



Message from Debra

We have much to share with you in this newsletter including the latest updates from the RaDAR (Rural Dementia Action Research) team, and from Network members. It has been another busy and productive year, and we look forward to updating you about our activities at the Summit, which will be held October 24th and 25th in Saskatoon. Brief reports of some of these projects are described in this newsletter. Although the CIHR Community-Based Primary Health Care grant that we submitted in October 2012 was not funded, we have subsequently been invited to form a team in a new CIHR initiative called the Canadian Consortium in Neurodegeneration in Aging (CCNA). We will know in July whether the initial Expression of Interest was approved, then work will begin on the full proposal. Again, this funding will be very competitive, but we are excited to be invited to part of this major Canadian research initiative that will bring together leading researchers from across the country. We will be drawing on the input from our RaDAR Planning Session, Retreat, and Summit sessions as we develop the CCNA proposal, which will again focus on improving primary health care for people with dementia and their families in rural and remote settings. We look forward to discussing this new proposal with you at the Summit so that we can make sure we are on the right track with the research. I look forward to seeing you there!

6th Annual Summit - Saskatoon **Summit** October 24th & 25th, 2013 **2013**

The Knowledge Network in Rural and Remote Dementia Care annual Summit returns to the Sheraton Cavalier hotel in downtown Saskatoon. Hotel and registration information will be available soon!



The new Academic Health Sciences E-wing, home to the RRM as of fall 2013

The Annual Summit of the Knowledge Network in Rural and Remote Dementia Care is hosted by Dr. Debra Morgan and brings together Network members, including Dr. Morgan's Decision-Maker Advisory Council, the RaDAR team (which includes the Rural and Remote Memory Clinic team), and others with an interest in improving the quality of life of individuals with mild cognitive impairment and dementia, and their families.

Research Team Updates

N-CAM Workshop

On April 30, 2013 Margaret Crossley led a telehealth-facilitated workshop on the administration, scoring, and interpretation of the Northern-Cultural Assessment of Memory (N-CAM), including the newly released N-CAM training video, a summary of normative data collected during the summer of 2011 at the Westside



Still frame from N-CAM training video

Community Clinic, and an overview of the clinical use of the N-CAM at the Rural and Remote Memory Clinic (RRMC). Our Keewatin Yatthé Regional Health Authority (KYRHA) partners and approximately 20 health care staff from the Yukon participated via telehealth, along with 4 occupational therapists from Saskatoon and 3 RRMC team members who were on site at the

Royal University Hospital. Workshop attendees contributed to a discussion of the strengths and limitations of the N-CAM for culturally fair assessment of cognitive functioning and the early detection of dementia in Aboriginal seniors.

RaDAR-Health Quality Council Gap Analysis

The Health Quality Council has conducted some **preliminary analyses** of administrative data using three databases (Physician, Hospital, and Prescription Drug). An initial cohort of individuals with a case definition of dementia has been identified for each year during the period 2001-2012. We continue to work with HQC analysts to determine the best methods for identifying a dementia cohort in order to establish appropriate prevalence and incidence rates, as well as patterns of health service use along the care continuum (physician, home care, hospital, long-term care). Feedback on the **Environmental Scan of Dementia-related Services across the Care Continuum** has been gathered from our RaDAR-HQC Steering Committee, and the Environmental Scan has been pilot tested with a small number of Case Managers in Sun Country Health Region.

We hope to have a good response from Home Care Assessors (Client Care Coordinators, Case Managers, and Team Managers). Data collection for the main phase of the study is underway across all 13 health regions this summer. **The Best Practice Review of Services for Individuals with Dementia**

and their Caregivers is currently in progress. We have identified a number of national dementia plans that we will use to derive best practices in dementia care along the continuum. We hope to share more of our findings on the Gap Analysis at the upcoming 6th Annual Summit (October 24th and 25th, 2013).



Debra Morgan Sabbatical Travels in the United Kingdom

As a part of her 2013 sabbatical travel, Debra Morgan had opportunity to meet with researchers and partners investigating access to dementia care for people living in rural areas of the UK. Her travels in January and February took her to Aberdeen Scotland, and a variety of locations in England: Bournemouth University Dementia Institute (BUDI), Age UK (Dorchester), and City University London.



The Rural Dementia Care Team are featured as a case study in a 2013 Saskatchewan Health Research Foundation report titled *Measuring the Value of Saskatchewan's Health Research*. This report is available online at <http://goo.gl/GnTkO>



"I had been advised before travelling to Canada for the first time in November 2012, that the Canadians were warm and friendly people. I was not disappointed, on the contrary and throughout my visit and specifically at the 2012 Summit I could not have been made to feel more welcome and one of the family! The Summit was inspiring. Seeing the collaboration of such a wide group of people and then how that influences practice was a lesson I want to imitate back in Bournemouth. Having the new Minister



there seemed like a great coup and listening to the carers and team discuss the support network very moving. A great conference clearly demonstrating the links between theory and practice, thank you!"

