

Soci  t  Alzheimer Society

NOVA SCOTIA



Navigating Dementia *Today and Tomorrow*

33rd Annual Provincial Dementia Care Conference

October 25, 2022 | Dartmouth, NS | Virtual Livestream

www.alzheimer.ca/ns/conference

WE ARE ALL TREATY PEOPLE

We are gathered today on sacred land that has been the site of human activity since time immemorial. We are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People, and we acknowledge them as the past, present, and future caretakers of this land.

If you're joining us from elsewhere, we encourage you to learn more about the land you're on.



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WELCOME

33rd Dementia Care Conference: Navigating Dementia Today and Tomorrow

Welcome to our 33rd Annual Provincial Dementia Care Conference. Whether you are joining us in-person or online, we are so pleased to have you! We look forward to a day of timely and pertinent discussions around how our sector will be *Navigating Dementia Today and Tomorrow*.

The past few years have been extraordinarily challenging for both our workforce and the clients we serve. While the pandemic is not yet in our rearview mirror, I am grateful we have committed to this day of reorienting on our shared mission and rekindling (and building) valuable relationships from across the sector and across the province.

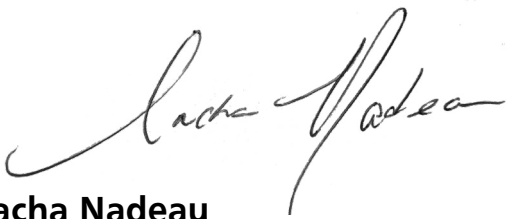
Our 2022 theme reflects a major time of growth for our dementia sector. Personal growth after providing steadfast support throughout the unprecedented experience of a global pandemic. Growth in the demand for our services in light of the recently released statistics which project the number of Nova Scotians diagnosed with dementia to nearly double in the next 30 years. Lastly, growth in our mindsets, shifting the ways we think about dementia care in order to challenge the status quo to meet these growing and changing needs.

The increased statistics likely come as no surprise to you as leaders in this field. By joining us, this topic is already a priority and you are committed to being part of the solutions. Today you will hear a detailed breakdown of the latest Canadian and Nova Scotian dementia data, strategies for responding to the projections, and a sample of promising practices currently happening in the field. You will also participate in a bit of history with our official provincial launch of Dementia Friendly Communities!

To a sector that is already spread thin, some topics might bring a feeling of overwhelm - we hear you. It's our hope that the day reminds you of the shared strength our sector has and inspires you to be agents of change within your workplaces, network and communities.

On a personal level, this year marks a “passing of the torch” as I assume the role of conference chair. Linda Bird was hired by the Alzheimer Society of Nova Scotia 18 years ago on a brief contract to lead this conference and did so with expertise and dedication for nearly two decades. We thank her for building this tradition of coming together each fall to network and exchange the latest evidence.

I would like to thank all the conference presenters for devoting their time, energy and expertise. Thank you to our generous sponsors, without whom this conference wouldn't be possible. Thank you to the exhibitors for providing another layer of learning and resources. We extend our appreciation to DoubleTree by Hilton and Basil AV for hosting us in person and virtually. Heartfelt gratitude to our conference committee and staff who have diligently put together our first-ever hybrid conference. Who knows what next year will bring, but we hope to see you there!



Sacha Nadeau

Director, Programs and Services
Alzheimer Society of Nova Scotia

SPECIAL THANKS

Conference Emcee

John Britton, CEO
Alzheimer Society of Nova Scotia

Sponsorship & Exhibitors

Denise Collier
Officer, Transformational Giving
Alzheimer Society of Nova Scotia

Jaime Legere
Director, Philanthropy
Alzheimer Society of Nova Scotia

Conference Booklet Design & Marketing

Lesley MacLean
Coordinator, Communications & Marketing
Alzheimer Society of Nova Scotia

Artful Afternoon Exhibit Leads

Calandra Kandziora
Team Lead, Client Services
Alzheimer Society of Nova Scotia

Melissa Ray
Coordinator, Client Services
Alzheimer Society of Nova Scotia

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EXHIBITORS

We have made an effort to invite a broad group of services that help support persons with dementia, caregivers and care providers. We encourage you to visit the booths, collect information and ask questions. There is always something new to learn. The following exhibitors were confirmed at the time of printing.

