates. Held in rural southeast Saskatchewan communities, local one-day memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families.

Memory clinics are held every 1-2 months or as needed by each primary health care team as part of their regular services in the communities of Kipling, Weyburn, Rural West (Bengough and Radville), Carlyle, Maryfield, Esterhazy, and Lampman. Specialist support for health professionals and remotely-delivered interventions for patients and families are offered through the specialist [Rural and Remote Memory Clinic](#) at the University of Saskatchewan, which is part of the RaDAR program and provides ongoing clinical and research services.

Canora, Assiniboia, and Melville are the most recent teams to join the RaDAR program. The Canora team completed orientation and training in March 2024 and teams in Assiniboia and Melville are planning their training for the coming months. Orientation and training are provided by Dr. Debra Morgan and Dr. Dallas Seitz, a geriatric psychiatrist at the University of Calgary and the developer of PC-DATA™ (Primary Care Dementia Assessment and Treatment Algorithm).

The RaDAR team continues to collaborate with health professionals and the Saskatchewan Health Authority to establish additional memory clinic sites in the province.



RaDAR Memory Clinic Locations (2024)



Esterhazy Memory Clinic team

Esterhazy Memory Clinic Team, in partnership with RaDAR and Dr. Bonnie Jeffery with SPHERU has created a video where the team takes us through a typical memory clinic visit. **The video is now available at :** https://youtu.be/7R_M81Y9Plg



What's been happening lately at the RaDAR rural memory clinics?

Let's hear from Chelsie on the ground!

- There were 12 memory clinics held in 6 communities between January and June 2024 where teams met with a total of 22 patients and families, all patients were new patients.
 - On March 28th, the RaDAR Team held an information session for the Canora Team. Dr Debra Morgan presented on behalf of the RaDAR team to explain the history and procedures of the rural memory clinics. Dr Dallas Seitz presented the PC-DATA flow sheets and answered questions for the team. The Canora team shadowed the Esterhazy Memory Clinics for some hands-on learning before holding their first clinic.
 - We are very excited to be spreading to Assiniboia this summer! The team has an information session booked and will be looking to start holding clinics in the fall!
- Chelsie Cameron, RaDAR Rural PHC Memory Clinic Coordinator**

We are continuing to spread the rural primary care memory clinics.

If you or someone you know might be interested and want to learn more, please contact Debra Morgan at debra.morgan@usask.ca.

2023 Update on RMCs Available at:
<http://tinyurl.com/3v25m7rz>



Learn more about the clinics under the Rural PHC Memory Clinics tab on the RaDAR website
www.ruraldementiacare.usask.ca

Dr. Allison Cammer



Spotlight! USask honours 2024 teaching award winners, College-level Teaching Awards for Excellence: Dr. Allison Cammer is being recognized with a Provost's College Award for Outstanding Teaching.

Dr. Cammer is a registered dietitian and Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan and is an investigator with the RaDAR team whose research program centers on nutrition and dementia. She supervises several students completing graduate research toward their MSc degrees. **Seshni Naidoo** is examining nutrition care within house-model long-term care homes. **Ashlee Bueckert's** project centers on barriers and supports to including country-harvested and traditional foods within rural long-term care homes. And **Heather Alford** is examining the barriers and facilitators to family involvement in nutrition and mealtimes in long-term care.

A project led by Allison that is currently underway is The Cognitive Kitchen. This evidence-based program was codesigned by RaDAR team members and patient-family partners. It is being offered both virtually and in-person for adults 55+ and care partners of people living with dementia. Each session in the six-part series includes a hands-on preparation component and discussion on strategies to support dementia risk reduction and living well with dementia. Participants must be living in Saskatchewan and priority is given to those living in rural areas. Programs are being scheduled based on participant interest and availability, so register now to be the first to know when one is available to suit your preferences!

To register, please complete the intake survey to confirm your eligibility and scheduling preferences:

<https://www.surveymonkey.ca/r/cognitivekitchenintake>. To learn more, visit: <https://cchsa-ccssma.usask.ca/ruraldementiacare/research-and-projects/resource-art/2023-cog-kit-program.php> or contact the program coordinator at julie.beitel@usask.ca or (306) 966-5303. **Recruitment poster below (and on page 10)!**

The Cognitive Kitchen is funded in part by the Government of Canada's New Horizons for Seniors Program.

COGNITIVE KITCHEN

No cost to participate!



