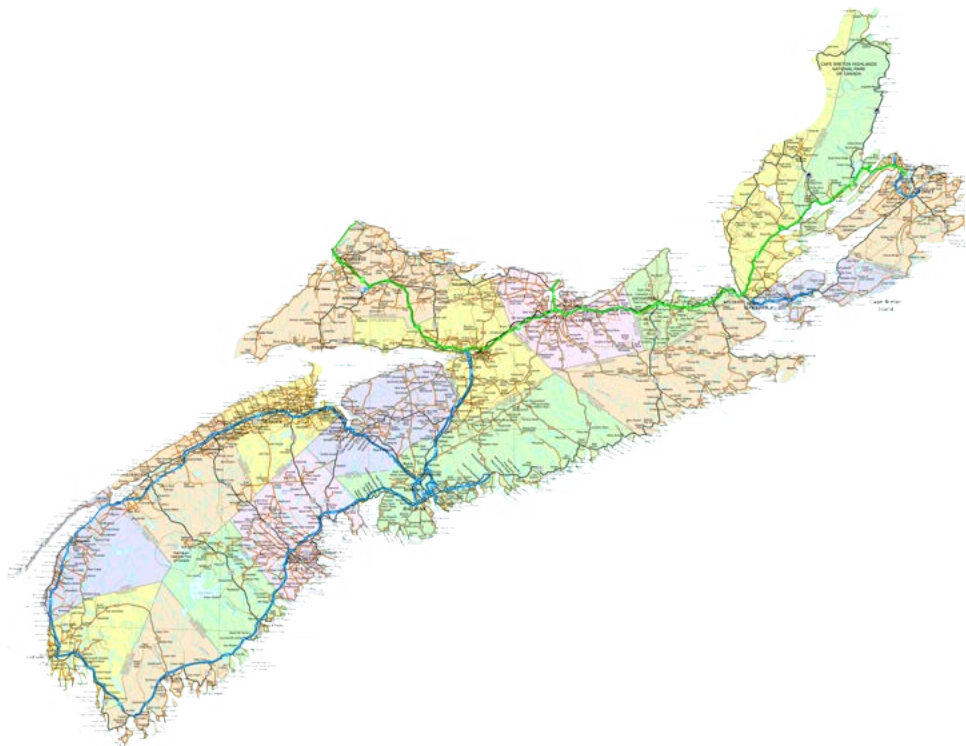


Alzheimer Society of Nova Scotia Road Map:

Meeting the needs of Nova Scotians



Annual Report 2014-2015

Société **Alzheimer** *Society*

N O V A S C O T I A

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Information

InfoLine

This program continues to grow across Nova Scotia with **1,954** calls.



First Link®

The First Link® program received **242** referrals from health professionals, which doubled from it's first year.



Education

Family Caregiver Education Series

We delivered **192** hours, or **16** education series across the province.



Public Education

We provided **194** public presentations and/or health fairs throughout the province.



Shaping the Journey: living with dementia®

We held **60** hours or **5** six week psychoeducational programs for people living with dementia and their partners in care.



Support

Early Stage Support Groups

We provided support to **people with early stage dementia** through **3** support groups across the province.



Caregiver Support Groups

We provided support to families and caregivers through **28** support groups across the province.



A word from Chris Wilson President, Board of Directors

On behalf of the Board of Directors, I am very pleased and honored to be able to provide the Members of the Alzheimer Society of Nova Scotia with an update and report on the progress and good work that the Society has made in the past year.

One of the great accomplishments of the past year has been the Society's contribution to the development of a Dementia Strategy for Nova Scotia. This has been a project the Society has been working on for a long time. I know that our Executive Director, Lloyd Brown, has worked very hard and diligently over the past year; he has had great assistance from other employees and volunteers of the Alzheimer Society, to work with the Department of Health and Wellness in creating a plan that will help guide the government through the tremendous challenges that we as a province will have over the coming decades, in trying to grapple with Alzheimer's disease and other dementias. On behalf of the Board of Directors I would like to thank Lloyd for all of his dedication and hard work in bringing the Dementia Strategy to a successful conclusion, and also congratulate the Government of Nova Scotia in showing the leadership needed to make this project happen.

At a nationwide level, Lloyd and I have participated in the development of more ways in which our Society can cooperate with other Societies across the country (the Federation), to better meet the needs of our various stakeholders. I am pleased to announce that the Federation will be bringing together a body of governors representing each Society, to help chart the strategic direction, and solve strategic problems that the Federation will have to meet over the coming years. It is my belief that this will provide a platform upon which we can harness all the abilities of the various Societies across the country to better meet the needs of our stakeholders.

Lastly, as my time as President is drawing to a close, I would like to take this opportunity to thank all the staff and volunteers who work with the Alzheimer Society of Nova Scotia, for all of their tremendous hard work that they have put into making the Society the success that it is today. Having been closely involved with the Society, I can say with certainty that the Alzheimer Society of Nova Scotia wisely spends the dollars that our donors graciously give to our organization. It is been an honor to work closely with such a wonderful group of people.