- Alzheimer Society of Nova Scotia
- Centricity Research
- Comforting Companions Care Providers
- Dementia: Understanding the Journey
- Katie Pemberton, IG Wealth Management
- Health Association of African Canadians
- Home Instead
- U-First! and Dementia Friendly Communities
- Northwood InTouch
- Nova Scotia Centre on Aging
- Maritime Brain Tissue Bank
- Parkwood Home Care
- Remember When Custom Books
- Shannex
- The 2 Fidgeteers

CONFERENCE COMMITTEE

Sacha Nadeau

Committee Chair, Director, Programs & Services
Alzheimer Society of Nova Scotia

Marco Redden

Coordinator, Research & Evaluation
Alzheimer Society of Nova Scotia

Heather Murdock

Program Coordinator
Alzheimer Society of Nova Scotia

Beth House

Lead, Dementia-Friendly Communities
Alzheimer Society of Nova Scotia

Denise Collier

Officer, Transformational Giving
Alzheimer Society of Nova Scotia

Jennifer Loucks

Behaviour Resource Consultant
Nova Scotia Health

Cailleagh Sharples

Manager, CCA and DUTJ Programs
& CCA Registry
Health Association of Nova Scotia

Catherine-Anne Murray

Occupational Therapist
Nova Scotia Health

Katrina Owen

Home Care Advisor, Home &
Community
Nova Scotia Department of Seniors
and Long-Term Care

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Conference Program

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Navigating Dementia
Today and Tomorrow

ASNS Provincial Conference: October 25, 2022

8:00 a.m.	Doors Open
8:30 a.m.	Welcome and Opening Remarks The Honourable Barbara Adams, Minister of Seniors and Long-Term Care
8:40 a.m.	Landmark Study: The Path Forward for Dementia in Canada Keynote Speaker Dr. Joshua J. Armstrong, Alzheimer Society of Canada
9:30 a.m.	Dementia in Nova Scotia: What Does the Landmark Study Mean for Us? Dr. Shanna Trenaman & Dr. Melissa K. Andrew, Dalhousie University Dr. Janice Keefe, Mount Saint Vincent University Brian Wallace, lives with dementia
10:30 a.m.	Nutrition Break
10:45 a.m.	Innovation in the Midst of COVID-19 Glenda Keenan & Wendy Wierstra, Nova Scotia Health Continuing Care
11:45 a.m.	The Future of Dementia Care in Nova Scotia: It Takes a Village John Britton, CEO, ASNS
12:00 p.m.	Lunch Break & Artful Afternoon Exhibit
12:45 p.m.	Loneliness and Dementia Dr. Alethea Lacas, Dalhousie University
1:15 p.m.	Supporting People with Behavioural Expressions of Dementia Karine Smith & Mary Stanley, Nova Scotia Health
2:00 p.m.	Promising Practices Showcase Jennifer Ripley, Victoria County Home Support Services Charlotte Sabeau & Rachel Skanes, Digby General Hospital Charlotte Stevens-LeBlanc, Villa Saint-Joseph du Lac
2:45 p.m.	Pilates Movement Break with Anna Townsend
3:00 p.m.	Reframing "Wandering": Strategies to Mitigate Risk while Preserving Autonomy Catherine-Anne Murray, Nova Scotia Health
3:30 p.m.	Charting the Course to a Dementia Friendly Nova Scotia Pamela Fancey, Nova Scotia Centre on Aging Beth House, Dementia Friendly Communities Lead, ASNS
4:15 p.m.	Closing Remarks

2022 Phyllis Horton & Abe Leventhal Research Awards

Each year, ASNS offers the Phyllis Horton and Abe Leventhal Research Awards to students who have demonstrated their commitment to furthering dementia research. We are pleased to welcome this year's award recipients to our Exhibit Hall to showcase posters detailing their thesis projects. Please take the opportunity during one of today's breaks to connect with these bright and passionate students!



2022 Phyllis Horton Research Award Niousha Alizadehsaravi, Dalhousie

Thesis: Barriers and Facilitators for Long-term Care Residents with Moderate and Severe Dementia in Receiving Adequate Nutrition

Niousha is a dietitian candidate who has completing the Master of Science in Rehabilitation Research program at Dalhousie with thesis supervisor Dr. Caitlin McArthur. She is planning to observe and interview residents who have dementia about their food and eating practices, and any challenges that they may face. She hopes that her research will empower residents and caregivers to vocalize their personal experiences and contribute to improving the quality of care for Canadians living with dementia.