- A 6-session virtual social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
 - One for adults 55+
 - One for care partners of people living with dementia
 - We welcome people living with dementia to attend the program most suitable for them
- **Open to SK residents**
 - Priority given to participants living in rural SK

To Sign Up:



Scan the QR code or enter the link below to complete the intake survey to express your interest

www.surveymonkey.ca/r/cognitivekitchenintake

OR

Contact the Cognitive Kitchen Coordinator at julie.beitel@usask.ca or (306) 966-5303

The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).




Funded in part by the Government of Canada's New Horizons for Seniors Program



Spotlight! RaDAR welcomes research assistant Tora Levinton

Born and raised in Saskatoon, Saskatchewan, Tora continued her education at the University of Saskatchewan. Holding a degree in Health Studies and an Honours in Psychology, her research interests lie in health and wellness, including the multidisciplinary aspects of the health systems in Saskatchewan. Throughout her education, she conducted research projects around chronic pain and mental health and has been involved in the Brain Health Lab. In addition, she has worked in clerical roles at the USask Bookstore and the College of Graduate and Postdoctoral Studies.



Other RaDAR Initiatives

- **Another RaDAR project, led by RaDAR team member Valerie Elliot**, is an environmental scan to explore community programs providing post-diagnostic services to clients who might include RaDAR rural PHC memory clinic patients and families in southeast Saskatchewan. This project included focus groups with health care and service providers, a review of secondary sources of information on services (e.g., program brochures), a systematic internet search, and interviews with caregivers of people living with dementia living in these areas. Our goal was to better understand the availability of existing local community programs, current patient and family needs, program gaps and recommendations to address these gaps, and recent program changes or innovations. A manuscript based on the project has been accepted for publication in BMC Health Services Research.
- **Partnership with Saskatchewan Health Quality Council:** The RaDAR team and the Saskatchewan Health Quality Council are conducting ongoing projects involving administrative health data. A recently published team project examined [rural-urban differences in health service use before and after dementia diagnosis](#). The team plans to investigate variations in health service use and mortality by sex and geography among people with diagnosed dementia, and risk factors for adverse health outcomes. A second study examined the [use of health services before and after diagnosis in the specialist Rural and Remote Memory Clinic](#). This work is being extended to compare use of services by sex and dementia subtype. Research team: Julie Kosteniuk, Debra Morgan, Megan O’Connell, Allison Cammer, Jacqueline Quail, Dallas Seitz, and Beliz Acan Osman.
- **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. **A scoping review underway is led by Valerie Elliot** to examine innovations and solutions that promote interprofessional collaborative primary care for older adults living with age-related chronic disease chronic disease in rural and remote areas. **A recent scoping review led by Julie Kosteniuk** identified barriers and facilitators to the use of electronic medical records in interprofessional primary care. Published reviews can be found on the RaDAR website www.ruraldementiacare.usask.ca under the Publications tab.
- **Community Wellness program evaluation:** A community wellness program for older adults living in seniors housing apartments was developed and implemented in Spring 2023 by SHA leadership and Home Care staff in two southeast rural communities. The program is delivered twice weekly in each building and offers cognitive, physical, and social stimulation. The purpose of this project is to better understand program implementation, acceptability, and sustainability from the perspective of program developers, staff, and older adult participants and provide evidence of program elements to support spread to other rural communities. Research team: Erin Fedusiak (BSc Nutrition student), Julie Kosteniuk, Allison Cammer, Debra Morgan, and Megan O’Connell.
- **Where are the RDs:** In 1-day RaDAR primary care memory clinics in rural southeast SK communities, a registered dietitian (RD) is sometimes part of the team. However, the role of nutrition care within these clinics needs to be better understood. This project will explore the experiences of RDs in providing nutrition care in RaDAR memory clinics and other community settings and how memory clinic teams provide nutrition care with and/or without RD involvement. Research team: Brianna Wickett (BSc Nutrition student), Allison Cammer, Julie Kosteniuk, and Dana Klapak. This project is funded by an Interdisciplinary Summer Student Award.

Heather Alford, MSc student, Nutrition, working with Dr. Allison Cammer was awarded a CIHR Institute of Aging - Summer Program in Aging Award, \$5,000, 2023 and a Poster Presentation Award – 2nd place, USask Health Sciences Student Research Expo, \$200, 2023.

