

# PROJECT SUSTAINABILITY PLAN



**Meeting of Collaborating Organizations  
May 15, 2023 - Yorkton, SK**

# SUSTAINABILITY GOAL



**What activities,  
programs or  
services of your  
project will be  
sustained?**

## **RADAR MEMORY CLINICS**

Support new memory clinic teams in the first year of operation (April 1, 2023 - June 30, 2024) with 6 key sustainability activities.

## **COGNITIVE KITCHEN**

Participants will be encouraged to continue engagement in meal preparation and other practices to promote the adoption of dietary patterns to support nutritional well-being and risk reduction of dementia.

The registered dietitian program coordinator will be available to respond to participants' questions by email and she will provide resources or referrals as necessary, even after each program has ended.

## **GODFREY DEAN ART GALLERY**

- Project and exhibition archive on the GDAG website
- Resource guide for organizations and groups

## **PARKLAND VALLEY**

- Connections into 'rural' communities via Recreation Directors

## **SASKABILITIES**

- One-on-one, group, activities, and caregiver support

# SUSTAINABILITY IMPLEMENTATION

## SASKABILITIES

A consultant was hired to explore funding options. The video was created to share information about the program/need for the program.

## RADAR MEMORY CLINICS

Support new memory clinic teams in the first year of operation (April 1, 2023 - June 30, 2024) with 6 key sustainability activities:

Operational guidance	Check-in meetings	Team workgroup meetings
Clinical guidance	Continuing education events	Dementia Working Group meetings

## COGNITIVE KITCHEN

- Participants will be provided with a program workbook featuring recipes and culinary tips and tricks.
- Participants will be encouraged to prepare other recipes between sessions and discuss their experiences with others in the sessions.
- Participants will be welcome to contact the program facilitator after the program ends with nutrition-related questions.
- Participants may register for another offering of the program if capacity allows.

**How will your goal  
be achieved?  
What strategies  
and activities  
must take place?**

## GODFREY DEAN ART GALLERY

After collecting documentation from the exhibition and reception, including the documentary video, we will create an archive on GDAG's website for people to see what the exhibition looked like, to view artworks and videos, to read about the project, and to get information about the process.

We will create a resource guide with information about the process, intentions, and outcomes of this kind of socially engaged art project. The guide will be produced as an electronic PDF, a webpage, and a printed resource booklet. The guide will function both to teach people about what we accomplished, as well as provide a road map for others who may be interested in doing something similar. The resource guide will be archived on GDAG's website and shared with partner organizations (for example as part of the Alzheimer's Society of Saskatchewan online hub in development).

# WHO IS RESPONSIBLE?

## **RADAR MEMORY CLINICS**

The lead person is Dr. Debra Morgan, Professor and Chair in Rural Health Delivery with the Canadian Centre for Health & Safety in Agriculture at the University of Saskatchewan.

## **SASKABILITIES**

Program Manager- Jackie Washenfelder (Macro Level)

Kristen – (Micro level)- carrying on with relationships and looking for grants that may be available.

## **PARKLAND VALLEY**

Chelsey Johnson – Parkland Valley Sport, Culture & Recreation District

## **GODFREY DEAN ART GALLERY**

Jeff Morton, Director of GDAG, with input from Lead Artists Alana Moore and Amber Phelps Bondaroff.

## **COGNITIVE KITCHEN**

The Cognitive Kitchen program facilitator is responsible for fostering a supportive community in each offering. She is a registered dietitian and will be available to provide referrals and other nutrition-related resources as needed.

**Who is the lead  
person and  
organization?**



# TIMELINE

## RADAR MEMORY CLINICS

- The sustainability activities must begin no later than the initial orientation and training session provided to the memory clinic team, scheduled for March 30, 2023.
- Operational and clinical guidance will be completed within the first 6 months of implementation of the Esterhazy memory clinic.
- Regular team workgroup meetings will cease by April 2024, as by this time team members should be comfortable identifying and resolving quality improvement issues without researcher involvement.

**When must this activity be started and by when will it be completed?**

- Meetings of the check-in and Dementia Working groups, and continuing education events, are ongoing as part of the larger RaDAR program and Esterhazy collaborators will be welcome to continue participating.
- In the months leading up to the formal initiation of this project in October 2022, we began building relationships and discussing sustainability activities with SHA management in the Esterhazy and Yorkton areas, and with the family physician leading the Esterhazy memory clinic.
- Esterhazy and Yorkton collaborators have been working to determine the SHA staff and health professionals who will form the clinic team. In anticipation that team members will be identified, we have set a date for an Orientation and Training webinar for the clinic team (March 30, 2023). During the Orientation meeting, we will review and discuss the 6 key sustainability activities and receive input from the clinic team about scheduling regular team workgroup meetings and connecting team members with their counterparts for clinical guidance purposes. Once the Orientation meeting had been scheduled, we invited PHC directors and managers to participate in future.
- Check-in meetings (March/23) and Dementia Workgroup meetings (June/23). Plans have been made for the RaDAR research assistant (Chelsie) to regularly be on-site during Esterhazy memory clinics during the first year of operation, to offer operational guidance and collect research data.

