



AS YORK POISED TO EXPAND PROGRAMMING ACROSS YORK REGION

August, 2009

Dear Friends and Colleagues,

The Alzheimer Society of York Region (AS York) is poised to expand our social work counselling and respite day centre programming across our Region and LHIN. AS York will be playing an integral role in new dementia-focused programming set to open in the Fall in Whitchurch-Stouffville, Richmond Hill, Vaughan and East Gwillimbury.

Through the generous support of the Central Local Health Integration Network, one of 14 regional networks established by the government of Ontario as community-based organizations to plan, coordinate, integrate and fund health care services at the local level, the new programming will be implemented through four new projects that integrate the expertise and specialized knowledge and skills of several community partners. They are:

- i) **Bringing the D.A.Y. Centre to Parkview Village in Stouffville** – This is a new AS York two day a week D.A.Y. Centre, complete with a social work and caregiver office, in Whitchurch-Stouffville. The D.A.Y. Centre model is a comprehensive day program service of the Alzheimer Society of York Region that provides a structured, individualized recreational social day care program for persons with dementia. The program will accommodate up to 20 clients per day in a safe and secure physical environment between the hours of 9 am to 4 pm. An integral part of the D.A.Y. Centre program is the support provided to caregivers by AS York social work program. Caregiver counselling, education and support as well as system access and navigation will be provided to the caregiver. AS York is the

lead agency and partners with Parkview Village, Parkview Home, CHATS, Ruth Ruttan & Associates and Today's Taxi. The Stouffville program, set to open in September, becomes the third D.A.Y. Centre of the AS York, augmenting the six day a week programs (open from 7am to 6 pm) that already exist in Newmarket and Thornhill (Markham).

ii) **Central LHIN Jewish Adult Day Program for Seniors with Dementia** – Like many other ethno-cultural communities, the Jewish community is experiencing a growing and aging population with the Central LHIN due to the northward migration of Jewish people from Toronto into York Region. The Jewish population represents a vulnerable segment of the population because as they age they require greater support due to language difficulties, economic barriers, complex personal health needs and cultural specific challenges. The new Jewish Adult Day Program for Seniors with Dementia, to be located in Vaughan, will build needed capacity within the community as there is no comparable ethnic-specific or culturally relevant program within the Central LHIN. The program is co-led by the Baycrest Centre for Geriatric Care and Circle of Care, and in partnership with Reena, JIAS and the Alzheimer Society of York Region. The AS York will be a provider of education and training programs for volunteers, staff and family caregivers focused on Alzheimer's disease and related dementias.

iii) **Increasing Community Support in Rural Areas** – In the rural communities of the Central LHIN, such as East Gwillimbury, Bradford West Gwillimbury, and Georgina the elderly population is expected to grow by 45% over the next ten years. Although Alzheimer's disease is not a normal part of the aging process, age nonetheless is the leading indicator of the disease. The purpose of this project is to increase community support services to the rural areas. An aspect of this project is a three day a week adult day program with enhanced social work support and in addition in-home family support and caregiver respite service with certified personal support workers to promote the health and wellness of the caregiver and reduce their feelings of isolation, stress and burn-out. This is a partnership led by CHATS (Community Home Assistance To Seniors), a multi-service community support agency. The Alzheimer Society of York Region will provide consultation and expertise to CHATS in developing a day program that is

modeled after our own D.A.Y. Centres and in addition provide enhanced training for the in-home personal support workers. This is an exciting opportunity for us to work more closely with the Alzheimer Society of Greater Simcoe County. The two chapters will work in tandem to provide such things as assessments for this new rural adult day program; on-going counselling with families; and dementia information and education sessions for caregivers.

iv) **“Balance of Care” Adult Day Program in Richmond Hill** - In May, the Alzheimer Society of York Region entered into a partnership agreement with CHATS and the Central CCAC (Community Care Access Centre) on a brand new adult day program in Richmond Hill that provides a two day a week cognitively-impaired program. The new program is based on the Balance of Care model, originally pioneered in the United Kingdom, which focuses on seniors “at the margins” – those at risk of losing independence and available to seniors who meet the criteria for Long Term Care. The Alzheimer Society of York Region will provide consultation and expertise to CHATS in developing a cognitively-impaired day program; conduct assessments for the adult day program’s referrals; provide on-going counselling with families; and provide dementia information and education sessions for caregivers. The Alzheimer Society of York Region will maintain a social work office on the premises.