2022 Abe Leventhal Research Award Genesis Hebert, Mount Saint Vincent University

Thesis: Experiences of Latino Caregivers Caring for a Family Member with Dementia using a Critical Race Approach

Genesis Hebert is a graduate student in the Family Studies and Gerontology program at MSVU. She is originally from Edmundston, NB and has maternal roots in Acapulco, Mexico. She has gained extensive experience in long-term care and home care and has dedicated her education to gerontology. Her thesis research will focus on individuals in Hispanic communities and their dementia caregiving experience. More importantly, the research is driven by the desire to give a voice to aging people of colour and inform the public of the importance of creating services that will represent older adults of different ethnicities and cultural backgrounds.

Landmark Study: The Path Forward for Dementia in Canada



Dr. Joshua J. Armstrong, PhD
Alzheimer Society of Canada

Josh is a Research Scientist with the Alzheimer Society of Canada and currently lives with his family in Thunder Bay, Ontario. With a multidisciplinary background in the health sciences, Josh brings research expertise in data analytics, gerontology, epidemiology, health measurement and public health to the organization. He completed his PhD at the University of Waterloo in the School of Public Health and Health Systems.

After receiving his doctorate, Josh went on to complete an Alzheimer Society Research Program postdoctoral fellowship with the Geriatric Medicine Research group at Dalhousie University. His postdoctoral research work under the supervision of Drs. Kenneth Rockwood, Melissa Andrew, and Arnold Mitnitski used large population-based cohort studies to examine the relationships between frailty and cognitive decline in aging. Prior to joining the Alzheimer Society of Canada, Josh was an Assistant Professor in the Department of Health Sciences at Lakehead University.

To learn more and read the full report,
visit: www.alzheimer.ca/ns/landmark

Dementia in Nova Scotia: What Does the Landmark Study Mean for Us?



Dr. Shanna Trenaman, BScH, BScPharm, MAHSR, ACPR, PhD
Dalhousie University

Dr. Shanna Trenaman is a pharmacist, dementia researcher and assistant professor at the Dalhousie College of Pharmacy. Shanna completed her BScPharm, MAHSR and PhD at Dalhousie University. She is an Accredited Canadian Pharmacy Resident, having completed her hospital pharmacy residency at the QEII Health Sciences Centre in affiliation with Dalhousie University.

As a clinician-scientist, Dr. Trenaman's research approaches the topic of appropriate drug use in older adults from the perspectives of pharmacology, epidemiology, pharmacoepidemiology and health services research. Her research interests are in polypharmacy, deprescribing, drugs used by older adults with dementia, anticholinergic medications, sex- and gender-based differences in drug use, and medication and health services use in relation to sex and gender.



Dr. Melissa K. Andrew, MD, MSc Public Health, PhD, FRCPC
Dalhousie University

Melissa K. Andrew is a staff geriatrician and Professor of Medicine and Geriatrics at Dalhousie University in Halifax, Nova Scotia. She completed training in Internal Medicine and Geriatrics at Dalhousie, a Master's in Public Health at the London School of Hygiene and Tropical Medicine, and an interdisciplinary PhD at Dalhousie on the subject of frailty and social vulnerability among older adults. Her research interests include how frailty and social circumstances impact older people's health. She has been a long-time member of the ASNS Board and Research Advisory Committees.



Dr. Janice Keefe, PhD
Mount Saint Vincent University

Janice Keefe, PhD, is Professor and Chair of Family Studies and Gerontology at the Mount Saint Vincent University. She holds the Lena Isabel Jodrey Chair in Gerontology and is Director of the Nova Scotia Centre on Aging. Dr. Keefe is an Adjunct Professor with Dalhousie's Faculty of Medicine and an Affiliate Scientist with Nova Scotia Health. A Fellow of the Canadian Academy of Health Sciences, she was part of CAHS Dementia Assessment Expert Panel which helped to inform Canada's National Dementia Strategy.

Dr. Keefe is an active member of many Canadian and international initiatives including the Canadian Health Standards Organization Long-Term Care Services Technical Committee, PEI Long-Term Care COVID Review Panel and Vice-Chair of the European-Canada Scientific Advisory Board of More Years Better Lives. She chaired the Ministerial Expert Panel on NS Long-Term Care and contributed to the Royal Society of Canada's report on COVID-19 and Long-Term Care. Her research expertise centres on family/friend caregivers, continuing care policies and rural aging.



