

# News & Events

Biannual newsletter about  
RaDAR-related activities

January  
2020

UNIVERSITY OF  
SASKATCHEWAN



# RaDAR

RURAL DEMENTIA ACTION RESEARCH

Advancing research in rural  
and remote dementia care

## SUMMIT 12



Another  
successful  
Summit!

The Rural Dementia Care Summit was held November 5<sup>th</sup> – 6<sup>th</sup> in Saskatoon.

Summit is an annual knowledge exchange event for people interested in dementia care and research, including health care providers, people with dementia and their families, researchers, and government and community organizations.

The Poster Session/Spotlight on Research was hosted in combination with the Alzheimer Society of Saskatchewan with more than 150 attendees. An informative presentation was given by Dr. Saskia Sivananthan (Alzheimer Society of Canada Chief Research and KTE Officer).

The following day, 130 people attended along with keynote presenter Dr. Rachel Herron from the University of Brandon. Dr. Herron's work involves creating supportive environments for people living with dementia and their carers.

More information about Summit can be found at:

<https://tinyurl.com/RaDAR-Summit>



Save the date  
for next year! Nov. 9<sup>th</sup> & 10<sup>th</sup>  
2020

Update: CCNA  CCNV **15**  
Team équipe

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

**Dr. O'Connell** is leading an interdisciplinary team in the development of **RRMC-interventions (RRMCi)**, a suite of psychological interventions to be delivered remotely via Telehealth across rural Saskatchewan.

**Dr. Morgan and Dr. Julie Kosteniuk** are continuing to collaborate with rural **Primary Health Care teams** to develop and adapt the *Rural Primary Health Care Model for Dementia*. Three teams have established 1-day memory clinics in Kipling, Weyburn, Rural West (Bengough and Radville). The Carlyle team has also recently joined the study. Team compositions vary by location and include a variety of inter-professional care providers.

## Current and Ongoing RaDAR Research with PHC Teams

RaDAR Postdoctoral Fellow **Dr. Melanie Bayly** and new faculty member **Dr. Amanda Froehlich Chow** are continuing their work in southeast Saskatchewan.

**Dr. Bayly** is exploring **patient and family experiences with the 1-day memory clinics**. Patient and family experiences have been very positive to date. Local rural-based care, an interprofessional team format, positive team functioning, a patient/family centered approach, and informative communication appear to be key elements to the success of the rural memory clinics.

**Dr. Froehlich Chow** is examining **team-based approaches to chronic disease management** in older adults in usual care and in the 1-day memory clinics. Preliminary findings have shown that collaborative care was the most efficient and effective way to deliver care although this approach was not always possible.

**Drs. Kosteniuk and Morgan** are currently co-leading four projects related to **spreading and sustaining** the RaDAR Rural PHC Memory Clinics, and **outcome studies** to explore impact of the rural PHC memory clinics on patients and families

CHECK IT OUT ONLINE!

RaDAR Rural PHC  
Memory Clinic  
Highlights

Fall  
2019  
Report



Video

For more information about Rural PHC Memory Clinics visit <http://tiny.cc/RuralMemory>



Dr. Debra Morgan leads the RaDAR team in improving care for persons with dementia and their families in rural and remote areas.



## ***Welcome to the RaDAR team: Chelsie Cameron***



With a Bachelor of Science degree in Kinesiology, Chelsie joined our team in 2019 as the first RaDAR Rural Primary Health Care Memory Clinic Coordinator.

Chelsie's role involves the support of existing and new RaDAR rural primary health care memory clinics in rural Saskatchewan. Chelsie is also currently a Primary Health Care Facilitator with the Saskatchewan Health Authority in the former Sun Country Health Region.

***Welcome aboard Chelsie!***

## **June 2019 – Weyburn, SK**



The RaDAR team and geriatric psychiatrist Dr. Dallas Seitz travelled to Weyburn where Dr. Seitz gave a public information session about understanding dementia.

## ***Spotlight on: Dr. Amanda Froehlich Chow***



Amanda joined the RaDAR team in 2017 as a post-doctoral fellow. She has a Bachelor of Arts Honours in Psychology, a Masters in Kinesiology, and a PhD in Community Health and Epidemiology. Amanda's research areas include child health, aging in place, rural health, Indigenous health, physical activity and physical literacy, chronic disease prevention and treatment, and community-based participatory research.

Amanda recently received a faculty position at the University of Saskatchewan where she is continuing her research as an Assistant Professor in the School of Public Health and working with the RaDAR team.

