

January 2021
Newsletter

RaDAR

RURAL DEMENTIA ACTION RESEARCH

**Summit
2020**
Online

Summit of the Knowledge Network in Rural and Remote Dementia Care November 9th & 10th

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 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 research projects.

In November the RaDAR team hosted **Summit 2020 Online**. This was the team's 13th annual Summit and the first to be held in a virtual format! Over 150 people attended the event that included a poster session and both live and pre-recorded presentations on a variety of topics from a diverse group of presenters. The keynote speaker at Summit was Dr. Irene Blackberry, the John Richards Chair of Rural Ageing and Aged Care Research and Director of the John Richards Centre at La Trobe University, Wodonga campus, Australia.

For more information about Summit 2020 Online, access the Summit 2020 Event Archive at <https://cchsa-ccssma.usask.ca/ruraldementiacare/summit/summit-2020-archive.php>



Rural Dementia Action Research (RaDAR) Team



Dr. Debra 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.



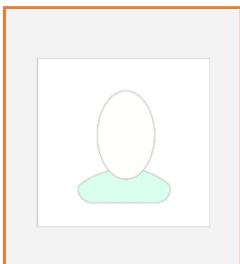
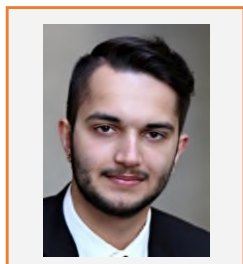
Dr. Irene Blackberry

Bilokreli Family Trust Fund

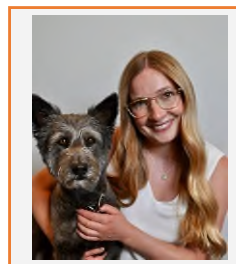
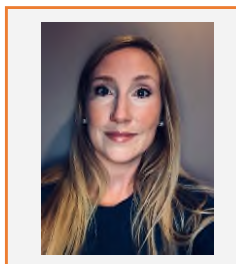
The RaDAR team is the recipient of funding to support Summit and the team's activities, generously provided by the Bilokreli family. The family has an interest in supporting rural dementia research in the province, and we are pleased to offer student poster prizes in their name to student trainees working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

Summit 2020 Bilokreli Student poster prizes

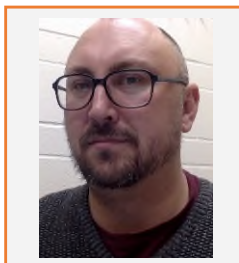
were awarded to:



First Place (co-presenters):
Karl Grewal and Michaela Trites



Second Place (tie):
Virginia Deobald and Meghan Flath



Third Place:
August Kortzman

**Thank you to
the Bilokreli Family
for their support**

The Canadian Consortium on Neurodegeneration in Aging (CCNA) Phase 2 is focused on improving dementia management and quality of life for people living with dementia and their families. Team 15, led by **Drs. Megan O'Connell and Debra Morgan**, focuses on dementia care for rural populations.

In CCNA's second phase, an interdisciplinary team led by **Dr. O'Connell** is developing the **RRMC-interventions (RRMCi)**, a suite of psychological interventions that will be delivered remotely via Telehealth to rural families of persons living with dementia across Saskatchewan (*see page 3 for details or learn how to get involved on page 4*). **Dr. Morgan and Dr. Julie Kosteniuk** are continuing to collaborate with rural **Primary Health Care teams** in southeast Saskatchewan to develop and adapt the *Rural Primary Health Care Model for Dementia*. Four teams have established 1-day memory clinics in Kipling, Weyburn, Bengough, and Carlyle. Team compositions vary by location and include a variety of interprofessional care providers and each clinic sees patients every 1-2 months as needed.

Current and Ongoing Research with Rural PHC Teams

Patient and Family Experiences



Dr. Melanie Bayly, Lead

Patient and family experiences of rural PHC memory clinic assessment and diagnosis are being explored through either mail-in questionnaires or short telephone interviews. Feedback has been very positive, including how PHC team members collaborate and provide a means of support for assessment, diagnosis, and future planning.



Rural PHC Memory Clinic Teams
(some individuals not pictured)

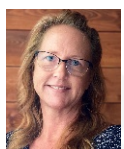
Process Evaluation & Action Plans to Spread & Sustain Rural PHC Memory Clinics

Evaluation data to assess implementation and sustainability of rural PHC memory clinics are collected across multiple workgroup meetings, Steering Group meetings, and various other electronic communication with the rural PHC memory clinic teams. Six focus groups were held in 2020 with memory clinic teams to discuss strategies to spread the memory clinic model to other communities and to sustain memory clinics in the four current rural PHC memory clinics.