Walk for Memories



Sydney Research Breakfast



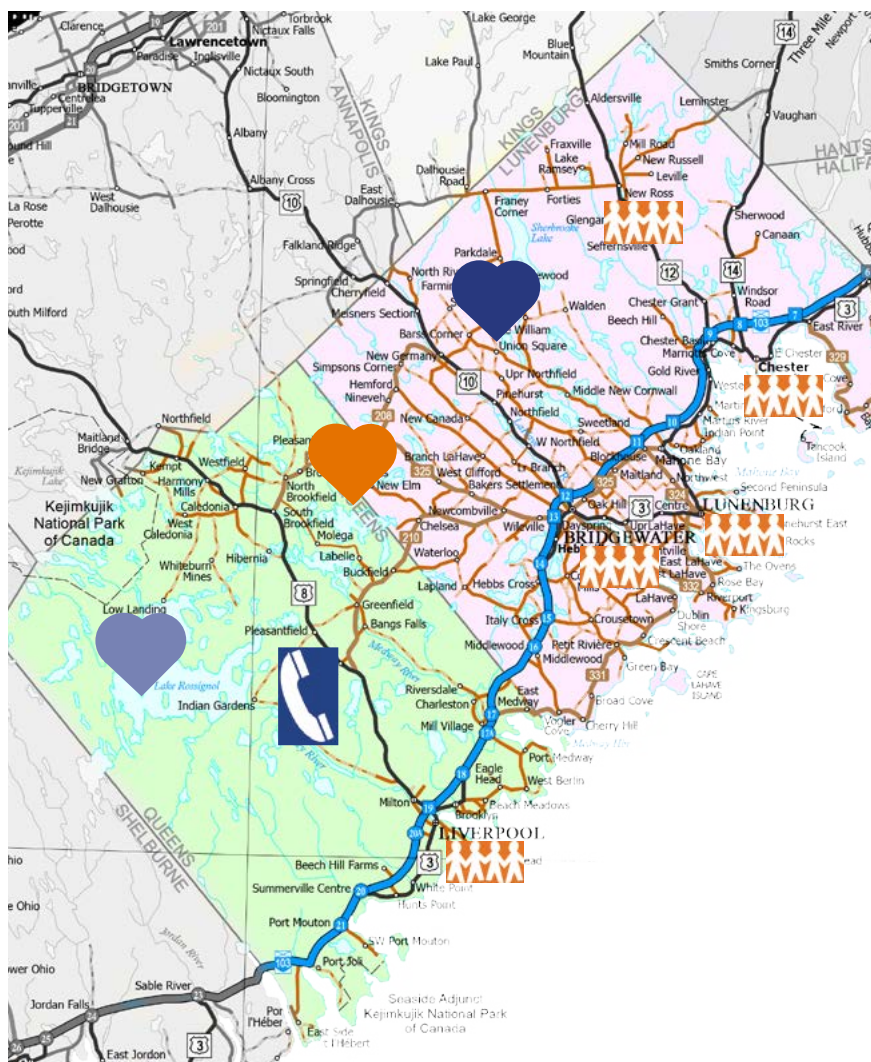
National Philanthropy Day

South Shore

Population: 58,215

This area has a Coordinator, Education & Coordinator:

Joan Parks-Hubley, joan.parks-hubley@asns.ca



Family Caregiver Education Series

The Family Caregiver Education Series (FCES) is a six week, progressive education series delivered throughout the province. The series provided **192** hours (or **16** series) of education to individuals who provide care and support to family members recently diagnosed with Alzheimer's disease or other dementia.

The series includes educational sessions on:

- An Overview of Dementia
- Planning Ahead (Financially and Legally)
- Day to Day Living
- Care for the Caregiver
- Responding to Changing Care Needs
- Tough Issues

And more!



InfoLine

This program continues to grow on the South Shore with **80** calls.



Public Education

We provided **28** public presentations & displays to people on the South Shore.



FCES

We held **48** hours (or **4** series) of education on the South Shore.



Family Caregiver Support Groups

We provided ongoing support to families and caregivers through **5** support groups on the South Shore.



Shaping the Journey®

We provided support to people with dementia and their families through **1** series.

South West

Population: 57,792

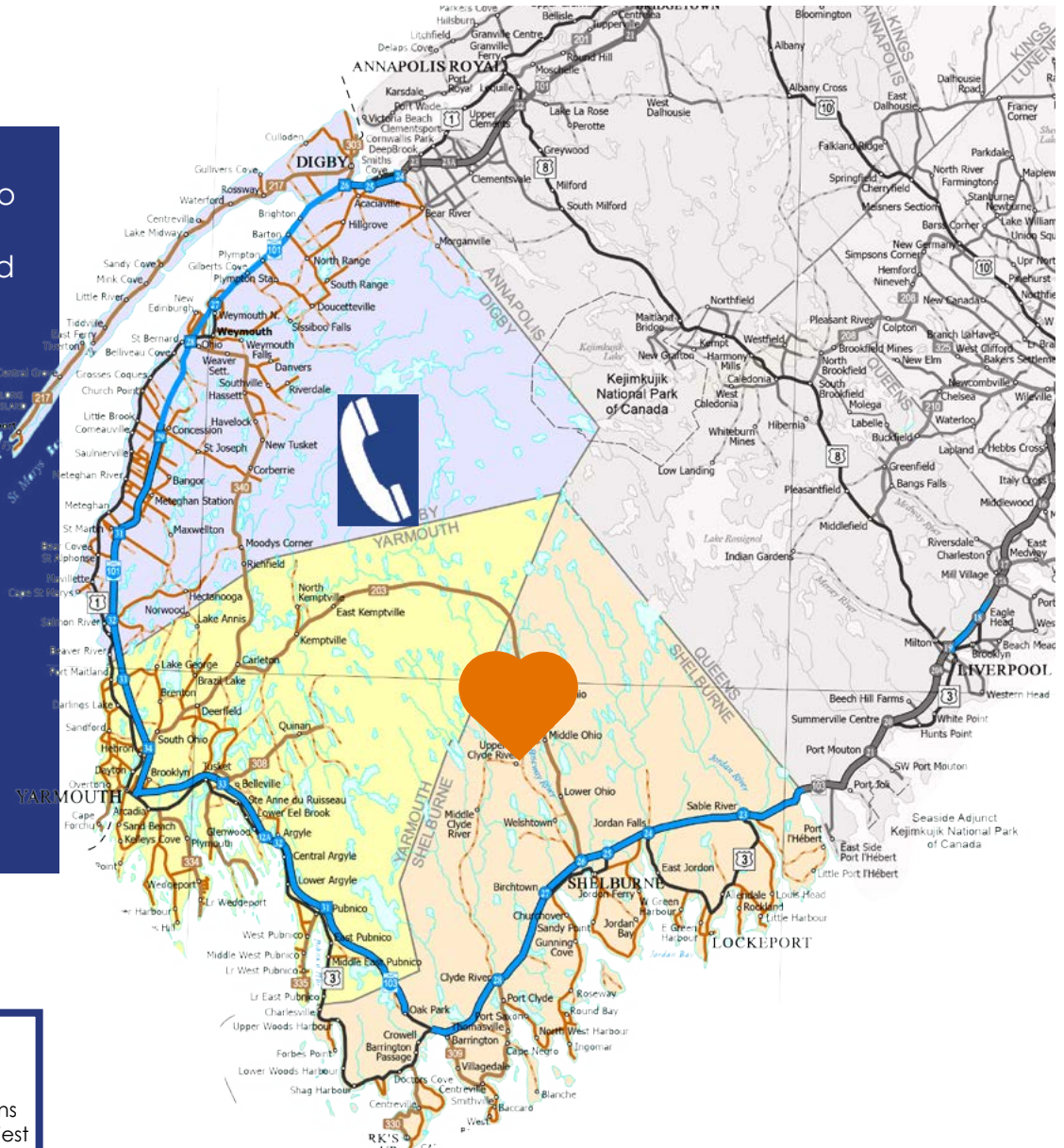
Community Partners

The Alzheimer Society of Nova Scotia is fortunate to have community partners that make it possible for us to provide support to people with dementia and their families in communities throughout the province.

