



*First Link*  *Premier lien*

## **Highlight Report 2017-2018**

*Alzheimer Society*

SASKATCHEWAN

**Learn More Live Well**



**People who connect with the Alzheimer Society have a far better experience than those who don't.**

## Overview

First Link® is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible following the diagnosis and throughout the progression of the disease.

Our First Link™ program and our First Link Coordinators are continuing to make a positive impact on the lives of people affected by dementia.

This past year the Alzheimer Society of Saskatchewan **served 23% more unique clients** than the year before.

Our Learning Series, support groups and one on one client services all provide information, guidance and support to those affected by dementia at no cost.

A recent survey of our clients showed that **88% were very satisfied with the service**

**they received and 93% of those served would recommend the Alzheimer Society** to a friend or family member.

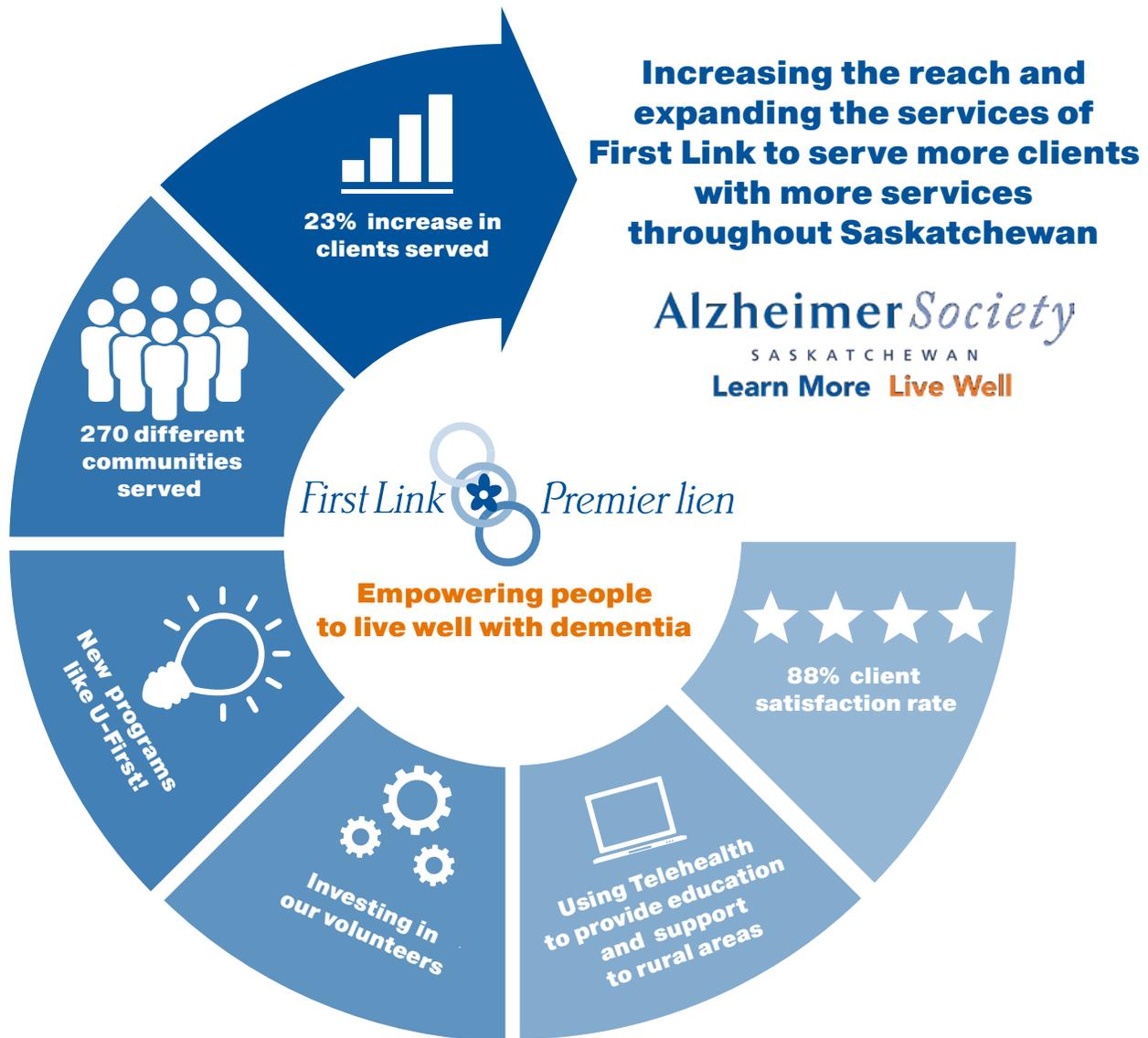
Our Resource Centres are located in Regina, Saskatoon, North Battleford, Prince Albert, Swift Current and Weyburn.

Beyond serving these centres and their surrounding areas, the Regina office provides services to people throughout the province without access to a local Alzheimer Society Resource Centre.

By leveraging the province's Telehealth system and other technologies we **served 270 different Saskatchewan communities** last year.

We continue to offer 30 different support groups across the province with the help of trained volunteers.

*(All the highlighted quotations are taken from our recent client survey conducted in 2018.)*



**“There is no better source of information about life with dementia and no kinder providers than the Alzheimer Society.”**

**“I think the Alzheimer Society is amazing – at the beginning I was so overwhelmed I hardly knew what questions to ask! And that is probably normal.”**

## **Innovative and New Programming**

### **U-First!™**

U-First! is training specifically designed for people working in community care, acute care, and long-term care.