*~ Summit 5, 2012 Keynote Speaker, Michele Board
Bournemouth University*

Network News

Funding for four First Link Coordinators with the Alzheimer Society of Saskatchewan

This May the Alzheimer Society of Saskatchewan announced the Government of Saskatchewan's role in the expansion of the First Link program, bringing the Government's commitment to \$400,000. The increase in funding will assist in the establishment of four additional Alzheimer Society Resources Centres in Swift Current, North Battleford, Prince Albert and Weyburn with service to Estevan. At each Resource Centre a full-time First Link Coordinator will be in charge of all outreach activities, providing First Link® presentations, initiating contact with clients, managing the referral process, facilitating educational opportunities and establishing the Alzheimer Society of Saskatchewan in each community. The additional funding will also help create Dementia Advisory Networks in each community where a resource centre is located. Alzheimer Society Resource Centres will be established and providing essential services to people affected by dementia by the end of September.

For more information visit www.alzheimer.ca/sk or call Joanne Michael, Program Services Manager at 1-800-263-3367

Sun Country Health Region Hoshin on Dementia Care in rural Saskatchewan

'Hoshin' is translated as a breakthrough activity to be completed within one year with the goal to move the system closer to an improvement target.

Sun Country representatives (long term care, home care, primary health) have been a part of the provincial Dementia Summit for several years, exchanging initiatives with stakeholders from across the province, country, and internationally. The current focus of primary health care for clients with dementia and their families across the continuum resonated with the Sun Country "Better Health" strategic plan to "improve access and connectivity in primary health care innovation sites and use early learning to build foundational components to spread across the province."

The hoshin for 2013-2014 will focus on building community partnerships and gathering/developing educational tools for professionals to increase their knowledge of the disease process, interventions and support systems in the community and the province. We will be working closely with the Alzheimer Society and the Rural Dementia Action Research team and hope to connect with other provincial teams. We expect that the links we forge between research and work in the community will result in a best practice model of dementia care across the care continuum.

~ contributed by Knowledge Network member Pat Kessler, Sun Country Health Region Director of Home Care.

Team News



A new home for the Rural and Remote Memory Clinic

In the fall of 2013, research team members and support staff will be moving into new office space in the Academic Health Sciences E-wing building at the University of Saskatchewan. The building is also home to a

new space for the Rural and Remote Memory Clinic within the Rural Health Lab. This new space is much bigger than our previous clinic space in the Dentistry building, and has been custom designed for our team and needs. The lab features new technology and infrastructure, as well as more space for patients, families, researchers, and students. (Above: Debra views a family/meeting room in the new Memory Clinic during a construction tour.)

Canadian Consortium on Neurodegeneration in Aging (CCNA)

The CCNA is a new initiative of the Canadian Institutes of Health Research (CIHR) that was launched in March 2013 to support a collaborative Canadian Consortium on Alzheimer Disease and other neurodegenerative diseases in aging that have an impact on cognition. CIHR will fund one Consortium comprised of three theme areas: Primary prevention (disease prevention), Secondary Prevention (delaying clinical manifestations of existing disease), and Quality of Life. The RaDAR team has been invited to join with researchers in Aboriginal health to form a team "Issues in Dementia Care for Rural and Indigenous Populations" within the Quality of Life theme. This team is one of 20 that make up the consortium. The Expression of Interest was submitted in May, 2013, led by Dr. Howard Chertkow, a neurologist at McGill University. If approved, the full proposal will be due November 1, 2013.

More information is available online at: <http://goo.gl/qRZSD>

Visiting Professor

Debra Morgan has been designated a visiting professor in the School of Health & Social Care at Bournemouth University, UK, until December 2015.

Recent team publications . . .

Morgan, D., Crossley, M., Stewart, N., Kirk, A., Forbes, D., D'Arcy, C., Dal Bello-Haas, V., McBain, L., O'Connell, M., Bracken, J., Kosteniuk, J., & Cammer, A. Evolution of a community-based participatory approach in a Rural and Remote Dementia Care Research Program. *Progress in Community Health Partnerships: Research, Education, and Action*.

Kosteniuk, J., Morgan, D., Innes, A., Keady, J., Stewart, N., D'Arcy, C., & Kirk, A. (FirstView online Apr 3, 2013). Who Steers the Ship? Rural Family Physicians Views on Collaborative Care Models for Patients with Dementia. *Primary Health Care Research & Development*.

O'Connell, M., Crossley, M., Cammer, A., Morgan, D., Allingham, W., Cheavins, B., Dalziel, D., Lemire, M., Mitchell, S., & Morgan, E. (February 4th, 2013, Epub ahead of print) Development and evaluation of a Telehealth videoconferenced support group for rural spouses of persons diagnosed with atypical early-onset dementias. *Dementia: The International Journal of Social Research and Practice*.

O'Connell, M., Germaine, N., Burton, R., Stewart, N., & Morgan, D. (June 25, 2012. Epub ahead of print) Degree of rurality is not related to dementia caregiver distress, burden, and coping in a predominantly rural sample. *Journal of Applied Gerontology*.

For assistance accessing these, or any other team publication, please contact Duane at duane.minish@usask.ca or 306-966-4098.



Visit the Rural Dementia Care team website for more information, publications, and resources:

www.cchsa-ccssma.usask.ca/ruraldementiacare



Share your ideas

Do you have news to share with Network Members at the next Summit, or do you know of someone doing interesting work in the field of Rural Dementia Care?

Please get in touch and share your comments with us via email at debra.morgan@usask.ca or phone 306-966-7905.