One such partner is the Victorian Order of Nurses (VON). VON provides support where we cannot. Their employees offer two support groups in the South West district of Nova Scotia.

Other prominent community partners include the QEII, Caregivers Nova Scotia, Seniors Mental Health in the Annapolis Valley and Pause Wellness Centre in Middle Musquodobit.

In 2015-16, we look forward to nurturing and continuing these partnerships!



InfoLine

This program continues to grow in South West Nova Scotia with 45 calls.



Public Education

We provided **2** public presentations & workshops to people in South West Nova Scotia.

Annapolis Valley

Population: 81,338

Shaping the Journey®

Shaping the Journey® is a six week program designed to educate and provide support to people with dementia and their family members. It is offered in partnership with the Nova Scotia Health Authority.

The groups are led by caring and knowledgeable professionals and each series is **12** hours long. This year, Shaping the Journey® was offered **5** times throughout the province.



InfoLine

This program continues to grow in the Annapolis Valley with **72** calls.



Public Education

We provided 1 public presentation to people in the Annapolis Valley.



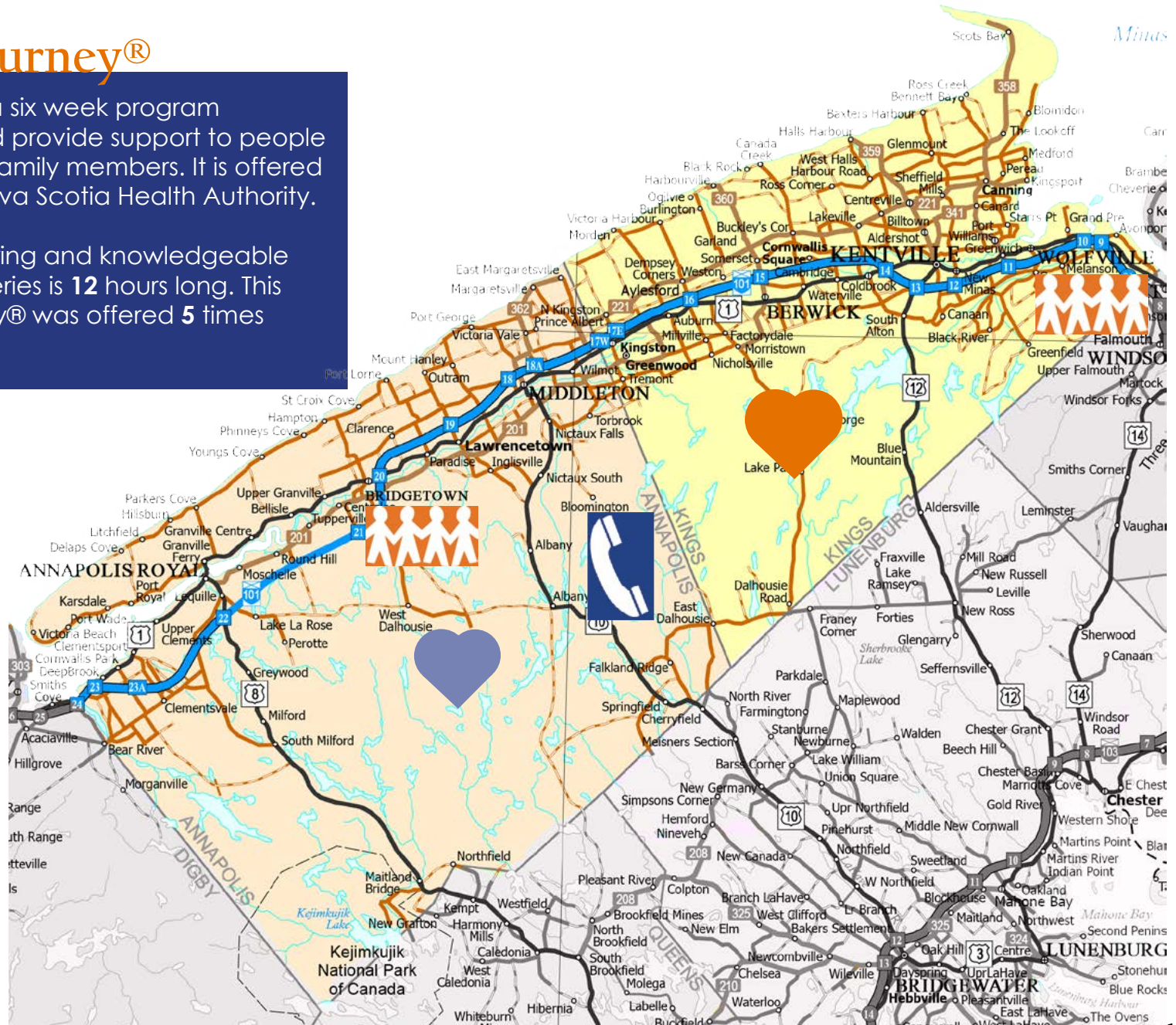
Family Caregiver Support Groups

We provided support to families and caregivers through **2** support groups in the Annapolis Valley.



Shaping the Journey®

We provided support to people with dementia and their families through 1 series.



