

Société Alzheimer Society

CHATHAM-KENT

VOLUME 1, ISSUE V

WINTER 2014

Preparing for In-Home Help and Support

SPECIAL POINTS OF INTEREST:

Thank you to
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Memories
Sponsors

Tips for Adjusting
to Respite Care

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WAYS TO MAKE IN-HOME HELP AND SUPPORT A POSITIVE EXPERIENCE.

How to prepare your relative

Meeting the needs of the person you are caring for can be difficult. At times, as a family caregiver, it may be necessary to bring in others to help "share the care." It is common for people with dementia to find new environments and new people unsettling. Because of this, it is important to plan ahead for a positive experience. Many families and caregivers have found it useful to:

- Start using regular in-home help and support as early as possible so that everyone can get used to sharing dementia care.
- Start with small breaks and build up to longer ones.
- Base your timeline for telling the person with dementia about in-home help and support on their mood and behaviour. Choose a time when things are calm.
- Reassure them if they are anxious and make sure they know that you are positive about the break even if you're feeling a little anxious yourself.
- Talk with other families and caregivers about ways they've managed to make this a positive experience. It may give you some practical ideas for managing. Consider joining an Alzheimer Society support group.

When you meet resistance

Trying to understand why your relative might be resisting help can be an important first step. This could be because persons with dementia often "fear" new

situations and will become upset and respond that "they do not need help". Also, it is often difficult for people to accept help because it means having to acknowledge an illness and the physical and cognitive changes that accompany it, particularly if personal care is needed. These problems are not unusual and should not stop you from obtaining in-home help.

WHAT TO TRY:

- **Regular contact and reassurance.** Sympathize and understand the fear and vulnerability associated with the transition. Take time to listen and realize the first time may not work. It could take a few months before the person with dementia feels more comfortable with the situation.
- **Working with the care provider**
- When planning to use in-home help and support, find out what type of help is available and what will work best for you and the person with dementia. It can be helpful to think about in-home help and support as a partnership between yourself and the care provider, working together to make a positive experience. To make this a positive experience:
 - **Advance introduction.** If possible, introduce the care provider to the person with dementia before care begins so the care provider is not a stranger.
 - **Begin with small breaks.** Consider having the care provider come the first few times while a family member (or someone the person trusts) will be at home. Leave for a short time and return. The next time, leave for a bit longer. Repeat this until the person with dementia begins to feel comfortable alone with the care provider.
 - **Put the focus on you.** Sometimes people are more willing to accept in-home help if it is presented as being for the family member. For instance, someone to help clean the house.
 - **Use "I" language.** Frame the situation so it's about you rather than the person with dementia. An example would be saying, "I know you are very independent and don't feel you need extra care at home, but I worry a lot about you and this would help me not to worry so much when I'm not able to be here."
 - **Explain** what is important to you and the person with dementia about the care they receive. For example, perhaps there is a special soap that is preferred for bathing.

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2014 WALK FOR MEMORIES

Alzheimer Society



Due to severe inclement weather on the morning of January 25th, and to ensure that everyone was safe, we decided to cancel the Walk for Memories.

In lieu of the Walk for Memories we will be holding a Walker Appreciation Breakfast on Saturday, March 1, 2014 from 9:30-11:30am at our office at 36 Memory Lane, Chatham.

Everyone who collected pledges and intended on participating at the Walk for Memories is invited to join us for a light breakfast, live entertainment, incentive prizes and a morning to visit with the other Walkers, Staff, and

Members of the Board of Directors with the Society of Chatham-Kent.

In the interim, you can still collect pledges and bring them with you on March 1. Alternatively, you may also drop off pledges with pledge forms to our office during business hours (Monday-Friday, 8:30am - 4:30pm).

We thank you for your understanding and hope that you can join us for some fun on March 1.

Please **RSVP** by February 24th.
519-352-1043
info@alzheimerchathamkent.ca

THANK YOU !!!

We are very grateful to all of our participants and the donors who sponsored them and the many businesses who donated prizes. A special thanks to the following local sponsors:



Alexander & Houle Funeral Home Ltd
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Lar-nick Lawn and Snow Services
Muddy Waters Keel and Wheels
Screen Art International
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WHAT TO DO WHEN A PERSON WITH DEMENTIA IS LIVING ALONE

- **Use your visits wisely.** Meet with the care provider agency staff to discuss help and support needs. Make any appointments you need with professionals including doctors. Try to be in the room for the first doctor's visit to establish rapport and connections. Spend time talking and listening to your relative before and after visits.
- **Turn to others for help.**

Establish a support system for your respite and support groups. (519-352-1043) relative and yourself that could include friends, neighbours, church group, community group, and use of available community resources.