Education Sessions

Three dementia-related education sessions have been held via WebEx in 2020 that were attended by individuals across memory clinic teams and other health care settings. These sessions have continued to be rated very highly by those attendees who completed online evaluations at the end of each session.

Environmental Scan



Valerie Elliot, Lead

We are conducting an environmental scan of local community programs providing post-diagnostic programs and services to community-dwelling clients who might include RaDAR rural PHC memory clinic patients and families. Focus groups and a review of secondary sources are being conducted at three time points over four years. Ultimately, the information gathered will be used to create inventories and maps of community programs and services and track any changes over time.

Rural PHC Memory Clinics: 2020 Report:

<https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2020-dec-radar-memory-clinics-report.pdf>

For more information about the Rural PHC Memory Clinics please visit:

https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC_Clinics.php#Background

Rural and Remote Memory Clinic

The RaDAR team implemented the **Rural and Remote Memory Clinic (RRMC) in Saskatoon on the University of Saskatchewan campus** in 2004, to provide specialist 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.

Research update:

The recently developed **RRMC2.0**, which was funded by a SHRF/SCPOR SPROUT grant, utilizes a model of centralized assessments occurring over the telephone in which patients are triaged to different diagnostic pathways. For most typically presenting cases, diagnoses are made in collaboration with the RRMC2.0 staff psychologist and primary care providers. To date RRMC2.0 has seen a growing number of individuals with cognitive concerns from across the province.

The **Rural and Remote Memory Clinic-interventions (RRMCi)**

has been providing remote psychological interventions for rural PHC providers' patients with dementia and their caregivers. The RRMCi sleep intervention has been working with older adults with cognitive concerns or dementia, as well as care partners of persons with mild cognitive impairment or dementia to address chronic insomnia with a novel cognitive-behavioral (non-pharmacological) treatment.



Through the RRMCi cognitive rehabilitation intervention, **Drs. Ivan Panyavin and Megan O'Connell**, along with several **doctoral trainees (Karl Grewal, Meghan Flath, & August Kortzman)** delivered tech training to older adults who wished to learn new technologies including Zoom and WebEx; these trainings used cognitive rehabilitation as a framework and varied in length. Many of the interactions were followed up several weeks later by research assistant **Erin Leeder** to collect information regarding its impact on them, as well as their experiences with the training.

A paper has been submitted to the *Clinical Gerontologist* summarizing these experiences: Overcoming Barriers to Technology Adoption for Older Adults to Maintain Virtual Community and Social Connections During the COVID-19 Pandemic. Cognitive rehabilitation work is ongoing through a wing of the RRMCi with Dr. Panyavin and Karl Grewal.

Dr. O'Connell's team is also providing ongoing social supports and building connections for older adults during the pandemic via virtual Coffee Row. We are continuing to reach people with our website <https://supportoa.ca/> and are soon launching a Facebook page with the same title. These avenues will also be used to spread awareness of our mental health tracking study that will be starting early in 2021.

Dr. Juanita Bacsu began her Postdoctoral Fellowship with the RaDAR team and the support of Dr. Megan E. O'Connell in September 2020. Recently, Dr. Bacsu and a team of researchers completed a study using Twitter data to examine the COVID-19 impact on people living with dementia. Through an analysis of 5,063 tweets, four main themes were identified ranging from separation and loss, to despair and abandonment. Dr. Bacsu and her colleagues also conducted a scoping review to understand the COVID-19 experiences of people with dementia and their care partners. Five main themes emerged ranging from care partner burnout to lack of services and supports. In the New Year, Dr. Bacsu will conduct interviews to examine ways to address COVID-19 related challenges and support people with dementia and their care partners during the pandemic as part of a larger project **led by Dr. Vedel where Dr. Morgan leads the SK team.**

How can I get involved in research?

Rural and Remote Memory Clinic - Interventions (RRMCi)
is recruiting participants for a sleep intervention.

We are looking for older adults with cognitive concerns or dementia to take part in a study of a novel cognitive-behavioral (non-pharmacological) treatment for chronic insomnia. Caregivers of persons with mild cognitive impairment or dementia are also welcome to participate.