Ashlee Buekert, MSc student, Nutrition, working with Dr. Allison Cammer was awarded a SSHRC MSc Scholarship (2022-2023) for her project ‘Steps towards addressing food sovereignty for Indigenous older adults (IOA): using an Indigenous framework to discover barriers and supports to including country harvested foods in long-term care’.

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 began a residency placement at the University of Manitoba in September 2022.

Seshni Naidoo, MSc student, Nutrition with Dr. Cammer is examining the nutrition related support required in urban and rural house-model long-term care homes. Seshni presented her research at the Canadian Association on Gerontology 41st Annual Educational & Scientific Meeting in Regina, SK October 20-22, 2022.

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.

Congratulations: Successful Defence for RaDAR Affiliated Students & Trainees

Julie Beitel, Master’s student, Nutrition, with Dr. Allison Cammer was awarded a CIHR MSc scholarship (Sept 1, 2022 to Aug 31, 2023) for her work examining the role of participant socialization within The Cognitive Kitchen: Virtual Culinary Intervention for Dementia Prevention.

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

Alford, H., Hunter P.V., Cammer A. (2024). Employee experiences providing nutritional care during the COVID-19 pandemic. *Canadian Journal on Aging*. Feb 8:1-9. Online ahead of print.

<https://doi.org/10.1017/S0714980823000764>

Arsenault-Lapierre G., Godard-Sebillotte C., Bui TX., Sourial N., Rochette L., Massamba V., Sirois C., Kosteniuk J., Morgan D., Quesnel-Vallée A., Vedel I. 2024. Rural-Urban Differences in Healthcare Use in Persons with Dementia Between 2000 and 2019: A Quebec Population-Based Study. *Healthcare Policy*, 19(3):78-95. <https://doi.org/10.12927/hcpol.2024.27281>

Elliot V., Kosteniuk J., O'Connell ME., Cameron C., Morgan D., Services for older adults in rural primary care memory clinic communities and surrounding areas: a qualitative descriptive study. *BMC Health Services Research*. 24:725. <https://doi.org/10.1186/s12913-024-11167-w>

Jones, A., Ali, M.U., Kenny, M., Mayhew, A., Mokashi, V., He, H., Lin, S., Yavari, E., Paik, K., Subramanian, D., Dydynsky, R., Aryal, K., Correia, R.H., Dash, D., Manis, D.R., O'Connell, M. E., Liu-Ambrose, T., Taler, V., McMillan, J.M., Hogan, D.B., Kirkland, S., Costa, A.P., Wolfson, C., Raina, P., & Griffith L. (2024). Potentially Modifiable Risk Factors for Dementia and Mild Cognitive Impairment: An Umbrella Review and Meta-Analysis. *Dementia and Geriatric Cognitive Disorders*, 1-15.

<https://doi.org/10.1159/000536643>

Joundi, R., O'Connell, M. E., Patten, S., & Smith, E. (2023). Mediation of Post-Stroke Function by Cognition in the Canadian Longitudinal Study on Aging. *Canadian Journal of Neurological Sciences*, 1-9.

<https://doi.org/10.1017/cjn.2023.6>

Kosteniuk J., Acan Osman B., Osman M., Quail J., Islam N., O'Connell M.E., Kirk A., Stewart N., Karunanayake C., Morgan D. (2024). Rural-urban differences in use of health services before and after dementia diagnosis: a retrospective cohort study. *BMC Health Services Research*, 24(1), 1-11.

<https://doi.org/10.1186/s12913-024-10817-3>

Morgan D., Kosteniuk J., Bayly M. 2024. Perceptions and outcomes of an embedded Alzheimer Society First Link Coordinator in rural primary health care memory clinics. *BMC Health Services Research*,

24:607. <https://doi.org/10.1186/s12913-024-11066-0>

TECHNICAL REPORTS

Co-editors, Elliot, V., Morgan, D., and Kosteniuk, J., (2024 January). RaDAR Newsletter: January 2024.

Available at: <https://cchsacssma.usask.ca/ruraldementiacare/publications/newsletters/2024-feb-radar-winternewsletter.pdf>

Kosteniuk J, Morgan D, Elliot V. Rural Memory Clinics: 2023 Update. (2023). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (13 pages). Available at:

<http://tinyurl.com/3v25m7rz>

A complete list of publications can be accessed on the RaDAR website at:

www.ruraldementiacare.usask.ca under the publications tab

What's on our radar?

