

Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan

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Project team members gathered for a Collective Impact meeting in Yorkton on May 15, 2023.

MESSAGE FROM THE PROJECT TEAM

Collective Impact is central to this project. As part of our Collective Impact approach, members of Collaborating Organizations and the Management Group meet every two to three months to discuss project updates, successes, and challenges. Regular meetings allow team members to connect and learn from each other by sharing resources and lessons learned. Through a Collective Impact framework, team members work towards the common agenda of reducing isolation and enhancing social inclusion of older adults with dementia and their care partners in rural Saskatchewan. In this newsletter, we are pleased to share project updates and examples of Collective Impact in action.

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For more information, please visit:



RuralDementiaSK.ca



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Turning Information Into Action

Denine Hilderman,
Alzheimer Society of Saskatchewan

In Spring 2023, the Town of Saltcoats hosted our Dementia Community Coordinator for a presentation to help residents learn more about dementia warning signs and what a dementia friendly community means. After attending the presentation, Merle Wiley (pictured right), a local resident and care partner, began to take note of some of the areas in the community that could be enhanced to be more accessible and easy-to-navigate for people living with dementia and their care partners.

Merle contacted the Alzheimer Society for resources to draft a letter to the Saltcoats Town Council regarding her community observations. Town Council was quick to respond and invite Merle and our Dementia Community Coordinator to tour Town-sanctioned buildings and provide recommendations for increasing each environment's dementia friendliness.

The tour took place on February 28, 2023 with the Town of Saltcoats' Head Administration Officer, along with other building representatives. The group walked through the Town's Administrative Office, Town Hall, library, and curling rink looking at things like signage, lighting, mobility hazards, and other considerations. During the tour, we shared our Alzheimer Society of Saskatchewan toolkits for municipalities and libraries with staff and also discussed communications strategies for them to use when supporting residents living with dementia.

During the tour, the curling rink's technician disappeared for several minutes to go add hooks to the washroom doors – a



dementia friendly consideration he picked up during the tour – so that guests can hang personal belongings and assistive devices if needed. The ice technician mentioned how Saltcoats currently has an accessible curling night during the regular curling season and, even though the hooks were added as a dementia friendly approach, they will likely benefit everyone who visits the rink.

The Town of Saltcoats is a shining example of our belief that community changes everything for people living with dementia and their care partners.



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We thank the Town for welcoming us into their places of business and for having open conversations about how to make their spaces and programming more welcoming and inclusive for people affected by dementia. We look forward to more updates from Saltcoats as we continue our relationships there.

Connections with SaskAbilities Life Enrichment Program

On the same day as the Town of Saltcoats' dementia friendly tour, our Dementia Community Coordinator and First Link Coordinator for Yorkton, Melville, and the surrounding rural areas connected with SaskAbilities' Life Enrichment Program. SaskAbilities is another collaborating organization in the Dementia Supports in Rural Saskatchewan project. Part of their program is organizing monthly lunch meetups in different communities around Yorkton, Melville, and the surrounding rural areas for people living with dementia and their care partners, and February's just happened to be in Saltcoats. These get-togethers provide an opportunity for program participants to continue building bonds with each other outside of their regular programming hours.

During the lunch outing, we shared a presentation with the group to help them learn more about the Alzheimer Society of Saskatchewan's supports and resources. Program attendees were excited to meet Carolee Zorn, our First Link Coordinator for the area, and learn how she can help provide individualized support to individuals, families, friends, and care partners affected by dementia.

To learn more about the First Link[®] Program across Saskatchewan, visit the Alzheimer Society of Saskatchewan's website:
<https://alzheimer.ca/en>

Esterhazy Golden Jets

Earlier this year, the Esterhazy Golden Jets, an older adult social club, connected with us to organize an ABC's of Dementia - our warning signs presentation - for their members. Before the presentation, our Dementia Community Coordinator also met with building staff and volunteers to provide a dementia friendly orientation.

The event was sponsored by three local pharmacies, who took copies of our *Dementia Friendly Toolkit - The Pharmacy Edition* to help better serve people affected by dementia. Thank you to the Golden Jets for organizing the event and helping grow your community's knowledge of dementia.



Learn More

For more info about dementia friendly initiatives, contact:

Jackie Hofstrand

**Dementia Community Coordinator
Alzheimer Society of Saskatchewan**

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Close up of a floral quilt by Elaine.

Godfrey Dean Art Gallery Brings Rural Community of Artists Together

“ *The creative is a wonderful new outlet for us. The bonus is the wonderful people and connections we have made.* ”
– Care Partner / Artist Participant

Twelve artist participants in the Godfrey Dean Art Gallery’s program, *Belong Where You Find Yourself*, have been working collaboratively and individually on drawing, painting, photography, filmmaking, storytelling, musical theatre, woodworking, sculpture and fabric art. Participants of the program meet in their homes and at the Godfrey Dean Art Gallery in Yorkton, SK, to collaborate on art making, sharing stories, and spending time together, ultimately creating works displayed in an exhibition this spring from April 5 to May 23, 2023.