As a participant you would be asked to: fill out questionnaires, undergo a brief cognitive assessment, keep a diary of your sleeping patterns, and attend a number of treatment sessions. Treatment involves making some changes to your sleep patterns. Participation would involve 4 to 8 sessions, approximately 60 minutes each. If you live outside Saskatoon, we can use Telehealth for this intervention. We will ask for consent to use these data for research.

**at 306-966-2496 or
306-966-5925**



**For more information
or
to volunteer for this
study, please contact:
Dr. Megan O'Connell
at 306-966-2496 or
306-966-5925**

University of Saskatchewan School of Public Health research team is recruiting participants for a rural transportation services study.

Participants will be asked to complete a telephone survey on transportation services that are needed to improve health and community services in rural Saskatchewan.

Participants must: live in a rural area; be aged 65 years and older; have dementia or be a caregiver for someone with dementia; have lived in a rural residence for greater than a year; and be sufficiently fluent in English.

[Click here to download a poster to share in your community](#)



UNIVERSITY OF SASKATCHEWAN
School of Public Health
SPH.USASK.CA

**For more information
or to volunteer for this study
please contact:
Ryan Toxopeus,
School of Public Health
306-966-1618 or email
ryan.toxopeus@usask.ca**

Alzheimer Society of Canada, in partnership with the College of Family Physicians of Canada, is recruiting participants for the Dementia Journey Survey.

The survey explores the experiences of care received from family physicians or other healthcare providers.

There are two surveys – one for people living with dementia, and one for caregivers of people with dementia.

For more information about this study please visit

<https://alzheimer.ca/en/take-action/change-minds/dementia-journey-survey>



**If you have questions, please
contact lead investigators:
Ngozi Iroanyah or
Haridos Apostolides,
Alzheimer Society of Canada
via email at:
research@alzheimer.ca
or call: 1-416-669-5715.**

What's on our radar . . .



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

University
of Regina

Dementia Supports in Rural Saskatchewan



*Members of the project management group.
Dr. Bonnie Jeffery, Dr. Tom McIntosh, and
Dr. Nuelle Novik, Photo: U of R Photography*

The SPHERU team is working on a project to enhance social inclusion of older adults with dementia in Saskatchewan, in particular to address the needs of older adults living in small towns and rural communities.

Individual, community, and organizational level services are essential to support those with dementia, and their care partners, in their own communities so that they can successfully age in place.

Follow the team's newsletters about the projects and efforts to address stigma and social isolation for people with dementia and their care partners in Saskatchewan. Sign up and subscribe at https://www2.uregina.ca/SPHERU-dementiasupports/?page_id=472

