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Société Alzheimer Society

CHATHAM - KENT

VOLUME IV, ISSUE 3

SUMMER 2013

SPECIAL POINTS OF INTEREST:

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- Welcome New Employee
- Announcing Annual General Meeting
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Adult Day Services for Dementia Patients Help Relieve Caregivers' Stress

by Janice Wood, Associate News Editor, reviewed by John M. Grohol, Psy.D. on May 26, 2013.

Family caregivers of older adults with dementia are less stressed and their moods are better on days when dementia patients receive adult day services, according to a new study.

"Caregivers who live with and care for someone with dementia can experience extraordinary amounts of stress," said Steven Zarit, Ph.D., professor and head of human development and family studies at Penn State. "The use of adult day services appears to provide caregivers with a much-needed break that can possibly protect them from the negative health effects caused by chronic stress."

For the study, researchers conducted telephone interviews on eight consecutive days with 173 family caregivers of individuals with dementia who use adult day

services. These provide social and health services to adults who need supervised care outside the home during the day.

On some interview days, the individuals with dementia attended a Day Program. On other days, they were with the caregiver most or all of the time. In the daily interviews, the researchers asked the caregivers about the stresses and positive events they had been exposed to during the day, as well as their mood and health symptoms. The series of daily reports allowed the researchers to compare each person on both Day Program days and non-Day Program days, according to Zarit.

"We can assess if each person shows improvement in stressor exposure, mood and health symptoms on Day Program days compared to non-Day Program days," he said. "This comparison provides a more fundamental indicator of improvement than how that individual might compare to a group average."

Next, the research team used multi-level statistical models to analyze the results of the telephone interviews, he said. The researchers found that caregivers had lower exposure to care-related stressors and more positive experiences on days when their family members used Day Program Services. And

while caregivers were exposed to more non-care stressors on these days, the overall effect of the use of Day Programs on caregivers was lowered anger, as well as a reduced impact of non-care stressors on depressive symptoms.

"Day Program days were associated with a small increase in non-care stressors, yet caregivers reacted to high levels of non-care stressors with less depressive mood on Day program days than non-day Program days," Zarit said. "We conclude that the use of Day Programs has a buffering effect on the relation of non-care stressors on depressive mood."

"Overall, our findings demonstrate that stressors on caregivers are partly lowered and mood is improved on days when their relatives attend Day Programs, which may provide protection against the negative effects of chronic stress associated with caregiving," he concluded.

The study, which was funded by the National Institute of Aging, was published in *The Gerontologist*.

Source: Penn State

APA Reference

Wood, J. (2013). Adult Day Services for Dementia Patients Help Relieve Caregivers' Stress. Psych Central. Retrieved from: <http://psychcentral.com/news/2013/05/26/adult-day-services-for-dementia-patients-help-relieve-caregivers-stress/55267.html>

Coffee Break® - Take Part!

September 19, 2013



1. What is Coffee Break®?

Coffee Break is the Alzheimer Society's major nationwide annual 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.

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 ?

World Alzheimer's Day is September 21, 2013 but your event can be that day or that week or anytime that month and into October.

4. How do I host a Coffee Break®?

It's easy. You can hold a break in your office, at home, at your church or anywhere you can set up a stand and serve coffee or give out coffee cup cut-outs. You can also offer tea and juice, add cookies or pastries to increase the donations, or use the coffee cup cut-outs for supporters to write their name on in recognition for their donation. The Alzheimer Society of Chatham-Kent will supply coffee, cut-outs, coin boxes and posters to help get you started.

5. Why should you host a Coffee Break®?

You help raise much needed funds to provide programs and services for the almost 2000 people affected by Alzheimer's Disease or a related dementia in Chatham-Kent. Your support makes a huge difference in their lives.

6. What else can you do to assist the Alzheimer Society of Chatham-Kent for Coffee Break ?

Watch for our displays at local businesses offering you information and asking you to buy a coffee cup cut-out.

Please say yes to making a donation and signing a cut-out when you are asked at the check outs of several retailers.

Get your friends and co-workers to join together to buy a Coffee Break kit and have it delivered to your door on September 19, 2013. Your kit includes a package of coffee, fresh baked treats from Maple City Bakery, cups, napkins etc and free delivery.



For more information on Coffee Break please call 519-352-1043 or email: Info@alzheimerchathamkent.ca



**Behavioural
Supports
Ontario**

ESC LHIN Behavioural Supports Ontario - Sustainability Plan

The Erie St. Clair BSO model works to provide supports for those affected by responsive behaviours, including caregivers in desperate need of help as they try to cope. The ESC LHIN investment of \$2.4 million dollars is helping us to implement the three pillars of the provincial strategy. As a result of measured system improvements, the ESC LHIN is investing an additional \$200,000 in annualized base funding in 2013-14 to sustain BSO, hold the gains achieved, and continue to improve local health care.

Pillars of BSO:

1. **Improve System Coordination** so that clients and families are better linked to the care and supports they need, when they need it.
2. **Provide Interdisciplinary Care** with specialized teams who understand how to care for people with responsive behaviours. In Erie St. Clair, we have invested in:

- Four long-term care lead teams
- Three System Navigators
- Expanding three Geriatric Mental Health Outreach Teams (GMHOT)
- A Community Care Access Centre (CCAC) Case Manager devoted to alternate level of care (ALC) patients with responsive behaviours

3. **Build System Capacity** - to date over 1200 providers in Erie St. Clair have received specialized education and training by the BSO Knowledge Exchange Coaches. The ESC LHIN continues to build system capacity by leveraging a "hub and spoke" model with 30 long-term care homes throughout our region.