Over the past year, Saskatchewan-based artists Alana Moore and Amber

Phelps-Bondaroff have worked together with participants whose lives have been impacted by dementia. Individually and in groups, the participating local artists work through a process to tell their stories and share their creativity. The Lead Artists follow principles of community-engaged practice, including input from all participants and involving their feedback and learning at every stage.

The artists and participants have established an organic and meaningful engagement that is bringing people together, bringing families together, creating new friendships and support networks, and capturing moments of beauty, clarity, and connection. Gallery Director, Jeff Morton, describes the project result as multidisciplinary and multi-generational, with a range of artistic interests and forms of expression.

Participants enjoy visiting with each other and supporting each other during their group meetings. The participants are able to connect and share updates about their art projects. For the participants living with dementia, their social time together is an opportunity for

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connection. For the care partners who are often juggling multiple commitments and obligations, the group meetings are a time for mutual support.

During a coffee break, a few care partners who were visiting together told a Lead Artist how hard it is to find the time to talk to other care partners who are going through similar situations. The large meeting felt like a place where they could finally do that. Participants shared and listened to each other, celebrated each other's successes and joyful moments, and held space for each other's difficult emotions.

One care partner said, "As caregivers we can share our thoughts and concerns and ask questions of each other...It is reassuring that we are not alone in this journey."

Reaching people in rural and remote communities is critical. Most programs and services supporting individuals living with dementia tend to be urban-focused. Due to limited availability of dementia care resources in rural areas, those affected by dementia often experience isolation. To address this challenge, the project Dementia Supports in Rural Saskatchewan is supporting projects that will enhance the social inclusion of older adults with dementia and their care partners. The project focuses specifically on those living in Yorkton, Melville, and surrounding rural communities. As part of Dementia Supports in Rural Saskatchewan, the Godfrey Dean Art Gallery's project *Belong Where You Find Yourself* shares a goal with other organizations to increase public awareness and reduce stigma associated with dementia, particularly in rural areas of the province.



Remembering the past, Verna enjoys drawing architecture and buildings from memory.

The Godfrey Dean Art Gallery's exhibition, *Belong Where You Find Yourself* ran from April 5 to May 23, 2023. The unique collection tells many different stories of people in the community whose lives have been impacted by dementia.

Visit the Godfrey Dean Art Gallery's website: <https://godfreydeanartgallery.ca/>

Learn More

For more info about *Belong Where You Find Yourself*, contact:

Jeff Morton

Director and Curator

Godfrey Dean Art Gallery

director@godfreydeanartgallery.ca

Meeting with Collaborating Organizations

May 15, 2023
Yorkton Public Library



Meeting in Yorkton (above):

Project team members travelled from Moosomin, Saskatoon, Prince Albert, and Regina to attend an in-person Collective Impact session on May 15, 2023 in Yorkton for members of Collaborating Organizations, the Advisory Committee, and the Management Group. During the large group meeting, each Collaborating Organization presented project updates, successes, and challenges.



Meeting in Yorkton (above):

Each organization addressed the topic of sustainability. Ideas for sustaining the projects into the future included: approaching new funders for additional resources, developing printed and online archives, and maintaining connections with project participants.



Gallery Visit (left):

Following the meeting, the group visited the Godfrey Dean Art Gallery to view the exhibition of artworks created by participant-artists of *Belong Where You Find Yourself*.



New Dementia Support Project Launched in Yorkton – Melville Area

University of Regina News Release

The Cognitive Kitchen is for rural older adults including those with dementia and their care partners who are interested in learning about dementia, nutrition risk reduction approaches to prevent dementia, enhancing food literacy skills and socializing.

Several different offerings of the Cognitive Kitchen project, each serving approximately 10 participants, will be delivered in-person and virtually throughout the term of the project, from June 2023 to July 2024. The Cognitive Kitchen includes six 'courses' dishing up evidence-based nutrition practices, food preparation and socialization components.

"We are inviting older adults interested in risk reduction, and persons living with dementia and their care partners interested in nutrition strategies for healthy living to join the Cognitive Kitchen.

"We provide a welcoming space where learning and socializing provide a recipe

for fun and, as a bonus, there are no program costs for participants," said Dr. Allison Cammer, Assistant Professor in the Division of Nutrition and Dietetics, University of Saskatchewan. Some programs will be offered in-person within rural communities in the Yorkton-Melville area and some will be offered virtually, depending on participant preference and ability.

"The Cognitive Kitchen project is being added to the mix of several other projects we are supporting in the Yorkton – Melville area that seeks to improve the quality of life of people living with dementia in rural and smaller urban communities," said Dr. Bonnie Jeffery, Faculty of Social Work, University of Regina.

More Info

For more info and to register for the program, contact:

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Registered Dietician

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COLLECTIVE IMPACT: Evaluation Update & Success Stories

Nancy Akwen,
Evaluation Coordinator

We have made significant progress since the launch of the Collective Impact (CI) project in September 2019. In this section, we briefly present some key achievements of year 3 of the Collective Impact project. We also provide a brief update of the process evaluation that was completed.

