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SEPTEMBER

World Alzheimer's Month *Dementia: A journey of caring*

September 2013 will mark global World Alzheimer's Month, an international campaign to raise awareness and challenge stigma. The theme for World Alzheimer's Month 2013 is Dementia: a journey of caring. This year, the Alzheimer Society of Cornwall & District will focus on the care required by people with dementia throughout the course of the condition.

In order to support a greater number of caregivers throughout the progression of the illness, new peer support services will be offered beginning in September 2013. Peer support services will be available in different

locations across Stormont, Dundas, Glengarry, Prescott and Russell. Evening groups will also be scheduled based on demand. If you wish to participate in peer support services, please contact Joëlle Perras, Education Coordinator. The meetings will be held on a monthly basis for 10 months, from September to June. During the months of July and August, those who wish to continue peer support will be able to register for new sessions beginning in September. In order for the meetings to benefit all members, a minimum of 8-10 participants is required.



**Alzheimer's Disease
International**



OPEN HOUSE

*Friday, September 13th
11:00am to 1:00pm*

Visit our new location
located in Time Square,
106B Second Street West.

Coffee and treats will be
served –donations accepted
in support of the Coffee
Break campaign.



106B Second Street West
Cornwall, ON
K6J 1G5 613-932-4914

250 Main St. East, Suite 210
Hawkesbury, ON
K6A 1A5 613-632-4349

The caregiving role throughout the stages of Alzheimer's disease and other dementias

Each person experiences Alzheimer's disease or other dementias in their own way. It can be helpful to think of the way the disease progresses as a series of stages, although not everyone with dementia goes through the stages in the same way. The following information is provided as a guide only.

The mild stage is characterized by a loss of memory. This can result in forgetfulness, communication difficulties, and changes in mood and behaviour.

Caregiving role in the mild stage:

- While the person is still able, help them to plan their future care options including legal and financial issues.
- Make up a schedule of appointments and activities to help as a reminder. Promote as much daily routine as possible. Encourage social connections including physical activities as they are able.
- Encourage independence as long as safety is maintained. If required, provide specific instructions for tasks, one at a time as well as verbal cues and prompts when appropriate.
- Be flexible. What works well one day may not work at all the next day. Provide positive encouragement and support to the person.
- Learn about dementia and the services that will be available as the disease progresses and both your needs change (homecare, respite care, community programs like Meals on Wheels and long term care homes).
- Contact the Alzheimer Society for information and support.



Caregiving role in the middle stage:

- Learn strategies on how to support the changing needs of the person with dementia and to connect with other caregivers who are on the same journey.
- Ensure safety. Assess safety concerns in the home, driving issues, and also safety issues regarding increasing inability to cook, shop, or pay bills. Staff at the Alzheimer Society can connect you with the appropriate professionals who can help you with these concerns.
- Plan activities for the person with dementia that are appropriate and promote satisfaction and achievement.
- Develop a plan for providing care as the needs of the person with dementia change and enlist the help and support of others, such as family and friends.
- Arrange for appropriate community services as care needs increase. Try to maintain the person in his or her current residence as long as possible.
- Register the person with the MedicAlert Safely Home program.
- Assess the need for increasing professional care and possibility of moving into a long term care home.
- Take care of yourself.

The middle stage is characterized by increasing forgetfulness and inability to manage daily tasks. As this stage progresses, there will be decreased ability to perform self-care which may result in moving the person to a care facility. You will need to obtain support from family, friends, and/or community organizations to manage care needs in the home.

The late stage is characterized by gradually becoming totally dependent on others for physical care. Twenty-four hour care will be required either in the home or a care residence. Loss of memory may become very pronounced and the person may start to walk unsteadily, eventually becoming dependent on a wheelchair for mobility.

The caregiving role in the late stage:

By partnering with professionals to share the caregiving role, you will become a valuable resource to the health care team. Your knowledge of the person is crucial in providing care.

- Be prepared for the adjustment that needs to take place for both you and the person with dementia if you move the person into a long term care home. The person with dementia is moving to a new home with new faces. You are adjusting from being the person providing hands-on care to being a “partner in care”. This adjustment period will take time.
- Keep in touch with the doctor and/or long term care home staff about the person’s condition, care and treatment; attend care planning meetings in a long term care home when invited, keep lines of communication open.
- The need for companionship and belonging remains. Help the person with dementia remain stimulated with appropriate activities such as reading, sharing photographs, reminiscing, and listening to music.