RaDAR Affiliated Students & Trainees

- 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.
- Juanita Bacsu, PhD, Postdoctoral Fellow with Dr. O'Connell. Dr. Juanita Bacsu, will be conducting research focused on two areas: i) 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 and will soon focus on iii) access to education, knowledge, and awareness of dementia in rural communities.
- Julie Beitel, BSc Nutrition student with Dr. Cammer completed an examination of SK long-term care registered dietitians' practice experiences during the initial phase of the COVID-19 pandemic.
- Virginia Deobald, MSc 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.
- Jordan Derkson, Undergraduate Honours Student, B.A. of Psychology supervised by Dr. O'Connell, is working on a confirmation of the factor structure of the BSI-18, a measure of psychological distress, in different populations of rural informal caregivers of dementia patients.
- Meghan Flath, MSc 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 in home monitoring technology to measure daily function. This will hopefully be used as 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 dementia.
- Erin Leeder, MSc student in Nutrition with Dr. Cammer is working on a project using nutrition data from the Rural and Remote Memory Clinic.
- Elham Movassagh, Postdoctoral Fellow, has a PhD in Nutrition Sciences. She joined the RaDAR team in October 2020 and is developing projects related to dementia and nutrition
- Seshni Naidoo, MSc student in Nutrition with Dr. Cammer is examining nutrition care for residents in urban and rural house-model long-term care homes.
- Andrea Scerbe, PhD student, Clinical Psychology with Dr. O'Connell, is working on technology-based methods for remotely delivering dementia education to rural primary care providers.
- Ali Stobbe, BSc Nutrition student with Dr. Cammer completed a national survey of dietitians' end of life care practices in the long term care setting.
- 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. (Forthcoming, 2022). Stigma reduction interventions of dementia: A scoping review. *Canadian Journal on Aging*, 41(2).
- Bacsu, J., O'Connell, M. E., Lisa, L., Poole, Wighton, M., Sivananthan, S., & Webster, C. (Submitted for review, 2020). A scoping review of COVID-19 experiences of people living with dementia. *Canadian Journal of Public Health*.
- Bacsu, J., O'Connell, M. E., Cammer, A., Grewal, K., Green, S., Poole, L., Azizi, M., Spiteri, R. (Minor revisions requested, 2020). Using Twitter to understand the COVID-19 experiences of people living with dementia. *Journal of Medical Internet Research*.
- O'Connell, M. E., Haase, K. R., Grewal, K. S., Panyavin, I., Kortzman, A., Flath, M.E., Cammer, A., Cosco, T. D., & Peacock, S. (submitted). Overcoming Barriers to Technology Adoption for Older Adults to Maintain Virtual Community and Social Connections During the COVID-19 Pandemic. *Clinical Gerontologist*.
- O'Connell, M. E., Suskin, N., & Prior, P. L. (revision requested). Measuring true change in individual patients: Reliable change indices of cardiac rehabilitation outcomes, and implications for quality indicators. *Canadian Journal of Cardiology*.
- Kosteniuk, J., Morgan, D., Acan Osman, B., Quail, J., O'Connell, M. E., Kirk, A., Stewart, N., & Osman, M. (submitted). Scope of health service use before and after identification of dementia: A retrospective matched case-control study. *Dementia and Geriatric Cognitive Disorders Extra*.
- Geddes, M., R., O'Connell, M. E., Fisk, J. D., Gauthier, S., Camicioli, R., & Ismail, Z. (2020). Remote Cognitive and Behavioral Assessment: Report of the Alzheimer Society of Canada Task Force on Dementia Care Best Practices for COVID-19. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 12, e12111. <https://doi.org/10.1002/dad2.12111>
- St. John, P., Menec, V., Newall, N., Coutier, D., O'Connell, M. E., Tate, R., (accepted). Healthcare utilization among Canadian adults in rural and urban areas – the Canadian Longitudinal Study on Aging. *Canadian Journal of Rural Medicine*.
- Jacklin, K., Pitawanakwat, K., Blind, M., O'Connell, M. E., Walker, J., Lemieux, A., & Warry, W. (2020). Developing the Canadian Indigenous Cognitive Assessment for use with Indigenous older Anishnaabe adults in Ontario, Canada. *Innovation in Aging*, 4(4), igaa038. <https://doi.org/10.1093/geroni/igaa038>
- Gould, B., O'Connell, M. E., MacQuarrie, C., & Bourassa, C. (2020). Mental wellness needs for two Indigenous communities: Bases for culturally competent clinical services. *Canadian Psychology/Psychologie canadienne*.
- Rutter, E. C., Tyas, S. L., Maxwell, C. J., Law, J., O'Connell, M. E., Konnert, C., & Oremus, M., (2020). Association between functional social support and cognitive function in middle-aged and older adults: A protocol for a systematic review. *BMJ Open*, 10(4), e037301. <https://doi.org/10.1136/bmjopen-2020-037301>
- Elliot, V., Morgan, D., Kosteniuk, J., Bayly, M., Froehlich Chow, A., Cammer, A., O'Connell, M.E. Palliative and end-of-life care for people living with dementia in rural areas: A scoping review. (accepted December 21, 2020). *PLOS ONE*.
- Stewart, N., MacLeod, M.L.P., Kosteniuk, J.G., Olynick, J., Penz, K.L., Karunanayake, C.P., Kulig, J.C., Labrecque, M.E., Morgan, D.G. (2020). The importance of organizational commitment in rural nurses' Intent to leave. *Journal of Advanced Nursing*, 76(12), 3398-3417. <https://doi.org/10.1111/jan.14536>
- 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., & Innes, A. (accepted August 5, 2020). A scoping review of care trajectories across multiple settings for persons with dementia. *Canadian Journal on Aging*
- Ursenbach, J. *, O'Connell, M.E., Kirk, A. & Morgan, D. (2020). Evidence for measurement invariance of the Short Form Health Survey across sex and metropolitan influence zone in a secondary care adult population. *Health and Quality of Life Outcomes*, 18, 1-10. <https://hqlq.biomedcentral.com/articles/10.1186/s12955-020-01318-y>
- Lindenbach, J. *, Larocque, S., Morgan, D.G. & Jacklin, K. (2020). Practitioner empowerment, older adult mistreatment, and dementia. *Canadian Journal on Aging/La revue Canadienne du vieillissement*, 1-15. <https://doi.org/10.1017/S0714980820000136>

