

Developing a Provincial Cognitive Impairment Strategy

Senior Services Conference

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Getting to know you first using technology ...

I work with people with dementia on a

- 1) Daily basis
- 2) Weekly basis
- 3) Monthly basis
- 4) Very seldom

I have learned the most about dementia from:

- 1) Formal courses or workshops
- 2) Newspaper or magazine articles
- 3) Personal experience with family member
- 4) Work experience

I most want to learn about

- 1) How dementia affects people and their abilities and behaviours
- 2) How to engage people with dementia in community activities
- 3) How to best support the family/ caregiver of the person with dementia
- 4) Resources that are available for people with dementia

My biggest challenge in working with people with dementia...

- 1) Knowing enough about dementia
- 2) Knowing how to access the appropriate health and medical care for my clients
- 3) Finding community resources that are suitable for people with dementia
- 4) All of the above

The greatest risk factor for dementia is:

- 1) Family history – genetics
- 2) Diabetes and obesity
- 3) Increasing age
- 4) High blood pressure

What do you think offers the most hope for the future in dementia care ?

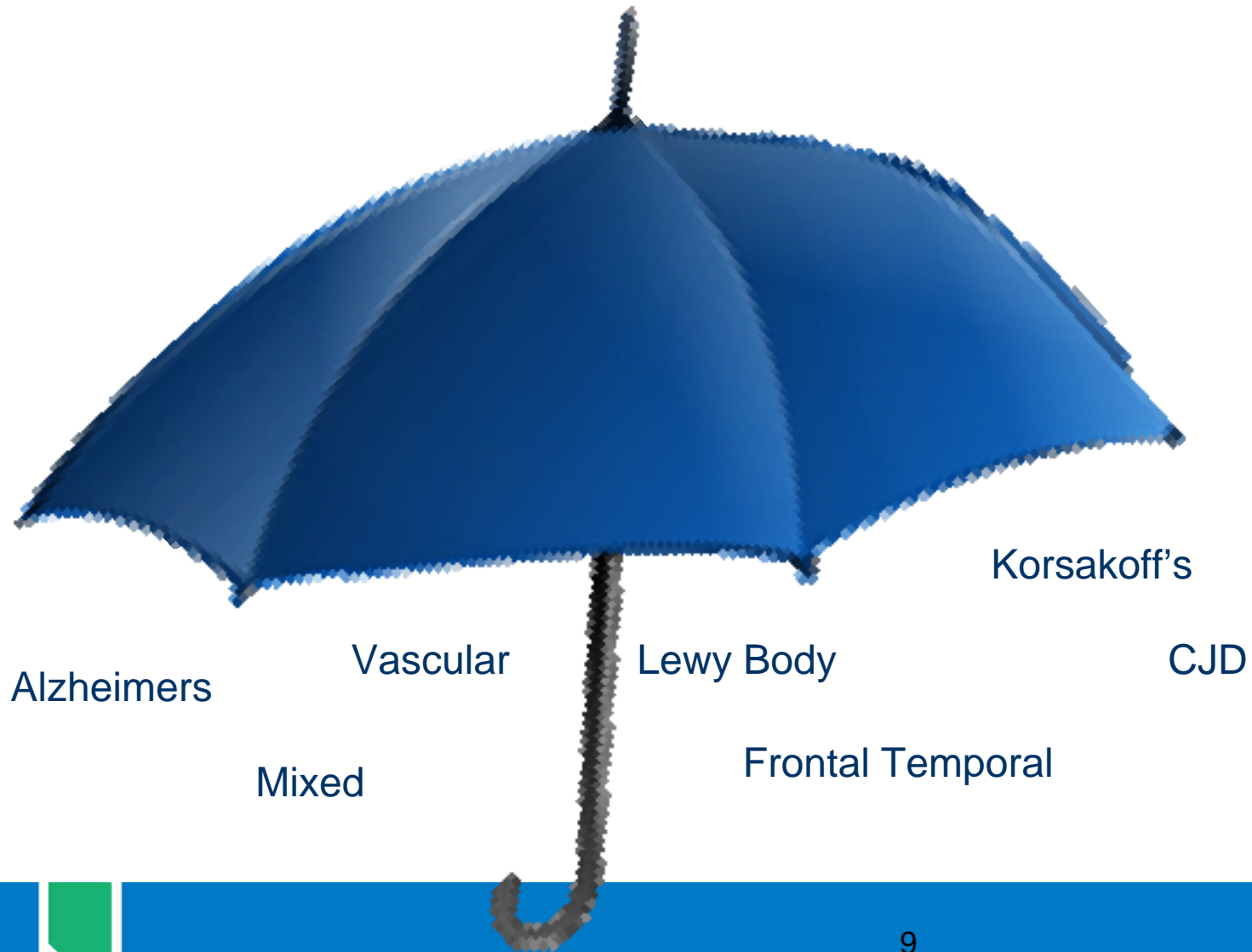
- 1) Earlier diagnosis
- 2) New medications
- 3) Improved diet and exercise
- 4) Person Centred Care

Dementia... What is it?

