

# Soci  t  Alzheimer Society

P R I N C E E D W A R D I S L A N D

## NEWSLETTER

Winter 2021

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### Up & Coming!

#### January Awareness Month & Conference

We are honoured and thrilled to host our **9th Annual Alzheimer Awareness Conference** on Thursday, January 28, 2021 via Zoom from 10am-12pm.

This event is designed to provide meaningful learning opportunities for care partners, individuals with dementia, health care professionals and the general public.

#### Join us to hear from:

The Health Experts  
A Family Care Partner  
Alzheimer Society of PEI  
and TEEPA SNOW!



### Social Media

Want to keep up to date with what's going on at the Alzheimer Society?

Follow our social media pages!



Facebook Twitter Instagram

@AlzheimerPEI

Every year 25,000

Canadians are diagnosed with dementia. Presently, 2,700 Islanders are living this journey. 1 in 3 people will be affected or know someone affected by Alzheimer's disease. Dementia, however, is more than just numbers. That's why this January the Alzheimer Society of PEI is focusing on **#ConnectionsMatter**.

We want to convert judgement into compassion and assumptions into understanding so that people with dementia feel support in our communities and our communities become dementia friendly!

Register today by visiting our **EventBrite** and remember to **#GoBlue for Alz!**

## Congratulations!

Everyone who bid on an item for Auction for Alz was entered to win a stay at the Arts Hotel, donated generously by them!

The hotel opened this past August, and is located downtown Charlottetown in the former Myron's building.

Pictured is our random Auction for Alz giveaway winner, Carl Rooth.



Congratulations, Carl!

## Fundraising Auction for Alz

From December 7th to 13th we hosted our first online auction fundraiser called **Auction for Alz** to not only raise proceeds to support Islanders affected by Alzheimer's and related dementias, but to encourage our community to shop local this holiday season!

All donated items were from local businesses. As we are well aware of how difficult this year has been, we wanted to find a way to support them. We hope those of you who checked out the auction found some new favourite spots, and continued your holiday shopping locally!

Through the auction bids we were able to raise a total of **\$1,874.25**.

Thank you to all who participated and donated, and congratulations to the winner of The Arts Hotel stay, Carl Rooth!



## Major Gifts & Bequests

We are so grateful for the major gifts that we have received! We could not do what we do without your support.

**We encourage you to consider a bequest or a family trust.**



## Donations

Your donation today will help us bring services and support to people with dementia and their care partners across the Island. It helps us fund research into the causes and a cure for Alzheimer's disease and other dementias.

You can donate directly through the Alzheimer Society of PEI, either by mail, telephone, or online through [CanadaHelps.org](https://CanadaHelps.org)

## Research Dementia Journey Survey

The Alzheimer Society of Canada, in partnership with the College of Family Physicians of Canada, is asking you to participate in a 20-minute survey to help us understand your experience with the care you receive from your family physician or other healthcare provider.

Your experience is essential for us to design and develop new dementia care resources so family physicians can better support people and their care partners through the dementia journey.

The Alzheimer Society of Canada will be able to create culturally specific dementia tools so we can address the gaps in supports and services for diverse communities.

There are two surveys: one for people living with dementia, and one for care partners of people with dementia. The survey can be taken online, by downloading and filling out a PDF, or using a printable version and mailing it in.

**To access the survey, please [click here](#).**



For any questions, please contact one of the lead investigators by email at [research@alzheimer.ca](mailto:research@alzheimer.ca) or call **1-416-669-5715**.

## First Link® Education Series

The First Link® Education Series is a four-module series for care partners and family members who are caring for a person with dementia.

The following topics are covered in the First Link® Education Series for Care Partners:

1. It's dementia, where do we go from here?
2. Day-to-day living
3. Who cares for the care partner?
4. Life has changed, what's next?

These videos can be found on our [YouTube](#).



To learn more, please visit our [website](#) or email Laura at [firstlink@alzpei.ca](mailto:firstlink@alzpei.ca).

## Care Partner Tips

### Managing Holiday Stress & Celebration Ideas

Making the holidays meaningful for a person living with dementia, as well as creating an environment that minimizes the mental, physical, and emotional exhaustion that comes along with being a care partner can be a challenge, and even more so this year with the pandemic.