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AlzheimerSociety

What are you looking for?

About dementia | Help and support | Take action | Research | What's happening | About us

Help and support / I'm a health-care provider / National Dementia Guidelines for disclosing a diagnosis

National Dementia Guidelines for disclosing a diagnosis

A toolkit, detailed report, and infographic help family physicians, specialists and nurse practitioners communicate a dementia diagnosis more effectively.

On this page:
 Download the CLEAR Communication Toolkit and the Full Guidelines Report
 Download the infographic
 Who created these guidelines
 Contact us
 Publications
 To read the guidelines by topic and phase

The **National Dementia Guidelines: Disclosing and Communicating a Diagnosis of Dementia** help family physicians, nurse practitioners and specialists discuss dementia with patients and care partners.

These guidelines and tools meet an urgent need. Worldwide, 50 per cent of people living with dementia and their caregivers have reported dissatisfaction with the disclosure process. Many physicians say it's one of the most challenging parts of their work.

All these tools and guidelines have been created in partnership with physicians, people living with dementia, and care partners.

Download the CLEAR Communication Toolkit and the Full Guidelines Report

Behaviours in Dementia Toolkit

Practical & Evidence Informed

powered by
 CCSMH
 Canadian Coalition for Seniors' Mental Health

Home | What are Behaviours in Dementia? | Search Library | Recommended Resources | FAQs | About Us

Welcome

Do you support someone experiencing changes in mood or behaviour related to dementia? You have come to the right place.

The Behaviours in Dementia Toolkit is an online library of over 300 free resources. The goal of the Toolkit is to help you better understand and compassionately respond to dementia-related changes in mood and behaviour.

Created by the Canadian Coalition for Seniors' Mental Health (CCSMH), the Behaviours in Dementia Toolkit is designed to help care partners and health care providers support people with dementia to live well.

CLEAR Communication Toolkit for Dementia Disclosure (Alzheimer Society of Canada): <https://alzheimer.ca/en/help-support/im-healthcare-provider/national-dementia-guidelines>

Behaviours in Dementia Toolkit (Dr. Dallas Seitz): <https://behavioursindementia.ca/>

DRIVING & DEMENTIA ROADMAP

YOUR OPINION WANTED! | CONTACT US | MEDIA | FONT SIZE: A A | Search our site

Support for the driving with dementia journey

I have dementia... and I am still driving. and I am no longer driving.

I am a family/friend caring for... a person with dementia who is still driving. a person with dementia who is no longer driving.

I am a provider who is... a healthcare professional.

CCNA | CCNV | CIHR IRSC | Sunnybrook | UNIVERSITY OF TORONTO | Baycrest

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Driving and Dementia Roadmap: <https://www.drivinganddementia.ca/>

A Dementia STRATEGY FOR CANADA

Together We Achieve

2023 ANNUAL REPORT

Canada

Follow us on

@RaDAR_Usask

Alzheimer Society

REPORT 2 THE MANY FACES OF DEMENTIA IN CANADA

THE LANDMARK STUDY / PEOPLE / 2024

Would you or someone you know like to receive the RaDAR Newsletter? Please let us know by emailing tora.levinton@usask.ca so we can update our list!

How to get involved in research ...

Participant recruitment is underway for:

Steering Committee – Team Members Needed

Do you live in rural Saskatchewan and have experience with dementia or cognitive issues?



Dr. Megan O’Connell is assembling a steering committee of people who live in rural Saskatchewan, to facilitate and guide research on dementia and caregiving in rural Saskatchewan.

WE WANT YOUR INPUT!

- Participants will:**
- attend virtual meetings
 - provide input on projects
 - be team members on grants

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator
shoshana.green@usask.ca
306-966-2394



Computer Interactive Reminiscence and Conversation Aid CIRCA – SK

Do you remember Saskatchewan in the 70s? 60s? 50s?



We are collecting material for a multi-media tool for promoting conversation with people living with dementia.

Your involvement would include viewing the material and making suggestions on contents.

- We will:**
- meet in-person for one 60-90 minute session
 - provide an honorarium in the form of a gift card
 - provide parking and refreshments
 - meet by videoconference if in-person is not feasible

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator
shoshana.green@usask.ca
306-966-2394

Project approved by University of Saskatchewan Behavioural Research Ethics Board



COGNITIVE KITCHEN

No cost to participate!