Colchester East Hants

Population: 71,072

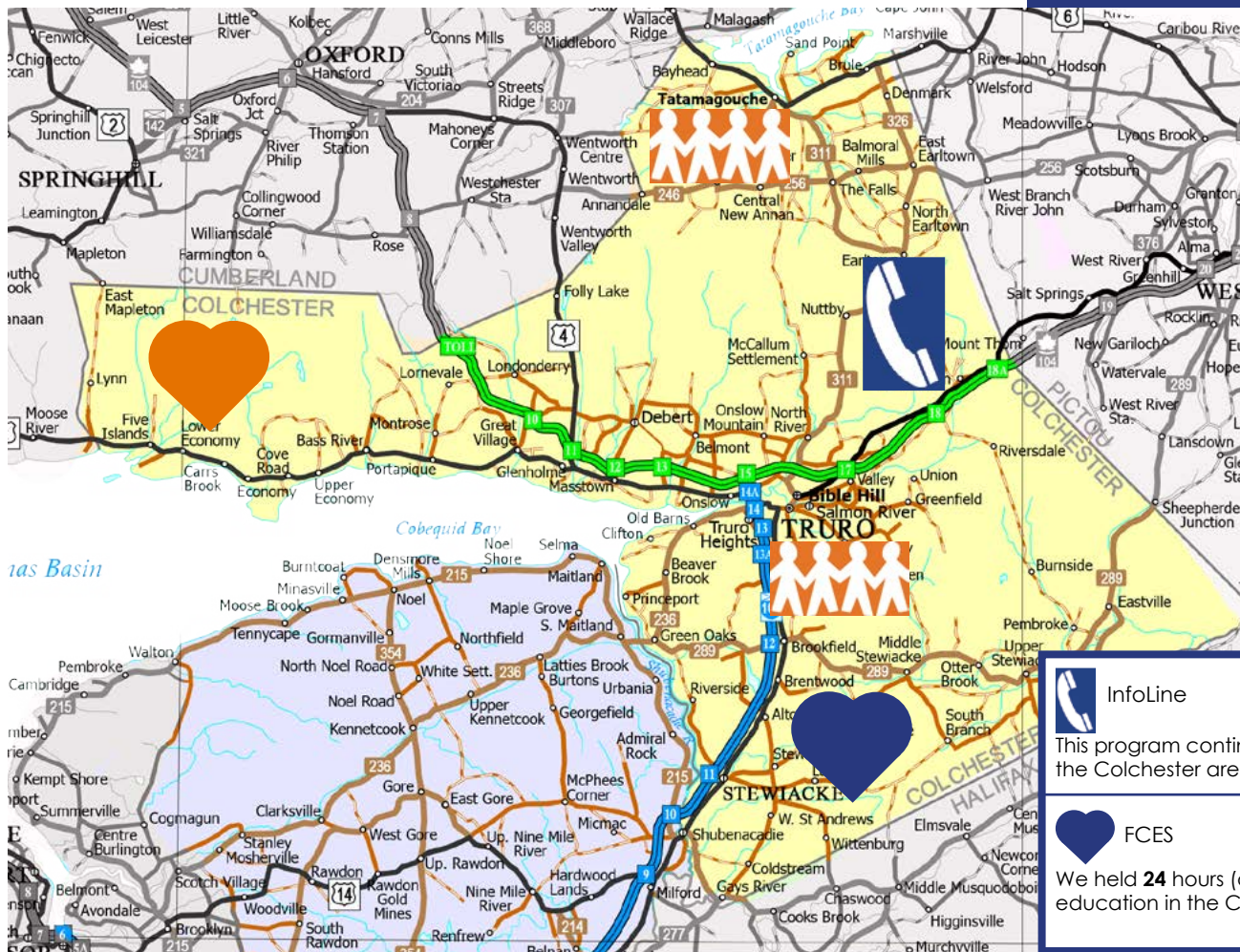
This area has a Coordinator, Education & Outreach:

Dianne Ardern, dianne.ardern@asns.ca

Public Education

The Alzheimer Society of Nova Scotia offered 194 educational opportunities for families, seniors and/or service organizations and the general public in 2014-15.

Our Coordinators of Education & Outreach are happy to give presentations to small and large groups alike, in settings like libraries, schools, community organizations or businesses.



A few examples of public education topics include:

Heads up for Healthier Brains

**Alzheimer Society of Nova Scotia:
How can we help?**

**Let's Talk: A discussion about
dementia**

**Dementia & Meaningful Activities/
Approaches.**

Just to name a few!



InfoLine

This program continues to grow in the Colchester area with **39** calls.



FCES

We held **24** hours (or **2** series) of education in the Colchester area.



Public Education

We provided **19** public presentations to people in the Colchester area.



Family Caregiver Support Groups

We provided support to families and caregivers through **2** support groups in the Colchester area.

Cumberland

Population: 31,370





This area has a Coordinator, Education & Outreach:

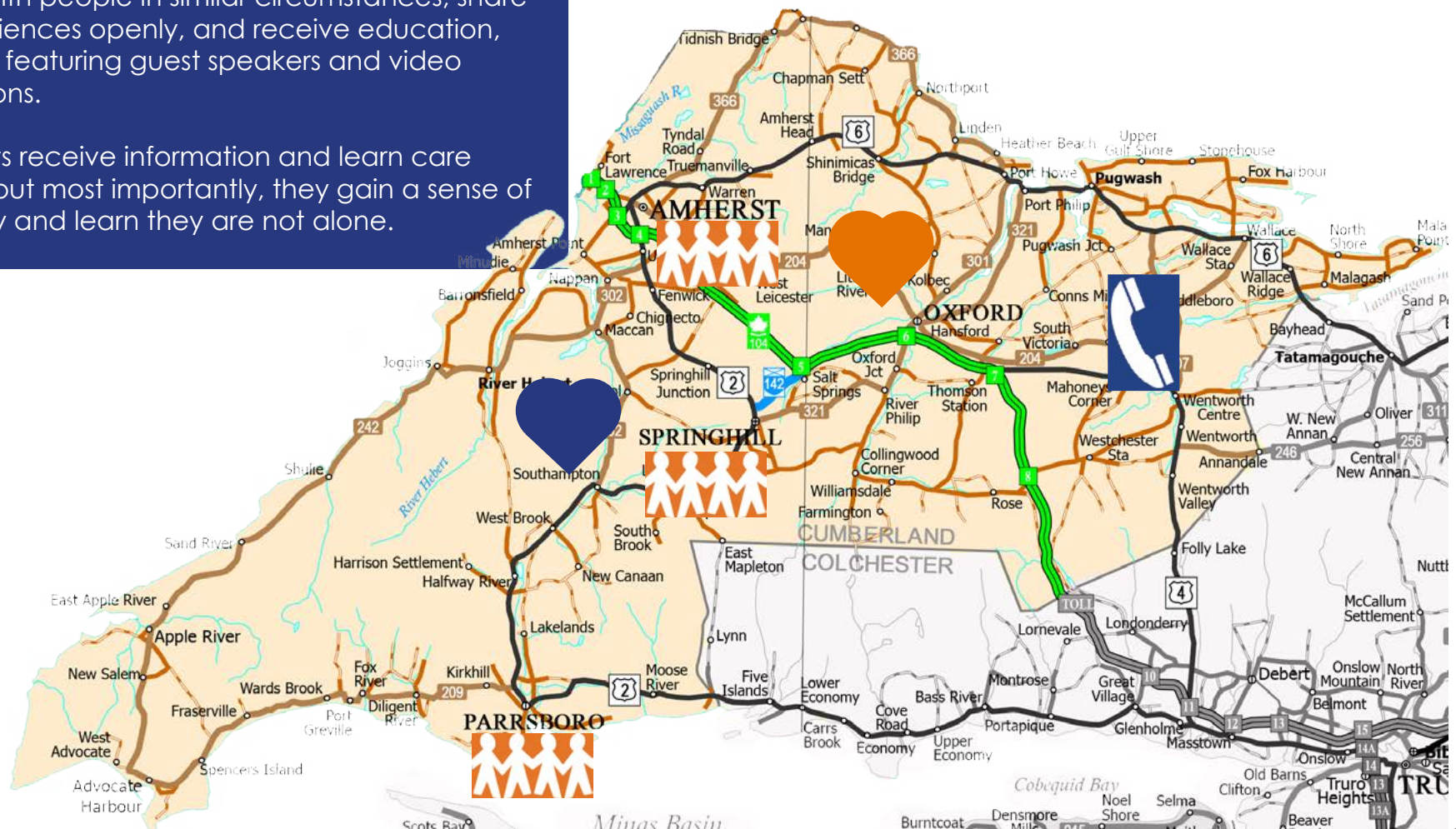
Dianne Ardern, dianne.ardern@asns.ca

Caregiver Support Group

Our support groups offer caregivers an opportunity to connect with people in similar circumstances, share their experiences openly, and receive education, sometimes featuring guest speakers and video presentations.

Participants receive information and learn care strategies but most importantly, they gain a sense of community and learn they are not alone.

 InfoLine This program continues to grow in Cumberland County with 26 calls.	 Public Education We provided 18 public presentations to people in the Cumberland area.
 FCES We held 24 hours (or 2 series) of education for people in the Cumberland area.	 Family Caregiver Support Groups We provided support to families and caregivers through 3 support groups in the Cumberland area.



Pictou County

Population: 45,650

Donors



Each year, the Alzheimer Society of Nova Scotia relies on the generosity of Nova Scotians, who reach into their pockets and purses. Because of their kindness, thousands in our province who are on the dementia journey, receive support and education.

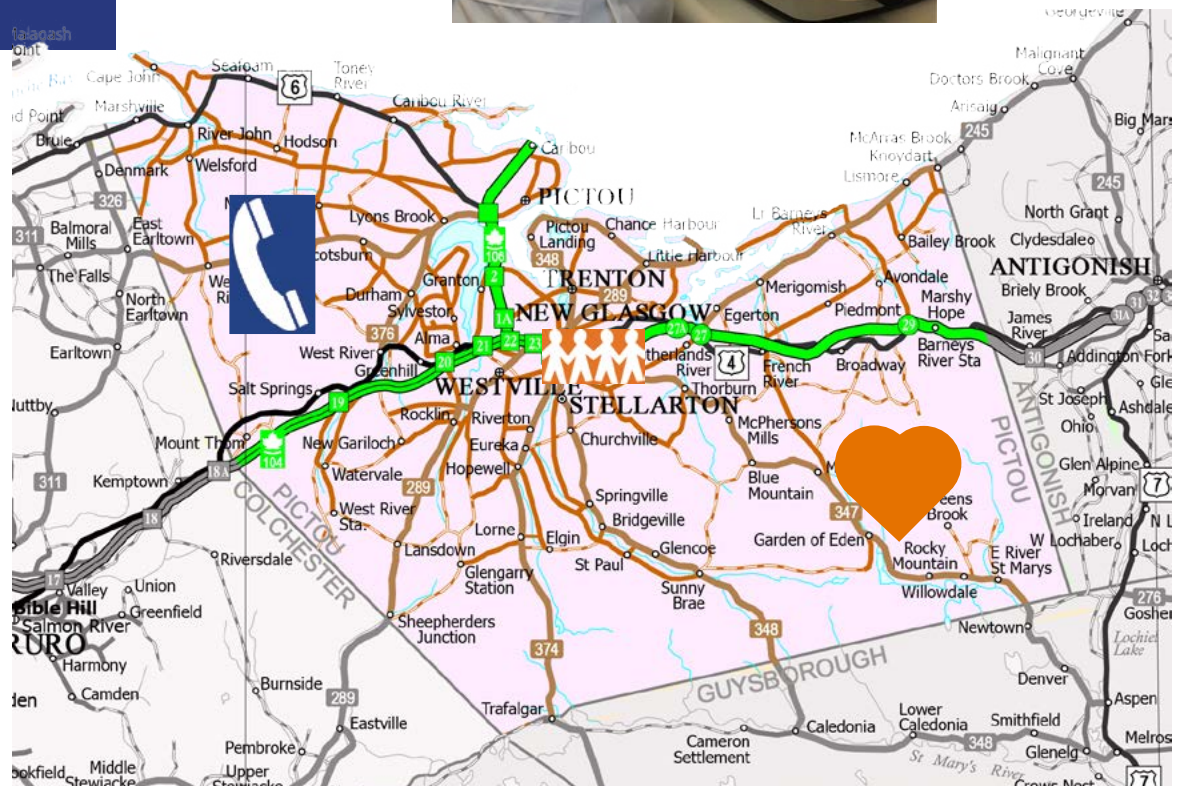
Nova Scotian donors also make research possible both provincially and nationwide, through contributions to a Phyllis Horton Bursary, the Maritime Brain Tissue Bank and the Alzheimer Society Research Program.

Dr. Darvesh



at the Maritime Brain Tissue Bank

	InfoLine
This program continues to grow in the Pictou area with 26 calls.	
	Public Education
We provided 1 public presentation to people in the Pictou area.	
	Family Caregiver Support Groups
We provided support to families and caregivers through 1 support group in the Pictou area.	