The holidays can bring additional feelings of stress, so to help you create meaningful holiday celebrations for the person you care for, and help you feel less overwhelmed, here are some tips that you can implement this holiday season:

1. Do only the occasions and traditions that are most important to you and your family like watching holiday movies, listening to holiday music, or decorating cookies!
2. Keep celebrations short.
3. Involve the person living with dementia in the preparations and decorating.
4. Choose familiar places for events to help avoid confusion.
5. Find a quiet area where the person can retreat and have someone keep them company.

For more tips, [click here](#).



## Upcoming Webinars



### Overview of Alzheimer's Disease & Dementia

*January 12 & 18, 2021*

### Care Partner Stress & Building Resilience

*January 14, 2021*

### Supporting Communication

*February 4, 2021*

### Transitioning to Long Term Care

*February 5 & 12, 2021*

### Safety at Home

*February 25, 2021*

### Long Distance Caregiving

*March 25, 2021*

**Click here** to learn more and register.

## Education Dementia Care Training

Did you know that we have an evidence-based Dementia Care Training program for health care professionals?

DCT101 is designed to increase knowledge and awareness of dementia, increase effective communication strategies, and provide a framework for understanding responsive behaviours.

DCT102 provides an opportunity to apply hands-on skills to caregiving tasks and case consultations. This program encompasses best practice methodologies including: U-First!®; Positive Approach® to Care; GEMS®; DementiAbility; Virtual Dementia Tour; LGBTQ+ guidelines; and self-care.

Since its launch in June 2017, we have had the opportunity to work with a diverse group of participants from many sectors including long-term care, home care, community care, acute care, and group homes.



Above is our wonderful group from DCT101 this past November.

For more information, please visit our [website](#).



## Care Partner Support Group



We're offering support groups online via Zoom!

This group is for those who are caring for someone with dementia living in the community or in a care facility.

This group provides a safe place to share feelings, exchange practical strategies and connect with others while supporting someone with dementia.

**This group meets on the 1st and 3rd Wednesday of the month from 1-2pm AST.**

Pre-registration is required.

Please [click here](#) for more.

## Education U-First!® for Care Partners

### What is U-First!® for Care Partners?

U-First!® for Care Partners is a new education program for family and friends who are providing direct support in an unpaid role to someone experiencing behaviour changes as a result of dementia or other cognitive impairment.



### This 6 hour education program will help you to:

- Enhance well-being of care partners and of the person they are supporting who is experiencing behaviour changes'
- Reduce responsive behaviours by using the U-First® framework
- Improve collaboration among all team members through a common knowledge, language and approach to care

### What's involved in the program?

- Interactive learning approach that has participants reflect on their experiences, engage with new content, practice using a variety of methods including case studies and plan for how they will implement what they have learned.
- Learners receive a Participant Workbook and a U-First!® Wheel to use during the program and keep as useful resources for applying their learning.
- Learners will also be invited to take part in an evaluation to better understand the effectiveness and outcomes of the program. In addition, a sample of participants will be invited to take part in an interview with the Evaluator. All learners will be invited to participate in evaluation activities but will not be excluded from the program if they choose not to participate in the evaluation.

### There is no cost for participants of U-First!® for Care Partners.

*Please note:* There may be additional screening of all interested participants to ensure there is a fit between the program and participant.

## Brain Boosters



1. What becomes larger the more you take away from it and smaller the more you add?
2. Lighter than what I am made of, more of me is hidden than is seen. What am I?
3. What has to be broken before you can use it?

### Did you get them all?

Send your brain boosters to [society@alzpei.ca](mailto:society@alzpei.ca)!



Answers: 1. A hole 2. An iceberg 3. An egg

## Education

### U-First!® Advanced



### What is U-First!® Advanced?

U-First!® Advanced is a new education program for health care providers with a direct care role who have already taken U-First!® and want to enhance their skills and ability to apply the U-First!® Framework.

### The goals of the program are to:

- Deepen understanding and ability to apply the U-First!® framework.
- Improve collaboration among all members of the team, including care partners.
- Increase the wellbeing of people experiencing behaviour changes.
- Reduce stress and increase job satisfaction for members of the team.

**U-First!® Advanced will be launched Spring 2021.**

For more information about U-First!®, [click here](#) or contact us at [society@alzpei.ca](mailto:society@alzpei.ca) or (902) 628-2257.





We would like to thank all of our donors, volunteers and supporters for everything you have done for the Alzheimer Society this year. Because of you, we are able to help Islanders who are affected by Alzheimer's and related dementias every single day.

Wishing you and yours a wonderful holiday season and endless joy in 2021.

From the bottom of our hearts, *thank you*.

Corrine, Laura and Kristen

**Alzheimer***Society*

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