Peer-reviewed Journal Articles continued

- Lindenbach, J.* , Larocque, S., Morgan, D.G. & Jacklin, K. (2020) . Practitioner experience with mistreated older adults who have dementia: Understanding contextual influences and consequences. *Journal of Interpersonal Violence*.
<https://doi.org/10.1177/0886260520943717>
- Fraser, S., Lagacé, M*, Bongué, B., Ndeye, N., Guyot, J., Bechard, L., Garcia, L., Taler, V., and members of the CCNA Social Inclusion and Stigma Working Group (including Debra Morgan).(2020). Ageism and COVID-19: What does our society's response say about us? *Age and Ageing*. doi: 10.1093/ageing/afaa097
- Wong, J.* , Kirk, A., Perlett, L. Karunanayake, C., Morgan, D. & O'Connell, M.E. (2020). Characteristics of Young-onset and Late-onset Dementia Patients at a Remote Memory Clinic. *The Canadian Journal of Neurological Sciences*, 1-8. doi:10.1017/cjn.2020.8
- Robertson, O.* , Kirk, A., Karunanayake, C., Morgan, D., & O'Connell, M. E. (2020). Women and Men Presenting to a Rural and Remote Memory Clinic in Saskatchewan, Canada Show Similar Cognitive Findings for Dementia. *Alzheimer Disease and Associated Disorders*. 34(2), 183–187. doi:10.1097/wad.0000000000000307
- Bayly, M., Morgan, D., Froehlich Chow, A., Kosteniuk, J., & Elliot, V. (2020). A scoping review of dementia-related education and support services availability, accessibility and use in rural areas: Barriers and promising solutions. *Canadian Journal on Aging / La Revue Canadienne Du Vieillessement*, 39(2), 545-585. <https://doi.org/10.1017/S0714980819000564>
- Bayly, M.,Morgan, D., Kosteniuk, J., Elliot, V., Froehlich Chow, A., Peacock, S., McLean, A., & O'Connell, M. E. (2019). Protocol for a systematic review on interventions for caregivers to persons with MCI and early dementia: Does early stage intervention improve caregiver wellbeing and ability to provide care? *BMJ Open*, 9:e028441. doi:10.1136/bmjopen-2018-028441
- Morgan, D., Kosteniuk, J., O'Connell, M.E., Kirk, A., Stewart, N., Seitz, D., Bayly, M., Froehlich Chow, A., Elliot, V., Daku, J., Hack, T., Hoium, F., Kennett-Russill, D. & Sauter, K. Barriers and Facilitators to Development and Implementation of a Rural Primary Health Care Intervention for Dementia: A Process Evaluation. (2019). *BMC Health Services Research*, 19(1), 709. doi:10.1186/s12913-019-4548-5
- Lindenbach, J.* , Larocque, S., Morgan, D.G. & Jacklin, K. (published online August 27, 2019). Mistreated older adults with dementia in the home: practitioner experience and unattainable professional agency. *Journal of Elder Abuse & Neglect*. doi:10.1080/08946566.2019.1657540
- Morgan, D., Kosteniuk, J., Seitz, D., O'Connell, M. E., Kirk, A., Stewart, N., Holroyd-Leduc, J., Daku, J., Hack, T., Hoium, F., Kennett-Russill, D., & Sauter, K. (published online May 15, 2019). A 5-step approach for developing and implementing a rural primary health care model for dementia: A community-academic partnership. *Primary Health Care Research & Development*, 20 (e29). doi:10.1017/S1463423618000968

Books

- Innes, A., Morgan, D., Farmer, J. (2020). *Rural and remote dementia care: Implications for research, policy, and practice*. Policy Press, Bristol University. <https://policy.bristoluniversitypress.co.uk/remote-and-rural-dementia-care>
- O'Connell, M. E., Panyavin, I., Bearskin, L., & Walker, J. (under review). Neuropsychological assessment with Indigenous Peoples In Saskatchewan: A lesson in cultural humility. In Irani, F. (Ed.). *Handbook of cultural diversity in neuropsychological assessment: Developing understanding through global case studies* (pp. 1-10). NY: Taylor & Francis/Routledge.