***Congratulations Amanda!***

## **October 2019 – Quebec City, QC**



RaDAR team members and collaborators attended the Canadian Consortium on Neurodegeneration in Aging (CCNA) and the 10<sup>th</sup> Canadian Conference on Dementia (CCD)

***How can I get involved in research?*** Rural and Remote Memory Clinic Interventions (RRMCi) is looking for participants for two clinical research studies. Older adults with cognitive impairment or dementia, as well as their care partners, are invited to take part in research projects focused on (a) drug-free treatment for chronic insomnia and (b) helping individuals achieve personally meaningful goals and improve their quality of life via cognitive rehabilitation. Participation is free of charge, and involves approximately 6-8 in-person therapy sessions, each lasting approximately 60 minutes. For more information about these projects, or to volunteer for participation, please contact Dr. Megan O'Connell, phone 306-966-5925, or email [cbt.i@usask.ca](mailto:cbt.i@usask.ca).

## Recent RaDAR Publications

Bayly M, et al. (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*. DOI:10.1136/bmjopen-2018-028441

Cammer A, et al. (2019) Nutrition Care for Residents with Dementia in Long-Term Care Homes: Umbrella Review of Care Aide and Registered Dietitian Services. *International Journal of Aging Research*. DOI:10.28933/ijoar-2019-03-1005

Froehlich Chow A, et al. (2019) Collaborative approaches to team-based primary health care for individuals with dementia in rural and remote settings: A scoping review. *Canadian Journal on Aging/La revue Canadienne du vieillissement*. DOI:10.1017/S0714980818000727

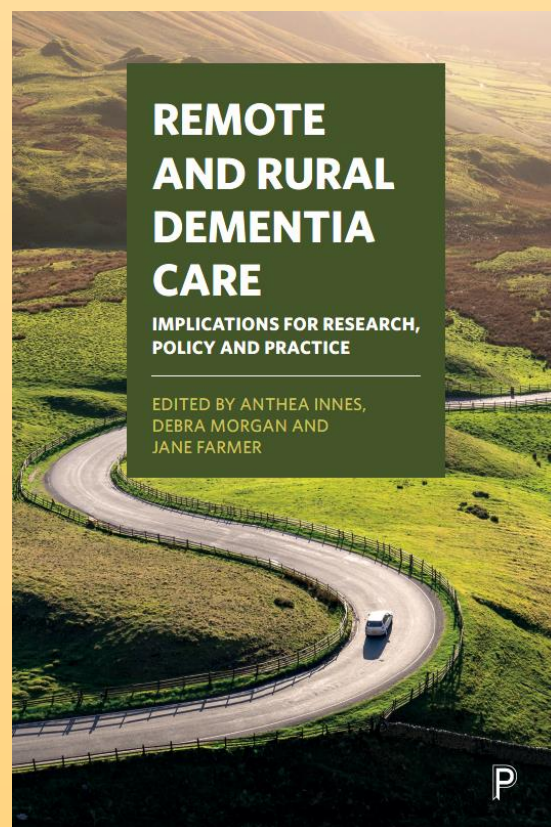
Lee S, et al. (2019) Factors Associated with Having Legal Documents in Patients with Dementia. *The Canadian Journal of Neurological Sciences*. DOI:10.1017/cjn.2019.10

Lindenbach J, et al. (online August 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, et al. (2019) Barriers and Facilitators to Development and Implementation of a Rural Primary Health Care Intervention for Dementia: A Process Evaluation. *BMC Health Services Research*. DOI:10.1186/s12913-019-4548-5

Morgan D, et al. (online May 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*. DOI:10.1017/S1463423618000968

Robertson O, et al. (2019) 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*. DOI: 10.1097/WAD.0000000000000307



Expected Publication Date: May 2020  
Policy Press, Bristol University

### Chapter 9: "Rural Dementia Research in Canada"

Authors: Debra Morgan, Julie Kosteniuk, Megan E. O'Connell, Norma Stewart, Andrew Kirk

For more RaDAR team  
publications, please visit  
<https://tinyurl.com/RaDAR-pubs>

## RaDAR Trainees and Projects

**Mel Bayly** is a postdoctoral fellow with Dr. Debra Morgan and working with Dr. Morgan on needs and supports for individuals with dementia and their caregivers living in rural areas.

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

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

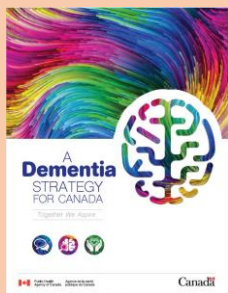
**Karl Grewal** is a Masters student in Clinical Psychology working with Dr. O'Connell on integrating sensor technology to measure daily function as an outcome measure for cognitive rehabilitation for persons living with dementia.

