



National Geriatrics  
Interest Group

Alzheimer Society  
CANADA

## National Geriatrics Interest Group/Alzheimer Society Collaboration:

### Facilitating Medical Student Interactive Workshops on Dementia

#### I. BACKGROUND

The CFPC (College of Family Physicians of Canada) and ASC (Alzheimer Society of Canada) are invested in improving the quality of care for people with dementia. With support from the Canadian Geriatrics Society, one initiative to achieve this goal is collaboration between ASC and the National Geriatric Interest Group (NGIG) to increase awareness about Alzheimer's disease and dementia amongst medical students and new health care professionals who will be working with people with dementia and their families. This initiative will consist of an interactive workshop to learn about the experience of having dementia from people with the disease and their family members, as well as the support the Alzheimer Society can provide nationwide.

*Please note: This document is intended for Alzheimer Society staff and health care providers/students interested in facilitating interactive workshops to learn more about dementia and the experience of living with dementia.*

#### II. GOALS AND OBJECTIVES

##### Overarching goal:

- Inspire students to appreciate the *humanity* and *personhood* that is sometimes forgotten when working with people with dementia. The intent is that when professionals encounter people with dementia and their family members, they will remember that there is a person behind the disease.

## **Goals:**

Based on the principles of an adult learning model, the goals of this pilot project are to:

- Create an environment whereby students can become personally engaged with people with Alzheimer's disease, family members, as well as their local and provincial Alzheimer Societies.
- Encourage students to reflect on and challenge their preconceptions of Alzheimer's disease and dementia.
- Connect students with information, educational materials and community resources to best support those impacted by Alzheimer's disease, including people with dementia, their family members and other caregivers.

## **Objectives:**

CFPC and ASC propose partnering with NGIG to:

- Increase students' (medical students and new health care professionals specializing in geriatrics) understanding of dementia and the complex impact it has on both the individual and their family members.
- Increase awareness regarding community support services and resources.
- Promote First Link<sup>®</sup> and programs offered through local Alzheimer Societies.

## **III. PROJECT IMPLEMENTATION AND MANAGEMENT PLAN**

### **A. Expected project results**

Medical and new health care professional students will:

1. have a better understanding of dementia and the complex impact it has on both the individual and their family members;
2. have an increased awareness regarding community support services and resources available to people with dementia and their families;
3. have a better understanding of First Link<sup>®</sup> and the importance of an early diagnosis and connection to services and resources.

### **B. Project activities and reporting**

- Interactive workshops will be facilitated by local Alzheimer Society staff.
- Facilitators will be asked to report on each workshops completed the number of hours and the number of students attending.

### C. Project implementation

Local Alzheimer Societies will invite a staff person, a person with dementia and/or a family caregiver to share their personal experiences and knowledge, particularly as it relates to the importance of an early diagnosis.

This learning opportunity will be approximately one hour and will include:

20 minutes	Person with dementia and/or family caregiver describing their experience interacting with health care professionals, being diagnosed and living with Alzheimer's disease (i.e. what was helpful, not helpful, etc).
20 minutes	Alzheimer Society staff member presenting on the importance of an early diagnosis and early connection to support services for both the individual, family members and caregivers, connecting students with the Alzheimer Society website & resources, description of First Link® and how it can support health care providers in their work.
20 minutes	Question and answers

Suggested topics and resources to be referred to in workshops:



Suggested Topics	Useful Resources
<p>Importance of an early diagnosis for early connection to support</p>	<p><i>Importance of early diagnosis</i> brochure                      English:  <a href="http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/Importance_early_diagnosis_2010_e.ashx">http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/Importance_early_diagnosis_2010_e.ashx</a>                      French:  <a href="http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/Importance_early_diagnosis_2010_f.ashx">http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/Importance_early_diagnosis_2010_f.ashx</a></p> <p>You tube videos:  <a href="http://www.youtube.com/watch?v=MyuH_nf76fg&amp;list=PL22F4D6D0DB83805C">http://www.youtube.com/watch?v=MyuH_nf76fg&amp;list=PL22F4D6D0DB83805C</a>  <a href="http://www.youtube.com/watch?v=2UnFKk-Kk4o&amp;list=PL22F4D6D0DB83805C">http://www.youtube.com/watch?v=2UnFKk-Kk4o&amp;list=PL22F4D6D0DB83805C</a>  <a href="http://www.youtube.com/watch?v=Hn3FZ-nQDCQ&amp;list=PL22F4D6D0DB83805C">http://www.youtube.com/watch?v=Hn3FZ-nQDCQ&amp;list=PL22F4D6D0DB83805C</a></p>
<p>Building connections with your local Alzheimer Society</p> <p>First Link® (benefit for family physician, person with dementia, and caregivers)</p>	<p><i>First Link®</i> brochure                      English: <a href="http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/ASC_first_link_e.ashx">http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/ASC_first_link_e.ashx</a>                      French:  <a href="http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/ASC_first_link_f.ashx">http://www.alzheimer.ca/~media/Files/national/Core-lit-brochures/ASC_first_link_f.ashx</a></p>
<p>Disclosing a diagnosis of dementia</p>	<p><i>Communicating the diagnosis</i> brochure                      English:  <a href="http://www.alzheimer.ca/~media/Files/national/brochures-tough-issues/Tough_Issues_Communicate_Diagnosis_2007_e.ashx">http://www.alzheimer.ca/~media/Files/national/brochures-tough-issues/Tough_Issues_Communicate_Diagnosis_2007_e.ashx</a>                      French:  <a href="http://www.alzheimer.ca/~media/Files/national/brochures-tough-issues/Tough_Issues_Communicate_Diagnosis_2007_f.ashx">http://www.alzheimer.ca/~media/Files/national/brochures-tough-issues/Tough_Issues_Communicate_Diagnosis_2007_f.ashx</a></p> <p><i>Principles for a Dignified Diagnosis</i>                      English:  <a href="http://www.alzheimer.ca/~media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_E.ashx">http://www.alzheimer.ca/~media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_E.ashx</a>                      French:  <a href="http://www.alzheimer.ca/~media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_f.ashx">http://www.alzheimer.ca/~media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_f.ashx</a></p>

Local services offered by Alzheimer Societies	Local Alzheimer Society's brochures  *(add in your local website links and telephone number)
Experience of a person with dementia and/or caregiver with health providers	<i>Principles for a Dignified Diagnosis</i> English: <a href="http://www.alzheimer.ca/~ /media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_E.ashx">http://www.alzheimer.ca/~ /media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_E.ashx</a> French: <a href="http://www.alzheimer.ca/~ /media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_f.ashx">http://www.alzheimer.ca/~ /media/Files/national/Tip-sheets/tipsheet_dignified_diagnosis_2012_f.ashx</a>
Experience of a person with dementia and/or caregiver living with dementia	You tube videos: <a href="http://www.youtube.com/watch?v=ROuwSYI-Itk&amp;list=PL22F4D6D0DB83805C">http://www.youtube.com/watch?v=ROuwSYI-Itk&amp;list=PL22F4D6D0DB83805C</a> <a href="http://www.youtube.com/watch?v=jYK-j0WBT6s">http://www.youtube.com/watch?v=jYK-j0WBT6s</a>  MAREP – By Us for Us Guides: <a href="http://www.marep.uwaterloo.ca/products/bufu.html">http://www.marep.uwaterloo.ca/products/bufu.html</a>
Person centred approach in Long Term Care	<i>Guidelines for Care: Person centred care for people with dementia living in care homes</i> English: <a href="http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_exec_summary_e.ashx">http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_exec_summary_e.ashx</a> French: <a href="http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_exec_summary_f.ashx">http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_exec_summary_f.ashx</a>
Person centred language	<i>Person Centred Language Guidelines</i> English: <a href="http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_person_centred_language_2012_e.ashx">http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_person_centred_language_2012_e.ashx</a> French: <a href="http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_person_centred_language_2012_f.ashx">http://www.alzheimer.ca/~ /media/Files/national/Culture-change/culture_person_centred_language_2012_f.ashx</a>
Stages of Alzheimer's disease and what to expect	<i>Progression Series</i> English: <a href="http://www.alzheimer.ca/en/About-dementia/Alzheimer-s-disease/Stages-of-Alzheimer-s-disease">http://www.alzheimer.ca/en/About-dementia/Alzheimer-s-disease/Stages-of-Alzheimer-s-disease</a> French: <a href="http://www.alzheimer.ca/fr/About-dementia/Alzheimer-s-disease/Stages-of-Alzheimer-s-disease">http://www.alzheimer.ca/fr/About-dementia/Alzheimer-s-disease/Stages-of-Alzheimer-s-disease</a>

Note: more resources available at [www.alzheimer.ca](http://www.alzheimer.ca)

#### **IV. PROJECT MONITORING AND EVALUATION**

In order to provide quantitative data to assess students' interest in these workshops, facilitators are asked to complete and submit information about each workshop, including the date and location, program and number of attendees. The information should be submitted to ASC via email at [info@alzheimer.ca](mailto:info@alzheimer.ca), attention: Director of Education.

Note: A qualitative evaluation form is in development to measure such things as knowledge acquisition at the end of the learning series.