- A 6-session virtual social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
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 - We welcome people living with dementia to attend the program most suitable for them
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 - Priority given to participants living in rural SK

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www.surveymonkey.ca/r/cognitivekitchenintake



OR

Contact the Cognitive Kitchen Coordinator at julie.beitel@usask.ca or (306) 966-5303

The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



Funded in part by the Government of Canada's New Horizons for Seniors Program



DEPARTMENT OF ANESTHESIOLOGY UNIVERSITY OF SASKATCHEWAN

PARTICIPANTS NEEDED FOR RESEARCH IN POSTOPERATIVE DELIRIUM

We are looking for patients (aged 65+), their family members, and healthcare providers to share their experience with postoperative delirium.



As a participant in this study, you would be asked to take part in one interview (virtual or by email) about your experiences with postoperative delirium (delirium after surgery). We will also ask questions such as age, gender, languages spoken, and varied abilities. Participation is expected to take less than 1-hour of your time.

Participation is voluntary. Your decision to participate will not affect any benefit of medical care or employment to which you are entitled or currently receiving.

For more information about this study, or to volunteer for this study, please contact:

Maria Cruz
Department of Anesthesiology
306-966-8305 or maria.cruz@usask.ca



Scan to email Maria about this study!

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board

PROGRAMS & 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 Alzheimer Society of Saskatchewan?

- Individualized connection and service
- Individual information and support – available for both the person with dementia and caregiver
- Learning Opportunities
- Support Groups
- Minds in Motion®
- Connection to other organizations

First Link® Referrals

First Link® is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.

How do I make a referral?

- People with dementia and/or their caregivers, family members or support persons can call us at **1-800-263-3367** to be referred to the First Link® program.
- Physicians, other health professionals and community organizations can refer individuals and families affected by dementia by completing a First Link® Agency Referral Form.

To learn more about the First Link® program, referral process, and to download a referral form, click [here](#).

Client Services Team Managers Melody Neufeld and Kaylee Elford share information in the following video about Alzheimer Society First Link®, our Programs and Services and how to make a referral. Watch it here:

<https://www.youtube.com/watch?v=UknzoQuuuxE&t=3s>

Dementia Helpline



When it comes to questions about dementia,
call our **Dementia Helpline** at **1-877-949-4141** or
email us at helpline@alzheimer.sk.ca

Our Dementia Helpline is available Monday to Friday, 8:30am - 4:30pm.

**Watch this 3-minute video to meet our
Dementia Helpline Coordinator, Shaelyn Serron,**
and hear more about her position and how she supports the people of
Saskatchewan: <https://www.youtube.com/watch?v=UWoH3Wvttx4>

Alzheimer Society of Saskatchewan Programs

Support Groups

The Alzheimer Society offers support groups for people with dementia and caregivers that 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 a variety of formats: in-person, virtual (by Zoom), hybrid (can attend in-person or virtually by Zoom) and telephone. Visit our [Support Groups page](#) for groups and registration information.

Support Groups Continued...

Our Alzheimer Society of Saskatchewan (ASOS) volunteer Caregiver Support Group Facilitators and Programs and Services team and have been invited by Dr. Megan O'Connell and her research team to participate in a voluntary two-day Level A Basic Interpersonal Psychotherapy (IPT) Training in Saskatoon on June 24 and 25, 2024 (in-person or by Zoom) as part of a research project

Implementation of Interpersonal Therapy to Increase Capacity of Alzheimer Society of SK Care Partner Support Group Facilitators: the CCAPS Project. The SHRF research grant is to provide ASOS volunteer Caregiver Support Group Facilitators and Programs and Services staff with continuing education training in IPT. The training will provide volunteers and staff with tools to help caregiver support group participants reconnect, improve communication, and regain feelings of support from their interpersonal relationships.

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 to attend together. 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 registration information for our 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

Learning Opportunities for People with Dementia and Families

Our 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](#).

Learning Opportunities for People with Dementia and Families Continued...

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
Contact 1-877-949-4141 or helpline@alzheimer.sk.ca

Evenings of Education

Evenings of Education are presented virtually by content experts and people with lived experience 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.

Bookmark this web page- [Programs and Events page](#) – and check back later this summer for fall events. Past Evening of Education recordings can be found [here](#).