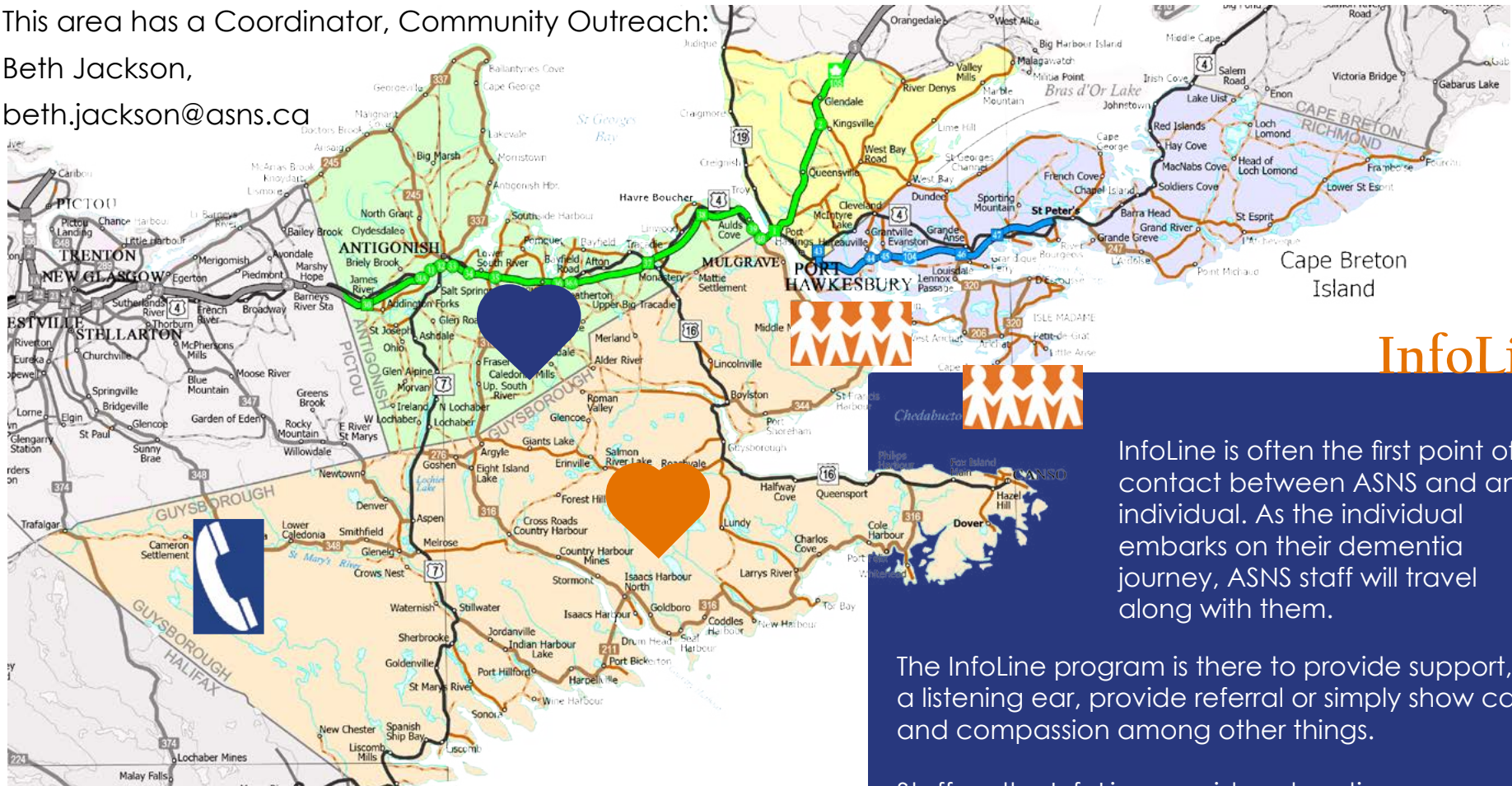
Guysborough Antigonish Strait

Population: 43,715

This area has a Coordinator, Community Outreach:

Beth Jackson,

beth.jackson@asns.ca



InfoLine

InfoLine is often the first point of contact between ASNS and an individual. As the individual embarks on their dementia journey, ASNS staff will travel along with them.

The InfoLine program is there to provide support, be a listening ear, provide referral or simply show care and compassion among other things.

Staff on the InfoLine provide education, information, support and referral to community services.

While no two cases are alike, many would agree that InfoLine is essential.



InfoLine

This program continues to grow in Guysborough County with **36** calls.



Public Education

We provided **6** public presentations to people in Guysborough county.



FCES

We held **12** hours (or **1** session) of face to face education in Guysborough County.



Family Caregiver Support Groups

We provided support to families and caregivers through **2** support groups in Guysborough County.

Cape Breton

Population: 119,978

This area has a Coordinator, Education & Outreach:

Catherine Shepherd, catherine.shepherd@asns.ca

Special Events

In Cape Breton, and in other parts of the province, our events provide support, education, awareness, and many raise funds for people living with dementia and their families.

Some of these past events include the January Research Breakfast featuring speaker Teepa Snow, the Early Stage Forum, Family and Friends Night and of course the Walk for Alzheimer's.

These events are met with support and enthusiasm from everyone involved!



Early Stage Support Groups

We provided support to people with dementia through **1** support group in the Cape Breton area.



Infoline

This program continues to grow in the Cape Breton area with **143** calls.



Public Education

We provided **65** presentations & displays to people of the Cape Breton area.