Some final considerations

You may get some practical ideas by talking with other people in a similar situation about ways they've managed to make in-home help and support a positive experience. Contact the Alzheimer Society of Chatham-Kent for information about our programs and services including

Keep trying! In-home help and support is an adjustment for all families and caregivers as well as the person with dementia and it can take time to build a sense of trust. Don't be discouraged if respite is not accepted at first. Alzheimer Society of Chatham-Kent staff will work with families to help with implementation of supports. (information provided courtesy of Alzheimer Society of Ottawa & Renfrew County)

New Health Link to Benefit Chatham-Kent Community

HealthLink

Chatham-Kent

Let's Make Healthy Change Happen

Residents in Chatham-Kent who have complex medical conditions will soon benefit from a new model of health care. According to statistics, complex patients make up only five per cent of Ontario's population, but use two-thirds of the health-care budget.

Minister of Children and Youth Services, Minister Responsible for Women's Issues and MPP for Windsor West Teresa Piruzza was on hand at the Erie St. Clair Local Health Integration Network Wednesday to announce the Health Link.

The new Chatham-Kent Health Link will offer seniors and patients with complex conditions personalized care plans and more coordinated support from a network of providers. It will help improve patient transitions within the health care system by encouraging providers to share patient information and work together to develop solutions that address the patient's specific needs. The Health Link not only incorporates medical care, but also other treatment options that may influence well-being such as social services.

"As a community of health care providers we're extremely excited about the development of the Chatham-Kent Health Link. It's an important initiative to support the transformation of our health care system by ensuring the right patients, are treated in the right

place, at the right cost," commented Sarah Padfield, VP & CFO, Chatham-Kent Health Alliance in a statement released through MPP Piruzza's office on January 22.

Co-led by the Chatham-Kent Community Health Centres and the Chatham-Kent Health Alliance, with project management support provided by TransForm Shared Service Organization, community partners rallied together to create momentum for the Chatham-Kent Health Link. Community partners are Alzheimer Society of Chatham-Kent, Canadian Mental Health Association Lambton Kent, Chatham-Kent Family Health Team, Erie St. Clair Community Care Access Centre, Erie St. Clair Local Health Integration Network, Family Service Kent, Medavie EMS Ontario, Chatham-Kent, St. Andrew's Residence, Thamesview Family Health Team, Tilbury District Family Health Team, VON Canada – Erie St. Clair, Westover Treatment Centre, Health Quality Ontario, and the International Centre for Health Innovation at the Ivey Business School.

"The Chatham-Kent Community Health Centre is excited to be a partner with the Chatham-Kent Health Link. We see first-hand the top 5% of people who are high users of the health care system and how they can benefit from the wrap-around care that the Health Link model can provide" said Kristen Williams, CEO Chatham-Kent Community Health Centre in the statement released through MPP Piruzza's office.

The provincial government announced the Health Link model of care in December 2012. Since the program's launch, 37 Health Links have been established in the province. The Chatham-Kent Health Link is the first Health Link in Erie St. Clair.

What is a Health Link?

- The Chatham-Kent Health Link is a network of health care providers working together to develop new and better ways of coordinating health care services for a portion of local patients identified by the Health Link.
- A Health Link may include family doctors, specialists, hospitals, home care, long-term care and community support agencies.
- The first focus for all Health Links is to create coordinated, personalized care plans for the patients who, due to their complex medical conditions, require high use of the health care system.
- With this model of care, patients identified by the Health Link will receive support earlier in their care journey and experience improved access to services.

For more information contact:
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Société Alzheimer Society

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4th Annual Scholarship Writing Program



The Scholarship Writing Program for 14-19 year old students involves a written essay about Alzheimer's disease or related dementias.

This Year's Winners Are:

First Place: \$500 scholarship 17-19 year old category

Rebecca Koppes

Second Place: \$200 scholarship 17-19 year old category

Jackson Blondie

First Place: \$500 scholarship 14-16 year old category

Addison Smith

This scholarship money will be made available to these students when they start their first year of post-secondary education.

Congratulations to the winners.

Canadians Affected by Dementia are Encouraged to Seek an Early Diagnosis

Knowing what you are dealing with is empowering.

Early diagnosis is critical.

This past January, during Alzheimer Awareness Month, the Alzheimer Society of Canada launched a nation-wide campaign to encourage Canadians affected by dementia to seek early diagnosis. We want to encourage you to see your doctor sooner rather than later when you are experiencing symptoms that may represent dementia. Knowing what you face helps with planning and getting the right care and support. Additionally, in many cases, the doctor may find that the symptoms are not related to dementia but are instead related to reversible conditions, such as nutritional deficits.

Did you know that almost half of Canadians affected by dementia, including Alzheimer's disease wait too long to be diagnosed? Getting the information and support you need as early as possible helps you and your family understand the type of dementia you've been diagnosed with and how to manage the challenges it brings.

With an early diagnosis you can start to take advantage of the many programs and services offered by the Alzheimer Society of Chatham-Kent. Please call **519-352-1043** to set up an appointment to discuss how we can help to improve the quality of life for persons with Alzheimer's disease or related dementias and their caregivers.

MISSION STATEMENT

To improve the quality of life of people affected by Alzheimer's disease or related dementias through superior programs and research.



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