The end stage is characterized by decreasing physical and cognitive abilities. The person’s inability to cope with infections and other physical problems is more pronounced as end-of-life approaches.

The caregiving role in the end stage:

- Providing comfort and dignity is a priority.
- Some abilities remain, although many are lost as the disease progresses. The person may still keep their sense of touch and hearing, and their ability to respond to emotion, even in the final stages.

Factors affecting your caregiving role:

- The nature and strength of your relationship with the person with dementia.

- The personalities of both the person with dementia and yourself.
- The ability of each of you to adapt to changes caused by the disease including your physical, emotional, psychological and financial resources.
- Day-to-day expectations that you have, such as being an employee, parent, volunteer, your place of residence in relation to the person with dementia.

A word about setting boundaries

You are most effective as a caregiver when you know where your boundaries are and you protect them. This can be challenging. Caregivers live their day-to-day lives perilously close to their boundaries. The first step is recognizing your boundaries and understanding that it is alright to have them. In fact, it is healthy to give yourself a break now and then. Decide how much time you need for renewal and schedule it. Learn to say “yes” to yourself!

You will adjust more readily to transitions in your caregiving role if you:

- Learn about dementia, its impact and what the major transition points are in the caregiving journey.
- Connect with others going through similar situations in order to share feelings and learn new strategies for coping.
- Know your boundaries in your caregiving role.
- Look after yourself, try to be positive and find joy in everyday things.

**Information provided courtesy of the Alzheimer Society of Ottawa and Renfrew*

Planning for tax season

Free information sessions on tax credits that you may be eligible for.

Available in November 2013

Please contact us for more information

1-888-222-1445 ext. 202

MedicAlert Safely Home®

People with dementia can become lost even in familiar places. Now, with MedicAlert protection, there's an effective way to identify the person who is lost and bring the family back together.

MedicAlert provides:

24/7 Emergency Hotline: Medically trained specialists are available to answer within 5 seconds and immediately supply police and emergency responders with the member's physical description, emergency contacts and critical health information.

MedicAlert Identification: Critical medical information and the Hotline number are engraved on the ID bearing the MedicAlert symbol recognized by emergency responders.

Family Notification: When called, the 24-hour emergency Hotline specialists immediately notify caregivers or family to let them know the situation and location of the member, reducing anxiety for everyone.

Join MedicAlert Safely Home and receive a complimentary EXCLUSIVE MedicAlert ID bracelet for people living with dementia.

Pay only \$60* for 1 year of MedicAlert Protection



The protection of a MedicAlert Safely Home membership includes:

- An exclusive MedicAlert ID.
- A comprehensive electronic medical profile with unlimited updates.
- A 24 hour emergency Hotline staffed with trained specialists available in 140+

- languages –ready to speak for the member.
- Family/emergency contact notification immediately after the hotline is called.
- Follow-up with the caregiver after the emergency Hotline is contacted.
- A wallet card with health information and emergency contacts.
- Access to an online electronic medical profile anytime, anywhere.

If a person with dementia goes missing...

1. Call 911 or your local police.
2. When police arrive, have relevant information ready such as a photo, description of what the person is wearing, as well as the colour, make and license number of the car if they are driving.
3. Inform police that the person has a MedicAlert ID. The police can call the 24-hour emergency Hotline for details on possible locations and other vital medical and member information.

Veterans receiving health benefits through Veterans Affairs Canada may be eligible for the VAC assistance program to cover the cost of joining MedicAlert Safely Home.

To register

- Contact 1-855-581-3794 or fill out the registration form available in our office or online (www.alzheimer.ca/cornwall) and mail it to:

Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, ON M2J 5B4

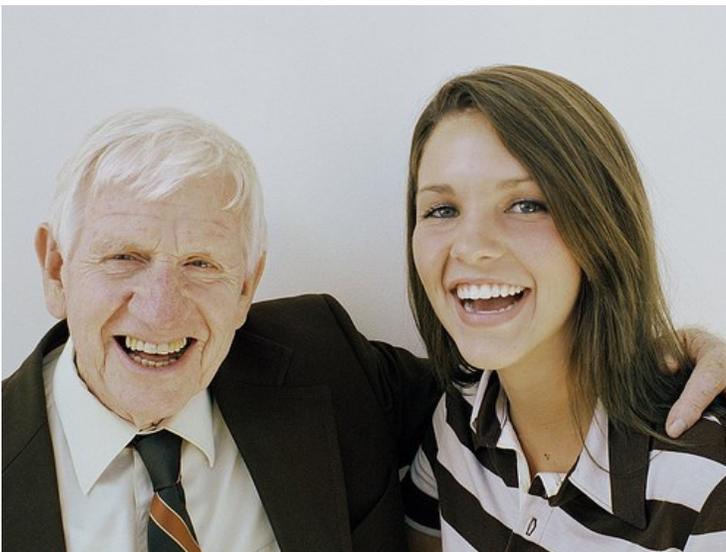
*The MedicAlert Safely Home enrollment price of \$60 includes the cost of Medic Alert membership for 1 year, a complimentary stainless steel MedicAlert ID bracelet exclusive to people living with dementia, applicable taxes and shipping and handling.

Communication is key!

As a caregiver, finding new and effective ways of communicating with a loved one with dementia may sometimes be challenging. The following are a few strategies which may help you in your care role:

Keep it simple and focused on what's important

Dementia isn't just about memory. It can also affect a person's ability to reason, to process information, and to learn. This means the person with dementia may not only have problems recalling words, they may also take longer to understand.



- Try to speak slowly and distinctly, using clear and simple words.
- Where possible, keep conversations brief, as it's very easy for people with dementia to lose the thread of the discussion if you talk for too long, and this can lead to frustration for both of you.
- Try not to ask open-ended questions, as this can be confusing for someone with dementia. All questions should have a direct yes or no answer, or lead them to the answer. For example, instead of asking "What would you like for lunch?" ask "Would you like a cheese sandwich?"

- Speak as clearly as possible and use "real names" for people and objects rather than pronouns like "it", "she" or "them". This will help the person with dementia to keep a hold of the thread of conversation. For example, instead of asking "Do you like it?" ask "Do you like the cake?"

Reduce anxiety

- Remember that as the person with dementia's short term memory worsens, they are likely to feel anxious, confused and self-conscious. If they get muddled, or begin to say things you know to be incorrect, try not to directly contradict them –this will only increase their feelings of confusion.
- Instead of contradicting or directly correcting what they say, it is more productive to accept what they say as their idea of the truth, and move the conversation along. Being told they are wrong is likely to confuse them further, and will do little to soothe their anxiety. For example, if your mother is convinced she has passed on a message or given you a letter to post, but you know she has definitely not, don't make a big issue of this.

These tips are provided courtesy of Bupa, the United Kingdom's leading provider of dementia care. Bupa have created a Talking Toolkit, which contains advice from their dementia care experts and first hand tips from carers in their care homes about how best to engage and connect with friends and loved ones living with dementia.

For more strategies on how to communicate with someone who is living with dementia throughout the progression of the condition, please access Bupa's Talking Toolkit by visiting:

www.bupa.co.uk/understanddementia

or visit the Living with dementia section on our website: www.alzheimer.ca/cornwall

Finding Your Way

FREE WORKSHOPS

Have you ever been lost in an unfamiliar place?

Not knowing which way to turn can be distressing. Depending on the circumstances, you may have even panicked.

Perhaps you were lucky enough to have a friendly stranger help you find your way. Sixty percent of people with dementia-related memory problems become lost at some point. That's over 120,000 Ontarians. For many of them, this happens without warning. Familiar surroundings may suddenly become strange to them. They get turned around and are unable to find their way home. Many are seniors, but a large number are not. Becoming lost isn't just distressing; it can be dangerous.

That's why it's so important that we offer our assistance when we come across someone who seems lost or confused. The Alzheimer Society of Cornwall and District is currently offering free one hour information sessions for organisations and businesses across the 5 Eastern Counties. If you are interested in learning more about the Finding Your Way program and how to respond if someone seems lost or confused, please contact Joëlle Perras at 613-932-4914 ext. 202.



FINDING Your Way

*For people with dementia,
every step counts.*

Upcoming Events

Walk For Memories

NEW in Hawkesbury!

Join us for our first Walk for Memories in Hawkesbury on Saturday, September 21st.

For more information on this event, please contact:

Sherry Davis at 1-888-222-1445 ext. 206.

SAVE THE DATE for the following event locations:

Walk for Memories

Alexandria January 26th, 2014

Tim Hortons Dome

Cornwall January 19th, 2014

Cornwall Civic Complex

Rockland January 25th

International Hockey Academy



Memorial Car Show

Sylmar Autoville (6500 Highway 34 in Vankleek Hill) will be hosting their annual car show on Sunday, September 22nd 2013 (rain date September 29th 2013).