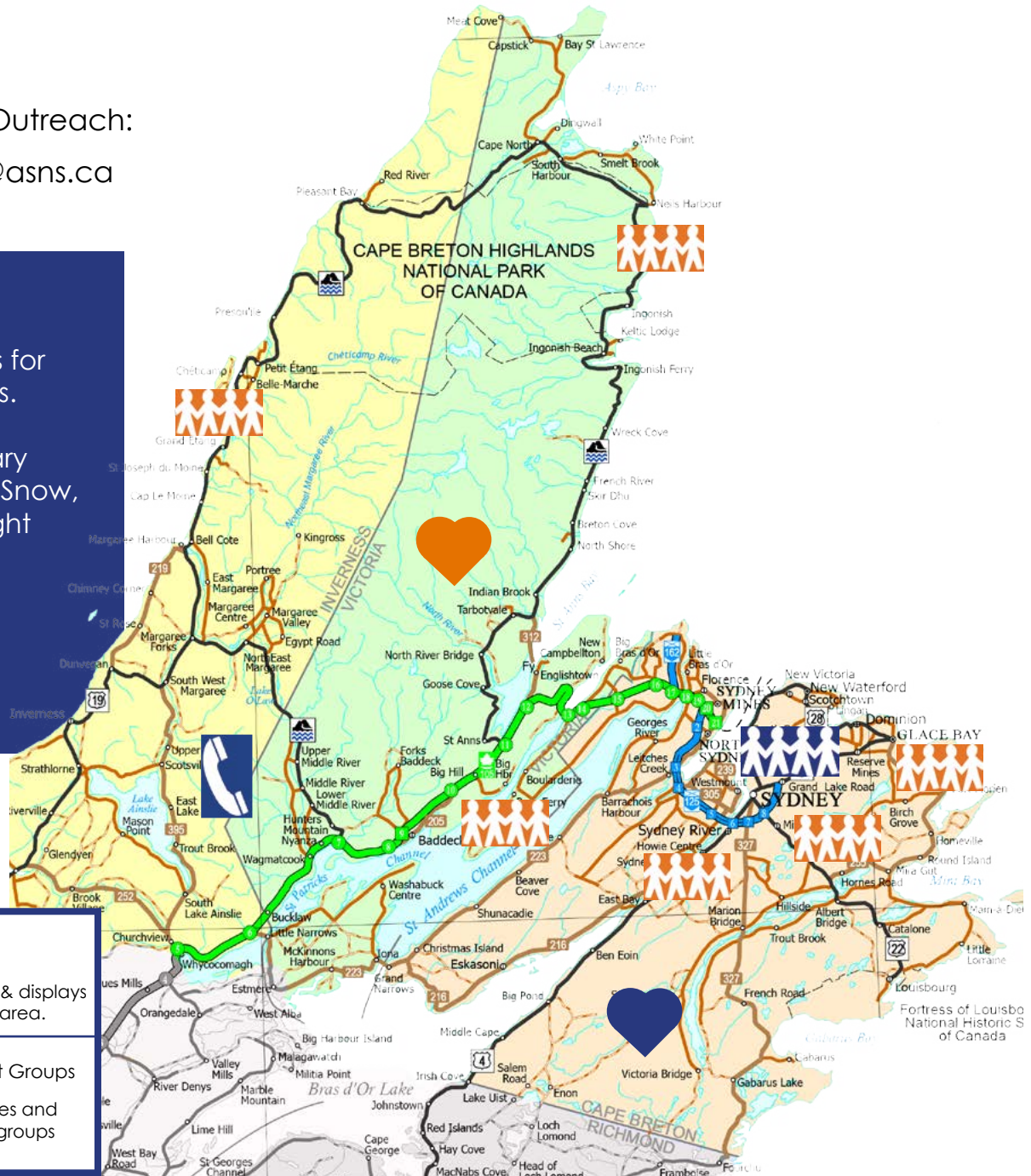
FCES

We held **24** hours (or **2** series) of education across Cape Breton area.



Caregiver Support Groups

We provided support to families and caregivers through **6** support groups on the Cape Breton area.



Capital Health

Population: 412,518

The ASNS office is located in Halifax

(902) 422-7961, 1-800-611-6345

First Link®

In 2014/15, the First Link® program received 242 referrals from various healthcare partners.

Our most prominent referral partner, Geriatric Ambulatory Care's Memory Disability Clinic, provided 68 per cent of all referrals.

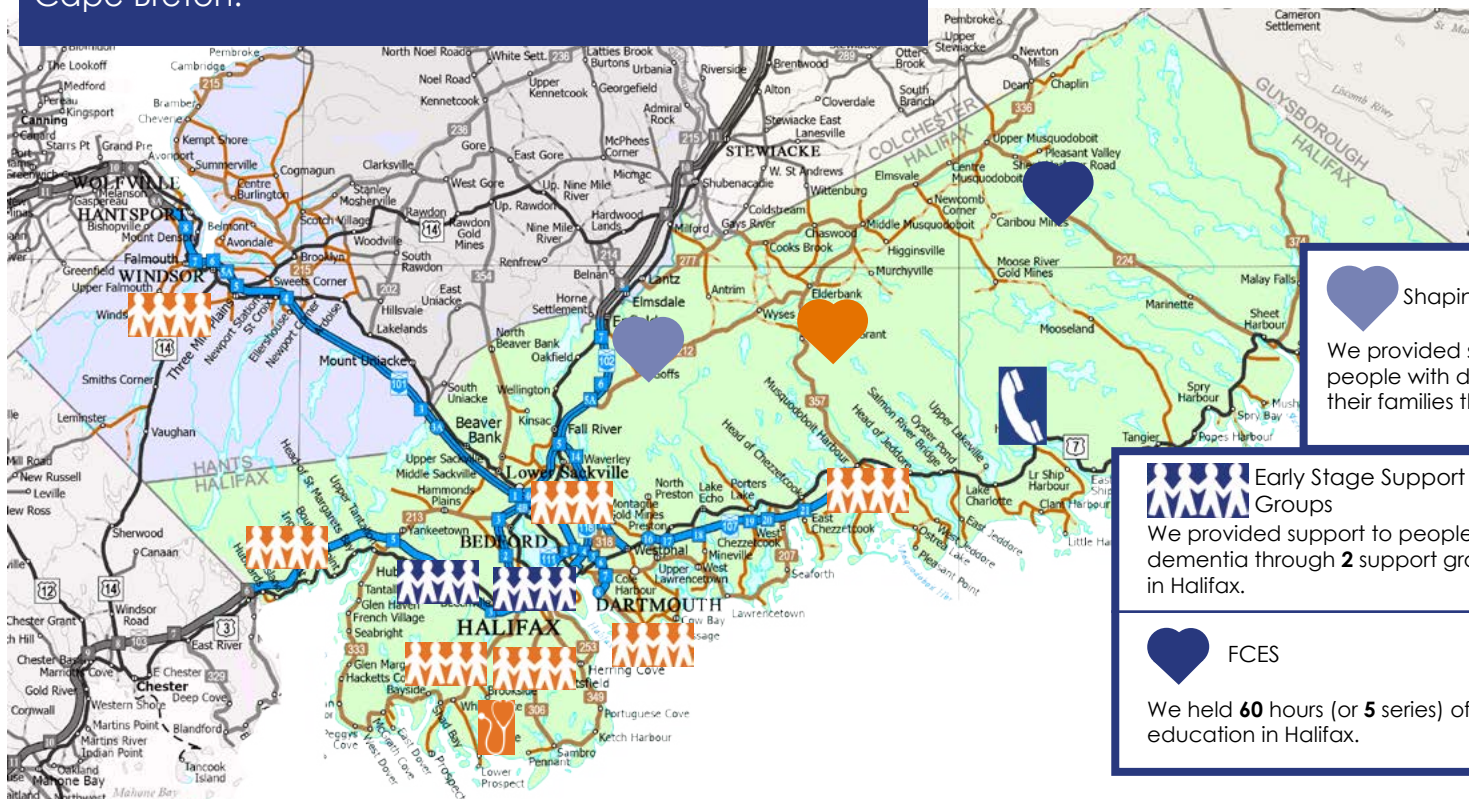
We are looking forward to piloting the First Link® program on the South Shore and preparing to pilot it in Cape Breton.