Resources

Take a look at our presentation and webinar recordings located on our [Alzheimer Society of Saskatchewan YouTube channel!](#)



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

Browse the [Our Resources web page](#)
for a list of local resources available to you and your family from the Alzheimer Society of Saskatchewan.

PUBLIC AWARENESS & COMMUNICATIONS

Healthier Brains Presentation

The Annual Healthier Brains Community Presentation was on March 11th, 2024, featuring Dr. Cindy Barha. Dr. Cindy Barha is an Assistant Professor in her second year in the Faculty of Kinesiology at the University of Calgary and a Canada Research Chair (Tier II) in Neuroscience, Brain Health and Exercise. Her translational research aims to promote healthy brain aging by determining who benefits from exercise by focusing on biological sex and genetics, when in the lifespan to most effectively intervene with exercise (i.e., pregnancy, midlife, older age), and how exercise exerts its influence on the brain.

Dr. Barha shared a wide range of information about the connection between exercise and brain health, including the benefits of exercise, sex and gender differences relating to exercise and dementia risk, genetic influences on dementia and exercise, and tips to incorporate more physical activity into your daily life. Dr. Barha encourages viewers to get moving in ways that work for them due to the benefits on cognitive abilities and brain health throughout life, with a specific focus on the benefits of exercise for women- since 65% of dementia cases happen in women.

For more information and to view this presentation, please visit:

<https://alzheimer.ca/sk/en/whats-happening/news/healthier-brains-2024>

Landmark Study Community Conversation (CC)

We hosted a Community Conversation to highlight the release of part 2 of the Alzheimer Society of Canada's Landmark Study "The Many Faces of Dementia". The webinar featured Dr. Joshua Armstrong, a Research Scientist at the Alzheimer Society of Canada and head researcher on the Landmark Study, and Joanne Bracken, former CEO of the Alzheimer Society of Saskatchewan. A significant message that came out of this presentation is how important exercise is for our brain health. All of our survey respondents stated that they intend to take more actions to reduce their risks of dementia following the presentation.

Landmark Study CC Continued...

“**The Many Faces of Dementia**” focuses on how dementia demographics are changing in Canada over the next 30 years. It highlights the increasing numbers of Indigenous and Asian people developing dementia, the variation in dementia risk and dementia care across racialized communities in Canada, the differences in dementia due to sex and gender, and the distinct challenges for young onset dementia. The report increases the awareness about the diversity of dementia in Canada, improves the knowledge of dementia, advocates for better dementia care, encourages action for advocating to address dementia stigma, and increasing research.

To learn more and watch the recording, please visit:

<https://alzheimer.ca/sk/en/whats-happening/news/landmark-study-community-conversation>

Dementia Friendly Community Highlight Report

This Spring the Public Awareness and Communications department released their “Dementia Friendly Community Highlight Report” to share the multiple partnerships and events that have taken place over the last year.

The 2024 issue celebrates the efforts of individuals, organizations, and communities who are supporting people living with dementia and their care partners by learning more about dementia and how to become more accessible and inclusive for those experiencing dementia. It also highlights the Dementia Supports in Rural Saskatchewan Project- particularly the developments in Saltcoats, Saskatchewan, the resources to help increase multiple community’s dementia friendliness, and the community presentations held over the past year.

To download your copy of the report, please visit:

<https://alzheimer.ca/sk/en/whats-happening/news/dementia-friendly-communities-report>

Spotlight! Bob Keep is a Saskatchewan care partner and Alzheimer Society client. He is sharing his family’s story in hopes of raising awareness to Alzheimer’s disease, other dementias, and the supports and services offered by the Alzheimer Society.

<https://alzheimer.ca/sk/en/whats-happening/news/keep-family-story>

ASOS-wide Learning Opportunities:

Please watch the Alzheimer Society of Saskatchewan's website –

<https://alzheimer.ca/sk/en/whats-happening/programs-events> – or follow us

on Facebook for details on other upcoming learning opportunities and events,

including our:

- Evenings of Education (various dates)
- Learning Series (check back for Fall Learning Series sessions)
- Minds in Motion® (stay tuned for fall program dates)
- Coffee and Chat (online via Zoom every Friday – 10:30-11:30am)
- Support Groups (various dates)

For additional information about Alzheimer Society Programs and Services:

Visit our website: 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



Would you or someone you know like to receive the RaDAR Newsletter? Please let us know by emailing tora.levinton@usask.ca so we can update our list!