Coffee Break –Take Part!

September 19th, 2013



1. *What is a Coffee Break?*

Coffee Break is the Alzheimer Society's major nationwide fundraiser where friends, co-workers and customers gather in communities across Canada to raise funds for their local Society to help support local programs and services. Participants at these events make a donation in exchange for a cup of coffee or a coffee cup decal.

2. *Where does an Alzheimer Coffee Break take place?*

You can organize an event —large or small in your community, school, workplace or home.

3. *When does it take place?*

September is World Alzheimer's month, therefore a Coffee Break event can be held anytime throughout the month and even into October.

4. *How do I host a Coffee Break?*

It's easy! You can hold a coffee break in your office, at home, at your church or anywhere you can set up a stand and serve coffee or provide coffee cup decals. You can also offer tea, juice, add cookies or pastries to increase the donations, or use the coffee cup decals for supporters to write their names on in recognition of their donation. The coffee, decals and posters to promote the event will be provided by the Alzheimer Society.

5. *Why should you host a Coffee Break?*

Coffee Break creates awareness in our community. It helps raise much needed funds to provide programs and services for those affected by dementia living in Stormont, Dundas, Glengarry, Prescott and Russell.

For more information about the Coffee Break campaign, please contact Sherry Davis at 613-932-4914 ext. 206, toll free at 1-888-222-1445 or by e-mail at alzheimerrdcoord@one-mail.on.ca.



Thank You

Thank you

Thank you to everyone who has supported our events and to those who have created an event of their own. Thanks to your support, we can provide, Help for Today, *Hope for Tomorrow...*®

Cabaret Dinner

Many thanks to Gary Stokes and the Cabaret Band and Chorus for bringing their Tour of Broadway to Cornwall. The delicious chicken meal was prepared by the staff of the Knights of Columbus Cornwall. The evening raised a total of \$1925. Next year, the band and chorus will be performing "Age of Aquarius".

Masons

On May 4th, the Masons of Eastern Ontario held their Annual Ladies Appreciation night. The Masons have spent the past year sharing information about the programs and services provided by the Alzheimer Society of Cornwall and District. All funds raised help support the Society's local services. The evening's MC was Grand Knight Scott Prowser, with special guest speaker, Ken "The General" Grant, retired CFRA personality and advocate for the Alzheimer Society.

Strawberry Social

Despite the early summer storm, Dundas Manor hosted another successful Strawberry Social on June 25th. A sincere thank you to Jennifer Hill, staff, families and residents for their dedication and a total of \$1204 raised.

Paddle Poker Run

Many thanks to Blair, Chantel and Steve Bell for their hard work in organizing their yearly event in support of our local services. We look forward to the 5th Paddle Poker Run next July. Top fundraiser for many years in a row was Lucinda Forbes with over \$1400.

Golf Tournament

Over \$22,000 raised for the Alzheimer Society Golf Tournament, sponsored by Investors Group. Congratulations to the tournament winners:

Best Men's Team –Bill Evans, Sean Reid, Doug Ellis and Peter Mantilla.

Best Ladies Team –Mary Lou MacMillan, Myrna Fraser, Sylvie Larocque and Marlene MacDonald.

Best Mixed Team –Monique and Frank Perras, David and Nancy Cruickshank.



Thank you to all sponsors

Title Sponsor –Investors Group

Gold Sponsors: Yvonne Tremblay, Bill Evans (Investors Group) & Seaway Valley Dental Clinic.

Silver Sponsors: Bourdeau Restaurant, Cornwall Concrete, Gault Family Chiropractic, Cornwall Mini Storage, Genivar, Guindon MacLean and Castle, Laframboise Mechanical, Multi Doors and Windows, Perras-Distefano, Pommier Jewellers & Sam Munafo (Investors Group).

We must also give thanks to all of our volunteers who support us as members of our organizing committee or on the day of the event:

Colombe Bourdeau, Carrigan Davis, Don & Nancy Hallberg, Marcelle Howard, Laurie Kennedy, George Knezevic, Elaine & Jim Lalonde, Ray Lapointe, Liliane Leduc, Paulette Poirier, Joanne MacDonald, Christian Munafo, Bonnie Ruest, Peter Selley, Angèle Viau-Selley and Sue Sonnenburg.