

# KEY ACHIEVEMENTS

OCTOBER 2023 TO MARCH 2024



## IMPACTS AT THE INDIVIDUAL LEVEL

### Increased Social Interaction and Feelings of Social Inclusion

*"One [PLWD], expressed how working on this project helped to keep him focused and engaged. His care partner further expressed how the PLWD had been very focused on making sculptures for the art exhibition, and that this seemed to have kept him more attentive." GDAG Belong Where You Find Yourself Facilitator*

*"This is exactly what I needed.", "Thank you" - A care partner from the SaskAbilities program whose loved ones passed, continues to attend the group programs.*

- The Care Partner has built relationships with other members of the project and provides emotional support to those going through similar life experiences living with dementia.

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One individual living with dementia and their care partner moved to Hudson Bay as they had family support in that location. The care partner identified what little programming there was in Hudson Bay and decided to remain as participants in the Dementia Friendly Group program. Together, the care partner and the person living with dementia drive from Hudson Bay to attend the once-a-month group programming that is offered in different communities.

*"The care partner and person living with dementia continue to express how meaningful the program is to them and have shared that their sense of belonging is what makes them return each month."*



*"PLWD was happy to be at the Terrier Game and interacted with those he knew. PLWD ate fries and gravy as well as a pop and chocolate bar. PLWD remained in his wheelchair for the entire hockey game. PLWD recognized many people at the rink. Many people approached PLWD to shake his hand and say hello. PLWD was taken back to the nursing home at 10 pm, which is late for him. PLWD was tired as he was yawning. PLWD shared that he was very happy to have gone to the hockey game as he has not been to one in a long time." Facilitator, SaskAbilities Dementia Friendly Life Enrichment Program*



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*"I have a lot to do before Christmas, so I am glad I get a bit of alone time and the PLWD gets to enjoy his trip." Care Partner, SaskAbilities Dementia Friendly Life Enrichment Program*



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### Level of Engagement & Quality of Life

*"I am looking forward to the group in Saltcoats next month and the speaker that you have coming to talk about self-care, I think it is a very important topic as a CP" Care Partner, SaskAbilities Dementia Friendly Life Enrichment Program*

- 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.
- Many participants that engaged in the virtual programs enjoyed the comfort of being able to use their own kitchens. Participants were also surprised how well the virtual setting worked for them.
  - Although virtual programs have proven to be effective, one virtual session will be offered in person instead due to high demand for the in-person programs.
- Several participants have mentioned in conversations with the facilitators that the program is one of their only activities in a week. In the in-person classes, some have stayed after the program to visit and help clean up.
- Participants appreciate feeling validated that easy meals and convenience foods can still support their health.



### IMPACTS AT THE ORGANIZATIONAL & SYSTEMS LEVEL

*"It continues to be helpful to be connected with the other sub-projects to share ideas to enhance our recruitment strategies via the collective impact meetings." Facilitator, Cognitive Kitchen Program*

- Cognitive Kitchen collaborated with the Alzheimer Society of Saskatchewan to hold a community conversation presentation on nutrition and dementia risk reduction on Nov 29, 2023 and presented the Cognitive Kitchen at the Spotlight on Research event on Feb 15, 2024.
- The Saskatoon Council on Aging (SCOA) requested a presentation on nutrition and healthy eating for dementia risk reduction for their Caregiver group from the Cognitive Kitchen program.





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### IMPACTS AT THE COMMUNITY LEVEL

The Saskatoon Council on Aging (SCOA) and Alzheimer Society have assisted in promoting upcoming Cognitive Kitchen programs via social media and their e-news blasts

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 nursing home on person-centered approaches and building rapport to facilitate placement of PLWD who transition to long-term care.

Community support and advocacy:

- Care Partner of the Belong Where You Find Yourself Project P has become an outspoken advocate for those living with dementia and took on a leadership role in organizing some project events.
- Dementia Awareness Day for the community. Community members spoke about how dementia has impacted their loved one's lives. Activities also included presentations by Alzheimer's Saskatchewan (ABCs of dementia), fiddle music, and dementia bingo.

*"Family (in RaDAR program) had spent a lot of time researching the diagnosis and were very interested in having the clinic spread to other clinics as they travelled from out of town. They emphasized how important memory clinics are and how they would love to see them spread"* RaDAR Memory Clinic Facilitator

*"The patient really appreciated having the entire team to assess her and thought it was very valuable to be able to see different professionals all in one trip."* Facilitator, of RaDAR Memory Clinic Project

*"The Dementia Program continues to maintain contact with the Yorkton Parkland Library for the purpose of holding potential group outings within the facility. The library is always welcome to have individuals living with dementia and their care partners access resources such as books and videos. The Yorkton Library has been the main contact for the surrounding rural libraries as there is potential for group outings to occur in those facilities as well (ex: Canora library would hold a group outing)." SaskAbilities Facilitator*

### IMPACTS AT THE COMMUNITY LEVEL

#### Healthy People Friendly Communities

- ASOS sponsored a Community Conversation on Nutrition and Socialization on November 29th featuring Dr. Allison Cammer and Julie Beitel from the University of Saskatchewan as panelists.
- The Dementia Community Coordinator facilitated a staff orientation for 5 staff from the East Central Newcomers Welcome Center in Yorkton. Staff were happy to receive the training so they can be prepared to deal with clients as they age as client retention is a large part of their strategic plan. Many of the questions folks had were on how to deescalate or help when agitation arose with things like filling out forms or taking part in many of the group style programs, they host each year.
- The Dementia Community Coordinator facilitated a second meeting with the Canadian Federation of University Women Yorkton Chapter this time focusing on ways to reduce the risk of developing dementia. The CFUW is really hoping to keep doing advocacy work around dementia going forward and wanted this orientation for their members. Seems many members of the group learned many new things and were going to try and incorporate many of the suggestions.
- At this time a private fitness chain owner which owns Anytime Fitness locations in Yorkton, Esterhazy, and Moosomin, wants to incorporate dementia friendly practices in her facilities as well as her new facility being built.