Brian Wallace

Brian Wallace is a married father of two who lives in the beautiful Annapolis Valley. He is a former Baptist pastor who at the age of 55 was diagnosed with Posterior Cortical Atrophy, a rarer form of Alzheimer's. He enjoys being active and can often be found running and cycling and this past winter, curling. His days begin with a walk with his wife, Shelley, and golden retriever, Lucy.

Innovation in the Midst of COVID-19



Glenda Keenan, MA, CHE
Nova Scotia Health

Glenda Keenan has spent her career focused on understanding the challenges impacting Continuing Care and leading change. As a director with Nova Scotia Health Continuing Care, Glenda is responsible for contract management, policy development and operational planning. Prior to this position, Glenda spent 10 years working as a senior policy analyst with the provincial government, exploring issues related to the delivery of Continuing Care services. Glenda also brings to her work a strong analytical and research background, having worked as a research analyst with a Canada Research Chair in Aging and Caregiving Research. Glenda continues to nurture her ties to the research community to support improvements to the delivery of Continuing Care services.



Wendy Wierstra, BSW, RSW
Nova Scotia Health

Wendy Wierstra is a Dartmouth born mother of four. Wendy first obtained a Bachelor of Arts (Sociology) from Saint Mary's University in 1996. Working in small options settings, providing community-based support to individuals with varying medical and cognitive abilities, directed Wendy toward a career in social work. Wendy obtained a Bachelor of Social Work from Dalhousie University in 1999. Wendy then moved to the U.S. and "stumbled" into the field of geriatrics working in long-term care and retirement living settings. Geriatrics became her preferred area of practice and Wendy obtained a Certificate in Aging from Hunter College in New York. Wendy returned to Nova Scotia in 2004 and began working with Continuing Care. She has spent the last 18 years as a Community Care Coordinator, working with clients and their families to develop the appropriate balance of support that will promote people living well in the place they call home.

11:45 AM | PRESENTATION

The Future of Dementia Care in Nova Scotia: It Takes a Village



John Britton, CEO
Alzheimer Society of Nova Scotia

John is a people-focused professional who leverages his varied experience across multiple sectors to maximize client impacts and financial efficiencies in the charitable world. After almost two decades in corporate business development in Europe and India (with a detour into teaching and adult education along the way), John knows how to blend business acumen with heart and compassion to ignite passion for a cause and drive positive change in the charitable arena.

A true philanthropist, John has seen success in several organizations in the Canadian not-for-profit healthcare sector in areas such as genetic disability, sexual health, HIV/AIDS, heart disease, and the LGBTQ+ community. An avid outdoor, animal and arts and culture lover, when John isn't working in his current capacity as CEO of the Alzheimer Society of Nova Scotia, you will likely find him in a lake, in a dark cinema, on a hike, with cats on his lap, or indulging in his ultimate passion – travel.

ARTFUL AFTERNOON EXHIBIT

Artful Afternoon is a partnership program offered by the Alzheimer Society of Nova Scotia and the Art Gallery of Nova Scotia. This dementia-friendly program provides an opportunity for people living with dementia and their care partners to connect with art.

Be sure to check out the Artful Afternoon Exhibit during the break to learn more about the program and see artwork created by people living with dementia and their partners in care.

Visit alzheimer.ca/ns/artfulafternoon to learn more!

12:45 PM | PRESENTATION

Loneliness and Dementia

Dr. Alethea Lacas, MD
Dalhousie University

Dr. Alethea Lacas is trained as a Family Physician and a Geriatrician. She completed her training in Seattle Washington and returned to Nova Scotia in 2010 where she joined the Department of Family Medicine. Throughout the past two decades, Dr. Lacas has provided care for all ages with a focus on caring for older adults in the community and in long-term care. In 2021, Dr. Lacas moved all of her clinical work to the Division of Geriatrics where she is engaged in both inpatient and outpatient consult services. Dr. Lacas is a strong advocate for the importance of educating medical learners about the complexity, challenges and beauty encountered in caring for our frail elders.

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Supporting People with Behavioural Expressions of Dementia



Karine Smith, BScR, CTRS
Nova Scotia Health

Karine is the Behaviour Resource Consultant in South West Nova Scotia with Continuing Care. Karine graduated from Dalhousie University and is a certified Recreation Therapist. In 2010, her career started in long-term care. A few short years later she returned to her hometown of Barrington, Nova Scotia, where she continued her career in long-term care. In 2015, she joined Continuing Care as the Behaviour Resource Consultant supporting care partners and individuals living with a cognitive impairment. Karine has partnered with the Alzheimer Society over the years by assisting with the family caregiver education series, "Shaping the Journey" education series, and facilitating U-First! education. Karine enjoys spending time at the beach with all her boys; two sons, husband and dog.