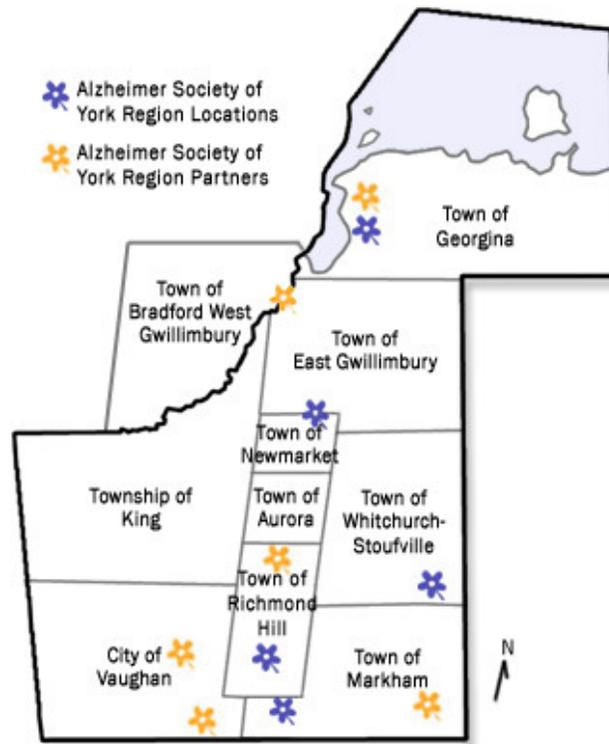
“Balance of Care” A D P Ribbon Cutting Participants include (from left):

- *Loren Freid, Executive Director, Alzheimer Society of York Region;*
- *Chantell Tunney, Director of System Planning and Development for Emergency Departments and Alternate Levels of Care, Central Local Health Integration Network;*
- *Lynn Harrett, Senior Director, Strategic Integration & Community Relations, Central CCAC;*
- *Reza Moridi, MPP for Richmond Hill;*
- *Wyn Chivers, Executive Director, CHATS;*
- *Helen Leung, Executive Director, Carefirst Seniors & Community Services;*
- *Richard Kinch, Board Chair, CHATS*

Together, these four projects will result in providing the following benefits of service:

- i) Broadening, increasing and diversifying dementia-care programming across the Region to help meet the growth of the disease;
- ii) Establishing two new AS York caregiver support social work offices, one in Richmond Hill and the other in Whitchurch-Stouffville, that augments our service that is provided in our existing offices in Newmarket, Thornhill (Markham) and Georgina;
- iii) Linking our comprehensive support and education programming for informal caregivers and day centre training activities for formal caregivers to four new day centre programs in the Region and/or Central LHIN;
- iv) Encompassing a broader range of partnerships that expands and creates programming into ethno-specific (i.e. Jewish) and rural north communities;
- v) Enlarging the size of our social work team to nine full time staff members;
- vi) Increasing the total number of cognitively-impaired day centres linked to the services of the Alzheimer Society of York Region from five to nine (comprising our own three D.A.Y. programs in Newmarket, Thornhill [Markham] and Whitchurch-Stouffville and partnerships with the Regional Municipality of York in Vaughan and Georgina, York Central Hospital in Richmond Hill, CHATS and the Alzheimer Society of Greater Simcoe County in East Gwillimbury/Bradford West Gwillimbury, CHATS in Richmond Hill, and Baycrest Geriatric Services for Seniors and Circle of are in Vaughan).

Here is a map identifying the services and locations of all Alzheimer Society of York Region Programming in York Region (and Central LHIN) come September:



- **Blue** Forget-Me-Nots represent an ASYR office and programming, which can include a combination of social work counselling and outreach, D.A.Y. Centre programming and public education;
- **Yellow** Forget-Me-Nots represent cognitively-impaired day centre programming led by a different service provider attached to our comprehensive social work program (with the exception of Markham which represents the location for our monthly support group meetings in that area of the Region)

Although Dementia is not a normal part of the aging process, aging is nonetheless the highest risk factor for developing dementia. Given that the Central LHIN planning statistics indicate that York Region has proportionally one of the highest expected growth rates for seniors' populations in the province, York Region becomes especially susceptible to the growing incidence of this degenerative brain disorder. Within the next ten years, it is projected that the incidence of dementia will increase by approximately 40% within our service area. The Alzheimer Society of York Region believes that a comprehensive dementia strategy must be developed by the Central LHIN to address the growth of this progressive, degenerative brain disorder. The new, increased programming highlighted above is a solid step towards the implementation of a

comprehensive dementia strategy within our Region.

Yours truly,

A handwritten signature in blue ink, appearing to read "Loren Freid". The signature is fluid and cursive, with a prominent horizontal line across the middle.

Loren Freid (Mr.)
Executive Director