The overall vision is to provide every member of the care team with consistent education on the core competencies and best practice relating to their role in providing care and services to a person affected by dementia.

### **Minds in Motion™**

Minds in Motion (MIM) is a social and recreational program for people in the early stages of dementia and a care partner. MIM's goal is to improve the physical fitness, social and emotional connectedness for not only the person living with dementia but their care partner.

The program also hopes to achieve a higher level of connection with the community where people with dementia and their care partners feel supported and empowered to live well with dementia.

The program was expanded to include four communities in 2017/18: Regina; Saskatoon; Prince Albert; and Swift Current.

Of the 153 individuals who attended MIM, 87 of them (57%) were new Alzheimer Society clients.

Since the inception of MIM with the Saskatoon pilot in 2015, 65 out of 238 individuals have attended more than one MIM session.

### **New Support Groups**

To meet the needs of our clients, we have offered a number of new types of support groups this year including:

- a second spousal Frontotemporal Dementia Support Group (FTDSG) delivered via Telehealth.
- a telephone support group for individuals not having a support group near the community in which they live;
- an Early Stage Support Group via Telehealth in the Cypress Resource Centre region which began in May and has three participants from three different communities in the area;
- a Young Onset Caregiver Support Group in Saskatoon, with the members being caregivers for a person with dementia diagnosed under the age of 65, all working full-time and having several other life commitments.



In September 2017, the Alzheimer Society of Saskatchewan signed a shared services agreement with the Alzheimer Society of Ontario to deliver U-First! in Saskatchewan.

Three U-First! sessions were offered in 2017/18 to a total of 45 people.

The evaluations for the program have been very positive with comments including: "I enjoyed the activities and the brain storming group discussions. I found those to be very informational and some new ideas came out of those talks."



**"I would recommend the Alzheimer Society to anyone struggling with a new diagnosis or a caregiver of someone who is further along in the disease as they are so supportive and understanding."**

**“I greatly appreciate the periodic phone calls and learning workshops offered by the Alzheimer Society. The staff are compassionate, courteous, helpful, and supportive.”**

## **Outreach and Engagement**

### **Engaging Physicians**

We continue to engage with the Saskatchewan Medical Association (SMA) to increase awareness about the importance of a diagnosis, referral to First Link and the programs and services of the Alzheimer Society. CEO Joanne Bracken, and Director of Programs and Operations Joanne Michael, met with SMA communications staff to discuss partnership opportunities.

### **Leadership Group**

We established a Leadership Group for People with Dementia to provide meaningful engagement for people with dementia in the work and direction of the Alzheimer Society.

The committee met twice in fiscal 2017-2018. Key activities included approving the Terms of Reference, reviewing the Alzheimer Society Strategic Plan and discussing ways to engage the voice of people with dementia in the work of the Society.

Ida Ryhorchuk is a member of the committee and noted that; **“I am involved with the Leadership Group for People**

**with Dementia because I think it is important to make a difference for people with dementia, by increasing awareness, and building dementia friendly communities.”**

**“It is important to make businesses aware of the needs of persons with dementia by making the business dementia friendly through education of both the business and employer. I want to share my voice and my story so that together we can make things better for anyone living with dementia.”**

### **Rural Outreach**

Our Sun Country First Link Coordinator (FLC) located in Weyburn continues to be involved in the Sun Country Primary Care work in Kipling which is expanding to Weyburn.

The FLC traveled to Kipling and worked closely with the team in 3 case conferences to support these mutual clients. This work is supported by the RaDAR team. Dr. Debra Morgan and Dr. Julie Kosteniuk are the lead researchers.

To expand the reach of our Learning Series to audiences in rural and remote areas Next Steps for Families (NSF) was broadcast via Telehealth province-wide in October 2017 to 20 sites reporting a total attendance of 104 attendees.

**Our Minds in Motion was expanded to new locations and leveraged volunteers to enhance the experience of participants.**



Minds *in* Motion®

**“Minds in Motion is a wonderful program. My mother loves to go for the social interaction. I can relax taking her there as it is a safe, nonjudgmental, friendly environment for all.”**

**Our Resource Centres are here to help.  
Call for office hours.**

**Cypress Resource Centre**

The Meadows  
2215 Woodrow Lloyd Place Swift Current SK S9H 5R2  
Phone: 306-773-2683

**Prairie North Resource Centre**

Battlefords District Care Centre  
1308 Winnipeg Street Battleford SK S0M 0E0  
Phone: 306-445-2206

**Prince Albert Parkland Resource Centre**

Victoria Square, Level 2  
2345 10th Avenue West Prince Albert SK S6V 4H5  
Phone: 306-922-2296

**Regina Qu'Appelle Resource Centre**

301-2550 12th Avenue Regina SK S4P 3X1  
Phone: 306-949-4141

**Saskatoon Resource Centre**

Oliver Lodge  
1405 Faulkner Crescent Saskatoon SK S7L 3R5  
Phone: 306-683-6322

**Sun Country Resource Centre**

Primary Health Services Building  
704 5th Street NE Weyburn SK S4H 1A3  
Phone: 306-842-2273

**Dementia Helpline**

1-877-949-4141  
Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m.

**Provincial Office**

301-2550 12th Avenue Regina SK S4P 3X1  
306-949-4141 or 1-800-263-3367

**Alzheimer** *Society*

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