**August Kortzman** is a PhD student in Clinical Psychology, supervised by Dr. O'Connell. August's current research focused on developing a social network intervention that can be remotely delivered to rural caregivers of persons living dementia.

**Andrea Scerbe** is a PhD student in Clinical Psychology supervised by Dr. O'Connell and is working on technology-based methods for remotely delivering dementia education to rural primary care providers.

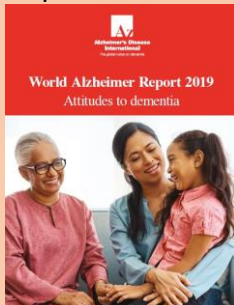
**Jake Ursenbach** is a PhD candidate in Clinical Psychology working with Dr. O'Connell on a method for remote cognitive assessment to support rural primary care providers in making a diagnosis of dementia.

# Recent National & International Research & News



June 2019

September 2019



October 2019

November 2019



## January is Alzheimer's Awareness Month.

I LIVE WITH DEMENTIA

"Read our stories and let us help you understand."

The Alzheimer Society would like you to meet some of the Canadians who have generously shared their stories at <https://ilivewithdementia.ca/>

Check it out!

Recently published article titled **Canadian charter of rights for people with dementia**, authored by advocate and Alzheimer's patient **Jim Mann**, addresses the stigma of dementia and its negative consequences in every day life. <https://t.co/NLDP2Q1cx2?amp=1>

### Links to additional resources

Canada's National Dementia Strategy:

- [Alzheimer Society of Canada](#)
- [Government of Canada](#)

Resource and Knowledge Hubs:

- [Dementia Advocacy Canada](#)
- [BrainXchange](#)

Evaluation and Assessment

- [Canadian Indigenous Cognitive Assessment \(CICA\) tool and training materials](#)

## Alzheimer Society SASKATCHEWAN

**Are you a Dementia Friend?** When an individual becomes a Dementia Friend, they are indicating that dementia is important to them and committing to learn more about it. On a monthly basis, Dementia Friends receive a monthly e-newsletter that helps them connect to ongoing learning opportunities as well as practical information, tips and strategies they can use in their everyday interactions to be more supportive and inclusive of people with dementia. In this way, Dementia Friends are helping us build dementia friendly communities... one Friend at a time! Dementia Friends are not required to volunteer or donate. Visit [www.dementiafriendlysaskatchewan.ca](http://www.dementiafriendlysaskatchewan.ca) to sign up.

### Dementia Helpline

**Have questions? We can help.**

Do you have questions about dementia?  
Are you caring for someone with dementia?  
Are you concerned that you or someone you know might have dementia?  
You are not alone.

**The Alzheimer Society is here to answer your questions.**

Call today to speak to one of our trained staff members, ask the questions that matter to you, and connect to information and support.

**Dementia Helpline 1-877-949-4141 or [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)**



An Evening of Education

**Understanding Dementia**

Wednesday, January 29, 2020 7:00-9:00 pm

Dr. Jenny Basran, Geriatrician  
Senior Medical Information Officer, Saskatchewan Health Authority

Available province wide

Please register to find the location closest to you.

Registration closes January 23, 2020

To register call 1-800-263-3367 or email: [cjudge@alzheimer.sk.ca](mailto:cjudge@alzheimer.sk.ca)

Participants will have an increased knowledge of:

- common types of dementia
- risk factors for dementia
- the warning signs
- the importance of an early diagnosis
- the programs and services offered by the Alzheimer Society



Supported by

[www.alzheimer.sk.ca](http://www.alzheimer.sk.ca) – 1-800-263-3367

### ALZHEIMER SOCIETY OF SASKATCHEWAN Resource Centres

Battleford [paparkland@alzheimer.sk.ca](mailto:paparkland@alzheimer.sk.ca)

Prince Albert [paparkland@alzheimer.sk.ca](mailto:paparkland@alzheimer.sk.ca)

Regina [regina@alzheimer.sk.ca](mailto:regina@alzheimer.sk.ca)

Swift Current [cypress@alzheimer.sk.ca](mailto:cypress@alzheimer.sk.ca)

Saskatoon [saskatoon@alzheimer.sk.ca](mailto:saskatoon@alzheimer.sk.ca)

Estevan/Weyburn [suncountry@alzheimer.sk.ca](mailto:suncountry@alzheimer.sk.ca)

Yorkton [sunrise@alzheimer.sk.ca](mailto:sunrise@alzheimer.sk.ca)