Evaluation Update

Read about the short term outcomes achieved from October 2021 to October 2022 in the project's evaluation report:
RuralDementiaSK.ca

Read Report

EVALUATION & SHARED MEASUREMENT



EVALUATION UPDATE



COLLECTIVE IMPACT (CI) APPROACH MAY 2023

Reporting Period: October 2021 - October 2022



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



We released an evaluation report in May 2023 that demonstrates that the CI initiative is on track, having achieved short-term outcomes and progress made towards attaining intermediate outcomes. The report presented an analysis of data collected between October 2021 and October 2022. During this period, four Collaborating Organizations (Alzheimer Society of Saskatchewan, SaskAbilities, Godfrey Dean Art Gallery and Rural Dementia Action Research (RaDAR) provided services and programs in Yorkton and surrounding rural communities. We presented our achievements and impacts at four levels: the individual, organizational, community, and policy levels.

Collaborating organizations continually reached new communities and achieved the following from October 2021- October 2022:

Impacts at **individual level**:

- The Life Enrichment program, launched by SaskAbilities in June 2021, provided direct service to **40 individuals** (persons living with dementia and care partners) in 12 communities including Melville, Springside, Esterhazy, Tantallon, Langenburg, Saltcoats, Canora, Yorkton, Kamsack, Amsterdam, Good Spirit and Theodore. The program facilitators travelled over **20,700 KM** over **12 months** to provide **619 hours of service**. Feedback from participants demonstrates that the program is providing **natural** supports as friendships have developed amongst care partners and those living with dementia.
- The Godfrey Dean Art Gallery's *Belong Where You Find Yourself* Program engaged 15 individuals with lived experience in 27 art sessions in homes, care homes and the Art Gallery. Participants have indicated satisfaction with the program because of its **flexibility for diverse artistic expression** and group activities that **increase social inclusion**.
- The Public Awareness program, run by the Alzheimer Society of Saskatchewan, reached out to approximately 37,900 individuals in the region through 54 social media posts.

Impacts at the **organizational level**:

- The Alzheimer Society of Saskatchewan Awareness Campaign and Dementia Friendly Initiatives connected with **36 institutions and businesses** including city councils, town offices, public libraries, pharmacies and faith groups) in **15 communities**. Feedback from the communities indicate that an increasing number of institutions are demonstrating increased interest in providing more dementia friendly services.



We have made significant progress since the launch of the Collective Impact project in September 2019.

Impacts at the **community level**:

- The RaDAR project, which started in October 2022, has mobilized primary health care staff to establish memory clinics that will provide services for dementia diagnosis and management. The first memory clinic is scheduled to take place in June 2023.
- A new partnership developed between the SaskAbilities Life Enrichment program and the Saskatchewan Health Authority Medical Social Work departments in Yorkton, Esterhazy and Kamsack areas.
- The Alzheimer Society of Saskatchewan hosted 28 ABC's of dementia presentations for 6 communities - Yorkton, Kamsack, Melville, Saltcoats, Sturgis and Norquay, and ran admail campaigns that reached out to approximately 22,000 households.
- Publications about project initiatives in the local media increased willingness of businesses and institutions to create a dementia friendly atmosphere for clients living with dementia and care partners.

Impacts at the **policy level**:

- Participation of the Minister of Mental Health and Addictions, Seniors, and Rural and Remote Health in the project's Community Table meeting.

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Trust and history of collaboration between collaborating organizations is essential for the success of Collective Impact efforts in the region.



Process Evaluation

The process evaluation was conducted in year 3 of the project (September 2021 - September 2022) when the project was well established. Key findings include the socio-cultural, organizational, and external factors that influenced the design and implementation of the CI initiative, and sustainability factors. Trust and history of collaboration between collaborating organizations is essential for the success of Collective Impact efforts in the region.

UPCOMING EVENTS

Everyone is welcome to attend the following upcoming events:



ABC'S OF DEMENTIA

June 21, 2023 @ 12:00pm CST (Virtual)

Join the Alzheimer Society of Saskatchewan's Public Awareness Coordinator on Zoom to learn more about the 10 evidence-based warning signs of dementia:

<https://alzheimer.ca/sk/en/whats-happening/events/abcs-dementia>



COMMUNITY TABLE MEETING

October 5, 2023 @ 1:30pm CST (Virtual)

Join the project team and community members at the next Community Table meeting for *Dementia Supports in Rural Saskatchewan*.

FEATURED RESOURCE



Dementia Dialogue Podcast

This podcast provides people with lived experience a way to share their stories with each other and the broader community. Listeners who have dementia, care partners, and others gain insight and strengthen their adaptive skills. Episodes also help the broader community understand what it means to live with dementia and how they can support people:

<https://www.dementiadiologue.ca/home>

Learn More

Thank You!

Thank you to all members of the Collaborating Organizations, Community Table, and Advisory Committee who have participated in the project as part of the Collective Impact approach.

We greatly appreciate your contributions and engagement!

COLLABORATING ORGANIZATIONS



BACKBONE ORGANIZATION



FUNDER



CONTACT

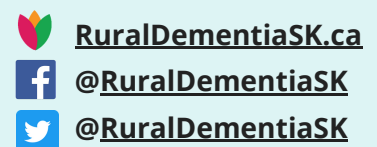
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