Technical Reports

- Morgan, D., & Minish, D. (2021). *Summit 2020 Online Event Archive*.
<https://cchsa-ccssma.usask.ca/ruraldementiacare/summit/summit-2020-archive.php>
- Kosteniuk, J., Morgan, D., Froehlich Chow, A. and Bayly, M. *Rural PHC Memory Clinics: 2020 Report*. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (6 pages).
<https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2020-dec-radar-memory-clinics-report.pdf>

A complete list of publications can be accessed on the RaDAR website at
<https://cchsa-ccssma.usask.ca/ruraldementiacare/RaDAR%20Publications.php>

Programs and Services

As of January 12, 2021

Due to the COVID-19 pandemic we have cancelled all our face-to-face programming for the foreseeable future. Working from the safety of their homes, Alzheimer Society Programs and Services staff continue supporting people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia.

Dementia Helpline/Individual Support

Our priority in response to the pandemic is to ensure that people living with dementia and their family caregivers continue to receive the lifeline of support through our Dementia Helpline and through regularly scheduled follow up calls.. Talk to our support staff on the phone or by e-mail.

Dementia Helpline 1-877-949-4141 or helpline@alzheimer.sk.ca Hours: Monday-Friday, 8:30-4:30 p.m.

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. During COVID-19, we are encouraging 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 you connected early for support throughout your journey.
- The more you know about Alzheimer's disease or another dementia, the better you may be able to cope with your situation.
- You will be linked to community supports and services.


For more information about how to make a **First Link® Referral** and to obtain a referral form, please review our website: [Making a Referral to First Link](#) [First Link Referral Form](#)

Online information:

Visit the Alzheimer Society of Canada's website for information and practical advice to stay healthy and safe through the pandemic. [Managing through COVID-19](#)

Online Program Opportunities:

Do you need help with Zoom for social connectedness or to participate in Alzheimer Society programming have a computer but are scared to try it to connect with family and friends?

Dr. Megan O'Connell, member of the Rural Dementia Action Research team  at the University of Saskatchewan is supporting and coaching people living with dementia and their families on how to use technology.

Please contact Dr. Megan O'Connell at the University of Saskatchewan at 306-966-2496 or Megan.oconnell@usask.ca for more information.

Needing help to connect with us by Zoom? If you have any questions about using Zoom, please refer to this step-by-step guide on how to use Zoom on their support website at [Zoom Instructions](#)

Upcoming Alzheimer Society of Saskatchewan Programs

Coffee and Chat People with dementia and their care partners. Make yourself comfortable, grab a cup of coffee or tea and join some of the Alzheimer Society of Saskatchewan staff and peers online to say 'hello' and let us know how you are doing during. We are online via Zoom each Friday from 10:30-11:30 am. Click this email to get registered to attend:

cjudge@alzheimer.sk.ca

Please note: Due to privacy and confidentiality, we will not be able to address personal client matters during the chat, but will be happy to connect you with a First Link Coordinator or First Link Care Navigator who will be able to support you.

This is NOT a Support Group, but an opportunity for you to check in with each other.

Online Support Groups We know people miss connecting with each other, so in response to COVID we are moving some of our support groups online. We will be offer groups using Zoom technology throughout Saskatchewan.

Groups will be facilitated by Alzheimer Society staff and volunteer facilitators. It might not look the same, but it's still a chance to check in with each other and stay connected. Visit <https://alzheimer.ca/en/sk/News-and-Events> for groups and registration information.

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. A video explaining MIM is available

<https://youtu.be/xRi-flU65Oc>

Minds in Motion will only be offered virtually for the Winter and Spring Sessions.

Winter session dates are

Tuesdays Feb 2nd 1:15 – 3:00 pm for 10 weeks

Thursday Feb 4th 1:15-3:00 pm for 10 Weeks

Spring session dates to be confirmed in March 2021

Registrations for the virtual session can be done by contacting Alice

agermann@alzheimer.sk.ca

More information is available at <https://alzheimer.ca/en/sk/We-can-help/Minds-in-Motion>

Learning Opportunities for People with Dementia and Families

Our learning series for people with dementia and families have moved **online and being delivered via Zoom**. Contact 1-800-263-3367 or cjudge@alzheimer.sk.ca to register

First Steps for People with Dementia – This series is to help individuals newly diagnosed with a dementia and their caregivers understand their diagnosis and the changes they experience. This series will also offer participants an opportunity to share and connect with others embarking on a similar journey. They will learn about topics including: what is dementia, memory loss, coping strategies, drugs, treatment, research, planning for the future, and community resources and support. **March 2, 4, 9, & 11, 2021 10:15 a.m.-12:00 p.m. via Zoom**