Early Stage Support Groups

Coffee & Conversation is a program for people with early stage dementia, without their partners in care.

These sessions help people develop strategies as they navigate their dementia journey; provide a safe space; and help people with dementia meet people in similar circumstances.

People with dementia are at the centre of what we do, making this program invaluable.



InfoLine

This program continues to grow in Halifax with **1,386** calls.



Shaping the Journey

We provided support to people with dementia and their families through **2** series.



Public Education

We provided **52** presentations & displays to people in Halifax.



Early Stage Support Groups

We provided support to people with dementia through **2** support groups in Halifax.



First Link®

The First Link® program received **242** referrals from health professionals.



FCES

We held **60** hours (or **5** series) of education in Halifax.



Caregiver Support Groups

We provided support to families and caregivers through **7** support groups in Halifax.

A word from Lloyd Brown Executive Director

The Alzheimer Society of Nova Scotia (ASNS) continues to realize its five year strategic plan and its complementary document, the rolling five year growth plan. Over the past several years we have been building capacity to dramatically increase our program and services offerings; tested new initiatives; listened to Nova Scotians; gathered data and evaluated our outcomes. We are excited to put this work into actions.

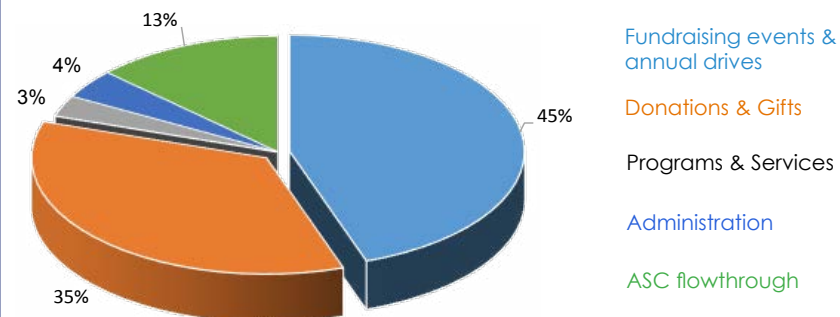
The recently announced Dementia Strategy will go a long way to support our strategic directions; it is not surprising the strategy coincides with our own multiyear plan. It is reassuring that Nova Scotians have validated what we have believed to be the directions most desired by the public. Nova Scotians want more accessible programs and services in their communities, that are available in a variety of forms, are inclusive, and address their needs as they travel through the journey.

As the ASNS continues to grow to meet the needs of those in our province living with dementia, our next steps will include adding resources to our existing mandate in order to make supports more accessible provide wide. This will involve resourcing our community initiatives thrust to see us having more staff in communities. InfoLine and First Link™ will receive additional resources over the same period. We will continue to promote public awareness of the disease and we will enhance our educational opportunities for persons throughout the journey.

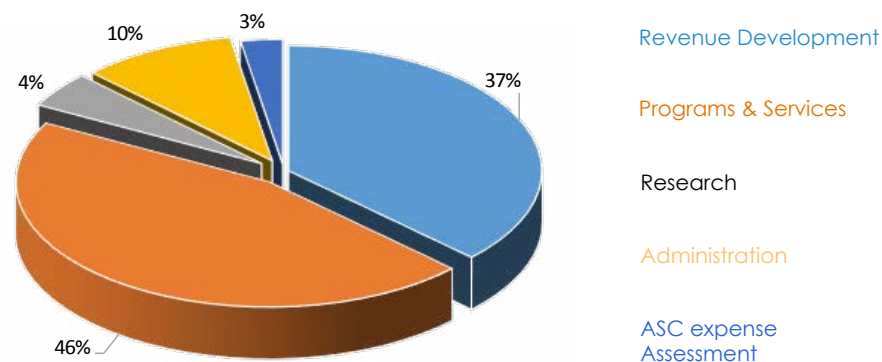
This is an exciting time to be actively on the front lines of dementia care in Nova Scotia. Your Alzheimer Society in Nova Scotia is ready for the challenge.

Financial Statements

Revenue 2014 - 2015



Expenses 2014 - 2015



Sarah presenting plaque to Aecon, ASNS supporter



If you have any questions about the information found here, please contact one of our staff.

Staff listing

Administration, (902) 422-7961

Lloyd Brown, Executive Director, ext. 223
 Carla Dolomont, Director, Finance & Administration, ext. 246
 Denise Fitzgerald, Administration & Donor Assistant, ext. 259
 Erin Fitzpatrick, Administration & Accounting Assistant, ext. 260
 Louise Boudreau, Receptionist & Resource Assistant

Philanthropy

Sarah Lyon, Director, Philanthropy, ext. 227
 Dawn Boudrot, Coordinator, Community Giving, ext. 258
 Amanda Gore, Communications & Event Assistant, ext. 241
 Beth Jackson, Coordinator, Community Outreach, (902) 867-7683

Programs & Services

Linda Bird, Director, Programs & Services, ext. 222
 Kara Guthro-Murgatroyd, Coordinator, Education & Support Services, ext. 242
 Wenda MacDonald, Manager, Client Services & Research Liaison, ext. 226
 Donna McLean, Coordinator, First Link®, ext. 244
 Kaija Whittam, Coordinator, Client Services, ext. 224
 Dianne Arden, Coordinator, Education & Outreach, Colchester-Cumberland County, (902) 694-7775
 Joan Parks-Hubley, Coordinator, Education & Outreach, South Shore, (902) 543-5147
 Catherine Shepherd, Coordinator, Education & Outreach, Cape Breton, (902) 842-1314



Hail Derby & volunteers

National Philanthropy Day



Soci   Alzheimer Society

N O V A S C O T I A

Contact us

Alzheimer Society of Nova Scotia

112-2719 Gladstone Street
Halifax, NS
B3K 4W6

Phone: (902) 422-7961

Toll Free: 1-800-611-6345

Fax: (902) 422-7971

www.alzheimer.ca/ns
alzheimer@asns.ca