Mary Stanley, RN
Nova Scotia Health

Mary works as a Behavioural Resource Consultant with the NSHA in the Central Zone. Mary has been a Registered Nurse for 12 years, working in many different backgrounds in both acute care, community, and long-term care. Through her work in all three of these areas she has developed a passion for helping and supporting individuals living with neurocognitive impairments and those caregivers supporting them. Through her role as a BRC, Mary has been able to be involved with the ASNS in family and caregiver support groups. Mary was born and raised in the Annapolis Valley and now lives in Fall River raising two children with her husband.

Promising Practices Showcase

This year, we wanted to recognize and showcase some of the great work happening across the dementia care sector in Nova Scotia. We know that care teams throughout the province are coming up with creative and innovative solutions to enhance quality of life for those living with dementia. We opened the door to nominations, and you all delivered!

Our conference planning committee narrowed it down to three nominations, and we were delighted when all were on board to join us on stage and share their homegrown solutions with our audience. We will hear from representatives working in home care, long-term care and hospital alternative level of care settings, each with unique perspectives and ideas they have put in place to better support people with dementia.



Jennifer Ripley
Victoria County Home Support Services

Jennifer Ripley is the Coordinator for the Community Connections Program with Victoria County Home Support Services. With a background in Sociology, Jennifer's project experience ranges from serving First Nations, Youth, Adult Learners and Seniors. Her project work has included on-site career training, adult distance learning, meal delivery, and a variety of community development work. Jennifer relocated from Calgary to Cape Breton 14 years ago to move to her husband Scott's family homestead. Since then, they have raised their two children and multiple pets at their rural home.



Charlotte Stevens-LeBlanc, CTRS, CDCP
Villa Saint-Joseph du Lac

Charlotte was born and raised in the Annapolis Valley, but graduated from Dalhousie University in 2007 with a Bachelor of Science in Therapeutic Recreation. She obtained her certification in 2008 to become a Certified Therapeutic Recreation Specialist, and most recently obtained her designation as a Certified Dementia Care Provider. She now calls Yarmouth home, and has experience working in acute care, stroke care, dialysis, transitional care, general med and long-term care, but has dabbled in others thanks to working as a solo practitioner for most of her career.



Charlotte Sabeau, CTRS
Digby General Hospital

Charlotte Sabeau has worked as a Certified Therapeutic Recreation Specialist at Digby General Hospital (DGH) for 16 years. At DGH, Charlotte works primarily on the Restorative Care Unit as well as the medical unit and has worked with dialysis, community and pediatric populations. Charlotte is passionate about community development and volunteers with many organizations. Charlotte loves spending time with her family and can be found on the soccer field coaching or refereeing during her free time.



Rachel Skanes, CTRS
Digby General Hospital

Rachel Skanes became a Certified Therapeutic Recreation Specialist in 2018. Her passion for Therapeutic Recreation has taken her across the country, working in Ontario, Alberta, Newfoundland and Nova Scotia. Most recently, Rachel works as the Recreation Therapy Associate with the Mobility Enhancement Program at the Digby General Hospital in Digby, Nova Scotia. Her passion for accessible health care and communities makes her an avid volunteer.

3:00 PM | PRESENTATION

Reframing “Wandering”: Strategies to Mitigate Risk While Preserving Autonomy



Catherine-Anne Murray, OT Reg (NS)
Nova Scotia Health

Catherine-Anne is an Occupational Therapist on the Outreach Geriatrics Team with Nova Scotia Health Authority. She has 12 years of experience working both in the hospital and community with people living with dementia and their partners in care, and enjoys collaborating with the Alzheimer Society on projects and presentations. She has completed the Dementia Studies Certificate from the University of Stirling in Scotland, and has a passion to help improve the quality of care and life for those living with dementia.

Dementia: Understanding the Journey

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Charting the Course to a Dementia Friendly Community



Pamela Fancey, M.A.
Nova Scotia Centre on Aging

Pamela Fancey is the Associate Director of the Nova Scotia Centre on Aging at Mount Saint Vincent University, which has a mission to advance knowledge on aging to inform social policy and practice. Her role at the Centre includes strategic planning, project development and management, fostering relations with researchers and stakeholders, consultation with stakeholders and event planning. She has led evaluation projects and contributed to revisions of the dementia care course and continuing care assistant curriculum. Ms. Fancey has authored/co-authored articles and reports on topics including older workers, age-friendly communities, family and friend caregivers, resident quality of life and home support workers. Ms. Fancey was the Project Lead for the Centre's work on the *Dementia Friendly Communities Implementation Plan for Nova Scotia*.