To view a copy of the BSO Sustainability Plan, please visit: www.eriestclairlhin.on.ca



Day Programs— VON Nursing Care Services

The Alzheimer Society of Chatham-Kent is very excited to announce that VON Nursing Services are now being offered in the Chatham and Wallaceburg Day Programs. Through the implementation of this partnership, the clients will benefit from continued health monitoring and individualized quality care.

Nursing Care will be provided in the Chatham Day Program on Tuesday, Wednesday and Thursday and in the Wallaceburg Day Program on Wednesday and Thursday.

In order to provide consistency to the clients, the same nurse will provide care on an ongoing basis in each program. There is no additional charge for this service.

The VON Nursing services include:

- Health Monitoring (weight, blood pressure, oxygen levels, blood sugar, etc.)
- Foot care/ nail care/ oral care
- Assistance with medication updates

- Wound care (as needed)
- Follow up with specific health concerns (eg. Diabetes management, etc.)

The Day Programs are designed to provide a stimulating social environment for persons who are affected by Alzheimer's disease or related dementias as well as providing respite for the caregiver. At the request of many of the families, the Chatham Day Program has recently expanded to provide care on a five day schedule, from Monday to Friday. The Wallaceburg Day Program is offered Tuesday, Wednesday and Thursday. Caregivers frequently comment that their family members love to come to the Day Program.

If you have questions with regards to the Nursing Program offered in the Chatham and/or Wallaceburg Day programs, or would like to learn more about having a family member attend the programs, please call 519-352-1043.

Welcome to New Employee



Andrew McClintock

The Alzheimer Society of Chatham-Kent would like to take this opportunity to introduce the new Wallaceburg Day Program Coordinator, Andrew McClintock! Andrew joins us with many years of experience working as a Recreation Therapist with individuals affected by Alzheimer's disease and related dementias. Andrew has many qualities that will be an asset in his role as Wallaceburg Day Program Coordinator. Andrew's goal in the WDP is to engage the clients in meaningful and purposeful recreational activities. We welcome Andrew to our team!

Launch of New Website

The Alzheimer Society of Chatham-Kent is pleased to announce the launch of our new website. The website was developed in conjunction with the Alzheimer Society of Ontario in order to bring our clients and caregivers in-depth and up to date information about Alzheimer's disease and living with dementia. The website offers a wealth of information including new research developments, information about the support offered in the Chatham-Kent area, First Link®, developments in the Erie St. Clair LHIN Behavioral Supports Ontario Initiative (BSO) and much more. Please visit us at www.alzheimer.ca/chathamkent

Société Alzheimer Society
C H A T H A M - K E N T

Announces its

27th Annual General Meeting

To be Held at 36 Memory Lane, Chatham, Ontario
~~Wednesday, August 11, 2013 @ 5:30pm~~

Please call to confirm attendance by August 9, 2013 (519-352-1043)
Everyone Welcome

The date has been changed to Sept. 18

Upcoming Educational Events

- **June 26** (2:00pm - 3:30pm) - Presentation on Alzheimer's Disease: Warning Signs, Communication & Prevention– Hudson Manor, Tilbury (Pre-register)
- **July 11, & 18** (6:30pm - 9:00pm) - First Link Learning Series -**Care Essentials-** 36 Memory Lane, Chatham (Pre-Register)

To register, please contact the office at (519) 352-1043.

Société Alzheimer Society

CHATHAM - KENT

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Finding Your Way

Finding your way is a new Alzheimer Society of Ontario program (funded by the Ontario Seniors' Secretariat) to help caregivers prevent missing incidents and crises before they occur. Anyone who has dementia and is able to walk is at risk of going missing.

Quick Facts:

- Three out of five people with dementia go missing at some point, often without warning.
- 50% of those missing for more than 24 hours risk serious injury or death from exposure, hypothermia and drowning.
- By 2020, close to 250,000 older adults in Ontario will be living with some form of dementia, a significant jump from 200,000 today.

Finding Your Way is a multicultural project which will raise awareness of the risks of persons with dementia going missing. Public service announcements and information will be offered in English and French, as well as in Cantonese, Mandarin and Punjabi.

Finding Your Way works in tandem with the MedicAlert® Safely Home Program that helps identify persons with dementia who are lost through the ID bracelet that they are wearing, and return them home.

The risk of people going missing is greater when the community, caregivers or person with dementia are unaware of the potentially severe consequences.

Preparation and planning are crucial to prevent people with dementia from going missing, and to ensure they are found

safely and quickly. Currently, there is a very low awareness of missing incidents in our communities and many people do not know where to seek help.

The Alzheimer Society of Ontario will work closely with police to provide support for training on effective ways to handle missing incidents of persons with dementia. The Ontario Police College is leading the development of a special awareness-raising video for police services across the province.

Each Alzheimer Society in Ontario will be able to provide caregivers with a Finding Your Way safety kit which contains tools to help ensure the safety of the individual without depriving him of his independence or dignity. The kit includes:

- A personal ID page with a recent photo and description that can be shared with police in an emergency.
- Instructions on what to do when a person with dementia goes missing.
- The latest information on locating devices.
- Instructions on how to safety-proof your home to prevent the person with dementia from going missing.
- A list of important tips on what to do when re-uniting after a missing incident.

Kits will be available soon at the Alzheimer Society of Chatham-Kent (519-352-1043). You could also download a kit or the Alzheimer Society would be happy to take care of this for you. It can be downloaded from the website at:

www.findingyourwayontario.ca

MISSION STATEMENT

To improve the quality of life of people
affected by Alzheimer's disease or
related dementias through superior
programs and research.



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