

KEY ACHIEVEMENTS

APRIL TO SEPTEMBER 2023



IMPACTS AT THE INDIVIDUAL LEVEL

Increased Social Interaction and Feelings of Social Inclusion

A PLWD participant of the Belong Where You Find Yourself project residing at a care home made it to the Godfrey Dean Art gallery with her grandchildren for the art exhibition. She had not left the care home for many months prior to the gallery exhibition.

A Care Partner and PLWD who relocated from Yorkton to Hudson Bay because they had more family support in that area. She still drives from Hudson Bay to the location of the group outing. They remained in the program because the care partner has developed many meaningful relationships with other care partners in the program and wishes to continue with the group programming.

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A care partner whose loved one had passed continues to attend the group programs as she has built relationships with other members. She also provides emotional support to those going through similar life experiences living with dementia.

"... the program allows me to have time to myself and allows [PLWD] to have a person friend of her own. When [PLWD] is with the facilitator I know she is in good hands..." Care Partner, SaskAbilities Dementia Friendly Life Enrichment Program

Group outings allow care partners to speak about dementia without feeling judged or misunderstood.

"[PLWD] is always willing to go and participate in outings with [DFF] and his body language is always relaxed. He always offers hugs, high fives, and handshakes." Facilitator, SaskAbilities Dementia Friendly Life Enrichment Program

"I really enjoy doing these kind of events and getting to know the other participants from the group...It's good that [PLWD] and the other individual get along so well together. I am glad that [PLWD] has made a friend going through the same situation that he is ...We have both been really busy lately and there is a lot more coming up, [PLWD] really enjoys the community kitchen and continues to look forward to the outings" SaskAbilities Program

- Care Partner, SaskAbilities Program*



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Level of Engagement & Quality of Life

“Many care partners converse with one another and were laughing about various topics. When the tour of the facility occurred, the women enjoyed the salon most. Many of the women went back to the salon for services such as haircuts and eye brow tinting” Facilitator, SaskAbilities Dementia Friendly Life Enrichment Program

Cognitive Kitchen

Interest has exceeded program capacity in 3 out of 4 communities:

- Several participants in the program expressed a desire for the facilitators to organize other sessions while some indicated that they would be willing to be in the program over and over to explore the recipes. Participants expressed interest in connecting with each other after the program.

*“Two participants were overheard joking around about wearing wigs and attending the sessions in another community”
Facilitator, Cognitive Kitchen*

- Care partners and participants living with dementia have appreciated the classes and expressed that they looked forward to the weekly sessions. Two participants drove over 45 minutes weekly to attend the sessions.



- Outings allow the person living with dementia opportunities to experience things they enjoy which in turn, carries over to their everyday life in a positive way. For example, facilitators have witnessed an increase in PLWD's mood, recall, and social interactions with their care partners after returning from outings.
- Care Partners that are struggling share their challenges with other group members and often receive suggestions to manage some of the obstacles faced in the dementia journey.



IMPACTS AT THE ORGANIZATIONAL & SYSTEMS LEVEL

Requests for training from Organizations:

- 6 Primary Health Care (PHC) team members including 1 family physician, 1 home care assessor/coordinator, 1 community pharmacist, 1 occupational therapist, 1 PHC Facilitator, and 1 Alzheimer Society First Link Coordinator have participated in all 4 memory clinics that have assessed patients
- The Society for the Involvement of Good Neighbours (SIGN) Early Years Resource Centers has expressed interest in hosting an ABCs Warning Signs presentation for families to empower them to recognize risks signs which is helpful for early diagnosis
- Collaboration between City of Yorkton and Alzheimer Society Saskatchewan (ASOS) during implementation of some recommendations from the City of Yorkton Public Indoor Facility Audit report. Through this collaboration, the ASOS Dementia Community Coordinator organized sessions on dementia friendly considerations for programming for facility maintenance, pool and customer service-welcoming staff. ASOS tip sheets have been added to the electronic bulletin boards used by staff of the Gallagher Centre.



IMPACTS AT THE COMMUNITY LEVEL

Increased media exposure:

- Dr. Debra Morgan granted interviews to the media after the Esterhazy memory clinic launch— 650 CKOM (July 27 2023 segment), CBC Morning Edition with Stefani Langenegger (August 02 , 2023 segment), and Global Regina (August 09 2023 segment)
- There were three printed newspaper articles about the Cognitive Kitchen: Foam Lake Review (September 18, 2023), Preeceville Progress (September 21, 2023), and Canora Courier (October 02, 2023) about the Cognitive Kitchen Project

Increasing interest from health care sector

- Occupational Therapists from the Kamsack Hospital inquired about the Dementia Friendly Life Enrichment Program. The feedback provided was shared to families in the area.
- The Dementia Life Enrichment Program Coordinator has trained nursing staff at the nursing home on person-centered approaches and building rapport to facilitate placement of PLWD who transition to long-term care.

Community support and advocacy:

- The Community Well in Foam Lake offered to provide vouchers for transportation for participants of the Cognitive Kitchen and is spreading word about the program.
- SIGN Family Resource Center collaborated with Kamsack Public Library and invited the ASOS Dementia community Coordinator organize Dementia Friendly orientation for community organizations in Kamsack.
- Care Partner of the Belong Where You Find Yourself PLWD has become an outspoken advocate for those living with dementia and took on a leadership role in organizing some project events.
- Increasing awareness: some attendees of the art exhibition had expressed concerns after observing family members who might be going through some phases of cognitive decline.

IMPACTS AT THE COMMUNITY LEVEL

Healthy People Friendly Communities

- The owners of Anytime Fitness which has locations in Esterhazy, Yorkton and new one being constructed in Moosomin have expressed interest in having more dementia friendly space and programming.
- The ASOS Dementia Friendly Coordinator toured the Esterhazy and Yorkton locations and made recommendations to enhance dementia friendly services for patrons.
- Management at the Yorkton location has expressed interest in hosting a ABC's 10 Warning Signs presentation for their staff and member.
- The team reviewed the Friendly People Healthy Communities Guide for recreation and leisure centres – there is an opportunity for owners to identify dementia friendly structural changes that are feasible for the Moosomin location that is currently under construction.



IMPACTS AT THE POLICY LEVEL

- The Primary Health Care Manager in Melville is the OT's manager, and is supportive of her participation in the memory clinic.
- Mayor Nancy Brunt of the town of Kamsack was present for the Community Round Table, which was jointly hosted by the SIGN Family Resource Center and Kamsack Public Library