Beth House, BRec
Alzheimer Society of Nova Scotia

Beth House, BRec is the Dementia Friendly Communities Lead for the Alzheimer Society Nova Scotia. In addition, she also facilitates education, delivers public presentations and supports clients on the InfoLine. With a therapeutic recreation background specializing in geriatric populations, Beth spent 20 years working in long-term care, enhancing quality of life for the residents she served. Beth has held various volunteer roles on provincial Therapeutic Recreation Boards and with the Nova Scotia Horticulture for Health Network. When Beth is not working, she is busy in her garden or with her husband, two kids and dog Rory.

HOW TO GET INVOLVED WITH ASNS

VOLUNTEER - SIGN UP!

Volunteers are essential to the programs and services we provide across the province to those living with dementia and are a vital part of our fund development activities. Your involvement helps us to raise funds for research, education, support programs and advocate for quality care. You will meet new people, learn new skills, and become familiar with dementia. By volunteering, you can make a difference in the lives of families living with dementia.

Email our Volunteer Coordinator at marilyn.macmullin@asns.ca to learn more.

ALZHEIMER AWARENESS MONTH - PARTICIPATE!

Each January, Alzheimer Societies across the country recognize Alzheimer's Awareness Month. During this month, we encourage you to learn more about dementia and its impact on Nova Scotians. By understanding what people living with dementia experience in their day-to-day-lives – their struggles, their successes and their hopes – together we can raise awareness. This year we will be hosting an Awareness Event – please contact us at 1-800-611-6345 or visit alzheimer.ca/ns to learn more.

WALK FOR ALZHEIMER'S – REGISTER!

Each May, we host our annual Walk for Alzheimer's! Participants can register as individuals or create a team. Your facility can also participate by holding your own Walk for Alzheimer's. We provide resources and support for your event which can take place at any time. Contact us at alzheimer@asns.ca for more information.

E-NEWSLETTER AND IN THE LOOP – SUBSCRIBE!

Sign up for our bi-weekly email blasts to stay updated on Society news and events. Sent out quarterly, subscribe to our newsletter to stay in the loop with what's happening at ASNS and dementia resources in Nova Scotia. Email alzheimer@asns.ca and ask to subscribe!

HOST YOUR OWN EVENT!

Bring your friends, family, community and colleagues together in a way that fits your organization and have fun while raising funds for ASNS. From bake sales to a rocking chair challenge, the possibilities are endless!

For more information on how you can get involved, call 1-800-611-6345 or email us at alzheimer@asns.ca.

PROGRAMS AND SERVICES

CONNECTION & SUPPORT

InfoLine 1-800-611-6345

The InfoLine is a confidential telephone service provided by a team of knowledgeable and caring staff. We provide information on topics related to Alzheimer's disease and other dementias, discuss questions and concerns, and provide referral to programs and resources.

Caregiver Support Groups

These confidential groups for caregivers provide an opportunity to learn, share and help each other through mutual understanding and support. Facilitated meetings are held once a month.

Artful Afternoon

This program is a partnership between ASNS and the Art Gallery of Nova Scotia for persons with dementia and their care partners. It is a social, interactive program combining art making and education in a dementia-friendly environment. Participants are not required to have any prior experience in art to attend.

LEARNING & EDUCATION

Public Education

Connect with ASNS for information about dementia and related issues through public education sessions. To request a public education session in your community, please contact the InfoLine.

Family Caregiver Education Series

This six-part education series supports families and care partners of persons recently diagnosed with dementia. Each session consists of a presentation and a question and answer period.

Shaping the Journey™

Shaping the Journey is a seven-session educational program designed for people who are recently diagnosed with early stage Alzheimer's disease or another dementia, and a care partner. This program is offered in partnership with Nova Scotia Health.

U-First!™ for Healthcare

This six-hour workshop develops common knowledge, language, values, and approach to caring for people with Alzheimer's disease or other dementias. It is open to frontline staff of publicly funded long-term care and home support agencies across Nova Scotia.

U-First!™ for Care Partners

This six-hour workshop is an innovative education program designed to increase care partner confidence and capability to reduce responsive behaviours, while enhancing the well-being of both care partners and those experiencing behaviour changes.

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