## GODFREY DEAN ART GALLERY

- Collecting archival materials to be completed by Dec 31, 2023.
- Collecting materials for the guide but the bulk of the work writing and designing the materials will be done between July-Dec 2023 and completed by Dec 31, 2023.

## SASKABILITIES

The video is almost complete. Consulting has begun. The consulting report should be completed by Nov 2023.

## COGNITIVE KITCHEN

Ongoing throughout program delivery (May 2023-July 2024)

# RESOURCES REQUIRED TO ACHIEVE SUSTAINABILITY GOAL

## PARKLAND VALLEY

- Networking Connections
- Open Communication

**What financial and non-financial resources will be required to sustain the activity, program or service?**

## SASKABILITIES

- Referrals to ASOS will continue for education purposes. The program at SaskAbilities is dependent on funding to secure staffing positions for dementia coordinators and facilitators.
- Expenses related to activities are also something that should be part of our budget as not all elderly people can pay out of pocket for services. Non-financial resources include fleet vehicles, office space, and program supplies/materials.
- Social Return on Investment-analysis outlining the cost-saving benefits in comparison to admission to the nursing home.

## GODFREY DEAN ART GALLERY

To sustain the program, we require minimal resources, as we are already maintaining a website for the gallery.

## COGNITIVE KITCHEN

- Funding for participant program workbooks
- Registered dietitian program coordinator

## RADAR MEMORY CLINICS

The financial resources required to achieve sustainability are funds to support: 1) resources for memory clinic operations (e.g., training to administer cognitive testing, printing RaDAR handbooks, computer, conference telephone), 2) RaDAR staff to conduct project activities, 3) research assistant travel to provide operational guidance to memory clinic team, 4) RaDAR consultant travel (Jean Daku) to provide clinical guidance to the memory clinic team, 5) and memory clinic team travel to the 12th Canadian Conference on Dementia in Toronto (November 2023) for continuing education purposes.

Health human resources include SHA management to participate in sustainability activities and primary health professionals to form memory clinic teams (e.g., family physician/nurse practitioner, home care nurse, occupational therapist, physical therapist). Other non-financial resources include office space, infrastructure (e.g., IT system), and staff to support clinic operations.

# RISKS AND CHALLENGES

## SASKABILITIES

Lack of funding sources would decrease the likelihood of the program continuing. We would have to freeze the intake of referrals and decrease the amount of people in the program.

## COGNITIVE KITCHEN

Food security concerns (ingredient availability, accessibility, and affordability to continue preparation)

**What risks or challenges could impede sustainability?**



## RADAR MEMORY CLINICS

A shortage of health human resources could interrupt delivery of memory clinic services to patients and families and create challenges to sustaining the clinics. Memory clinic implementation has been delayed by a physician shortage in the Esterhazy medical clinic, which impeded the ability of the participating family physician to commit time to this project. Esterhazy also experienced turnover in other positions necessary for the memory clinic (e.g., PHC manager, home care assessor) which contributed to implementation delay. Human resource challenges often lead to an increased workload for remaining staff, which may make it difficult for Esterhazy collaborators to participate in sustainability activities such as regular meetings. The travel required by some clinic team members to take part in memory clinics may also be an impediment. For instance, the occupational therapist and physiotherapist will need to travel 77 km each way from Yorkton to Esterhazy every memory clinic day, which may be challenging in inclement weather.

# MITIGATION STRATEGY

## RADAR MEMORY CLINICS

Human resource shortages and turnover in health professionals will be addressed by adapting memory clinic processes to the availability of team members. For instance, patient assessments administered by team members who travel from Yorkton will be clustered together in the clinic schedule so as to minimize the time commitment of these health professionals. If a clinic team member is temporarily unavailable or leaves their position, we will ensure in advance there is a process in place for the clinic to continue as usual until the position is filled. For instance, team members in other memory clinics may refer patients to one another for later assessment if that health professional is temporarily unable to participate in memory clinics. Also, team members are often able to administer one another's assessments (e.g., the occupational therapist can typically administer the physiotherapy assessment).

## COGNITIVE KITCHEN

Included recipes will be flexible and recommendations for ingredient substitutions will be made.

## SASKABILITIES

Fee for service as a last resort.

**How will you overcome any risks or challenges?**





# WHAT DOES SUCCESS LOOK LIKE?

**How will you know if the activity has reached sustainability?**

## **SASKABILITIES**

If the Dementia Friendly Life Enrichment program is provided with funding, the supports for people living with dementia in rural communities will continue for 3 years at a time.

## **RADAR MEMORY CLINICS**

Indicators of sustainability success will include 1) ongoing memory clinic services for a one-year period, 2) capacity of memory clinics to continue regular operations while experiencing temporary absence of health professional(s), 3) capacity of memory clinics to temporarily suspend services during the absence of clinic lead physician and continue services after their return (e.g., parental or medical leave).

## **COGNITIVE KITCHEN**

Track number of participants who contact the program facilitator with nutrition-related questions.

## **GODFREY DEAN ART GALLERY**

We can track website visitors, and we will hear feedback from the participating artists and partner organizations.





# Dementia Supports in Rural Saskatchewan

Collaborating Organizations:

**COGNITIVE KITCHEN**

**GODFREY DEAN ART GALLERY**

**PARKLAND VALLEY**

**RADAR MEMORY CLINICS**

**SASKABILITIES**