Next Steps for Families – for family and friends of a person diagnosed with dementia. The topics discussed in this series will be much the same as those listed under First Steps. **January 14 & 21, 2021 6:00p.m.-9:00 p.m. via Zoom**

Care Essentials -- This series will offer family members and friends caring for people with dementia problem solving strategies, approaches for communication and available avenues for support, all of which can strengthen their ability to provide care. Topics discussed at this series will include: The progression of the disease, understanding behaviour, day to day care and community resources. **February 9, 11, 16, & 18, 2021 6:30-8:00 p.m. via Zoom**

Evenings of Education

Understanding Dementia - Dr. Krista Lagimodiere MD, FRCPC, Geriatrician-Internist, SHA. Assistant Professor, Division of Geriatric Medicine, Dept. Of Medicine, UofS. Participants will have an increased knowledge of the risk factors of dementia, different types of dementia, the warning signs, and the importance of and how to get a diagnosis.

Wednesday, January 27, 2021 7:00-9:00 p.m. via Zoom

To register, please email cjudge@alzheimer.sk.ca or [register here](#)

Driving & Dementia, Knowing When It's Time to Hang up the Key – Dr. Gary Naglie, MD, FRCPC, FGSA Hunt Family Chair in Geriatric Medicine, Professor, Dept of Medicine U of T and Dr. Mark Rapoport, MD, FRCPC, Professor, Dept. Of Psychiatry U of T. At the end of this webinar, participants should be able to describe how dementia affects driving and recognize the warning signs of when driving may become unsafe.

Thursday, February 25, 2021 7:00-8:30 p.m. via Zoom

To register, please email cjudge@alzheimer.sk.ca or [register here](#)

Meaningful Activities Booklet

One way to cope with the changes is to focus on what you are still able to do, and to continue to participate in activities that are meaningful to you. There may come a time when you will have to accept help from family members and friends. If you let them know what is needed, they can assist in maintaining your independence.

If you want to help someone with dementia take part in activities, talk to him about which ones he might enjoy. Try to find imaginative ways to adapt the activities to his changing capabilities and moods. A recreation therapist can be a great source of ideas.

[Download our Meaningful Activity Booklet here](#)

Recorded Webinars:

[Meaningful Activities recorded May 2020 https://youtu.be/H8FMnxuvMUg](https://youtu.be/H8FMnxuvMUg)

[Pain Management for People with Dementia recorded November 2020 https://youtu.be/E98FhC26mp8](https://youtu.be/E98FhC26mp8)

[Lived Experience Story – Ida Ryhorchuk recorded November 2020 https://youtu.be/B9sD77ncmMM](https://youtu.be/B9sD77ncmMM)

Virtual Recreation Programming (Alzheimer Society of London-Middlesex)

In light of everyone being affected by the COVID-19 pandemic, our good friends at the Alzheimer Society of London & Middlesex have created some ways for people living with dementia and their care partners to stay positive and engaged!

Visit their website their website each day at <https://alzheimerslondon.ca/virtual-social-rec/> for different recreation activities and videos.

We want to continue to support our clients even when we can't see you everyday. We think the this is a great resource of a wide range of activities to keep you movin' and groovin' in the safety of your own home.

Ready, Set, Plan; Plan for Absence of a Care Partner (Alzheimer Society of Ontario)

We all need to plan ahead. Planning ahead is important as a care partner as there may be a time that someone else may suddenly need to help care for the person living with dementia, such as if we become sick.

If and when this happens, filling out the information in the link below and keeping it updated with any changes will help. A Care Partner is encouraged to share this plan with a trusted family member, friend or neighbour, or at least to let them know of the existence of this plan and where it can be found. It is also a good idea to store this plan in a place where it can be found easily by you or the person who will be helping to provide care while you are unable to.

That's why the Alzheimer Society of Ontario created **Ready, Set, Plan, a plan for Care Partner Absence** which can be filled out, kept up-to-date, and shared with trusted family or friends, to be prepared in advance.

To download your copy, visit <https://bit.ly/ready-set-plan-aso>

**For additional information about
Alzheimer Society Programs and Services:**

Visit our website: www.alzheimer.ca/sk,

Facebook page

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

Or contact your local Alzheimer Society
Resource Centre

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