- Disease(s) that affects the brain
- Cause is not known, cure is not yet found
- Terminal illness
- More prevalent with older age
- Usually involves memory loss, difficulties with language, problem solving, initiative, and change in personality

Dementia

- an umbrella term

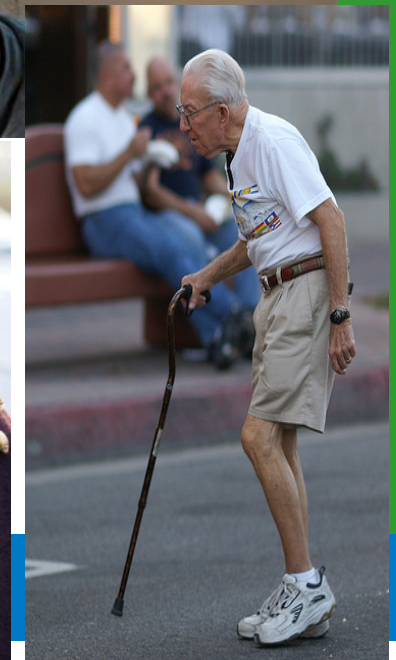


Dementia's impact on a person

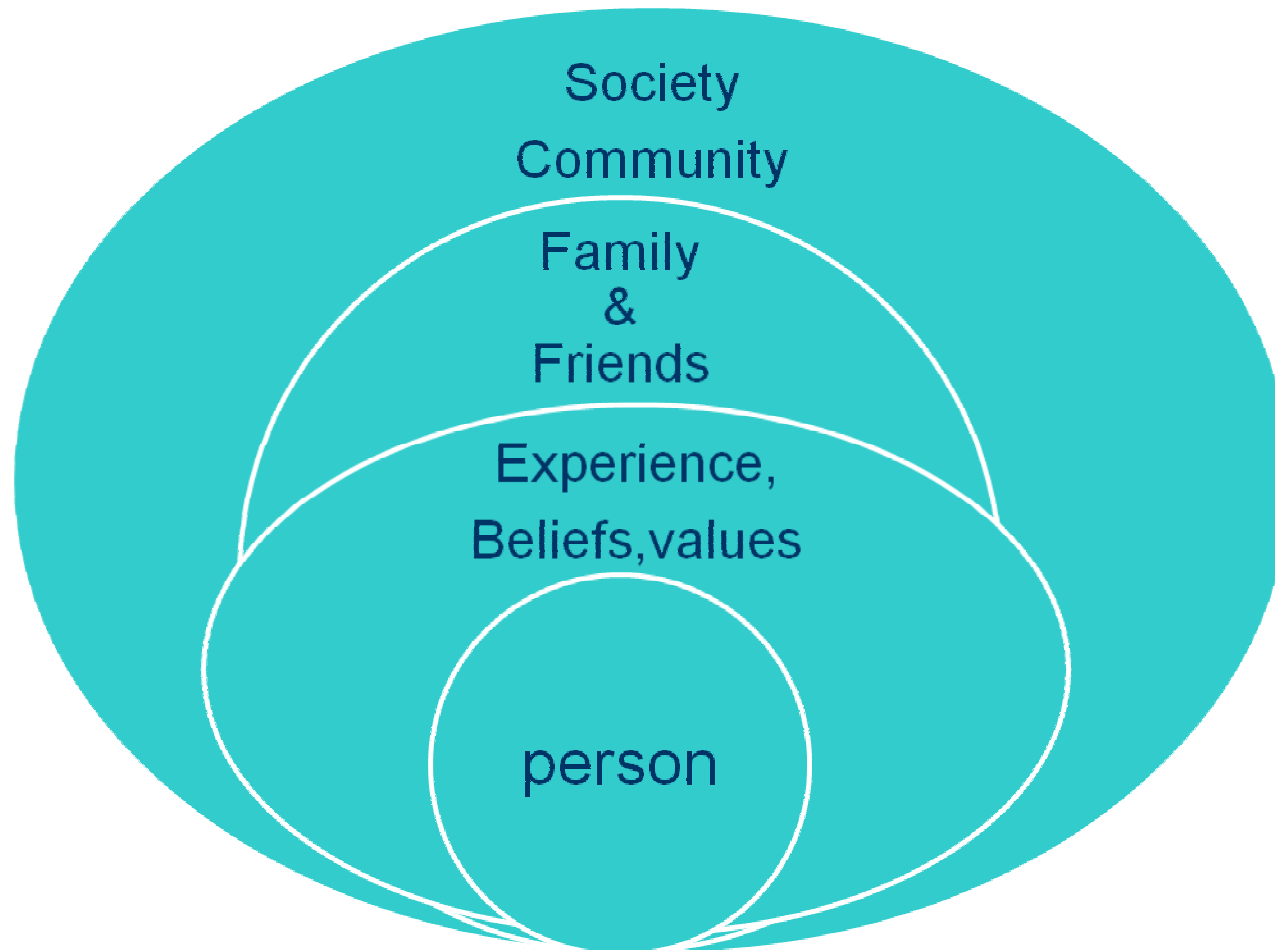
- Ability to do Instrumental Activities of Daily Living – shopping, cooking, banking, using telephone, cleaning, house maintenance
- Progresses to Activities of Daily living such as hygiene, dressing, bathing, eating, etc.

...and physical function such as bowel and bladder elimination, swallowing, sitting

“When you’ve met
one person with dementia,
you’ve met one person with dementia”

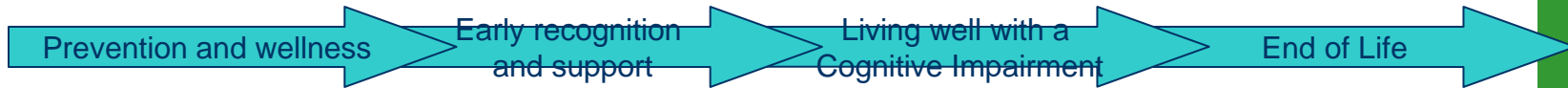


The experience of dementia



Why do we need a provincial strategy ?

- Dementia is under-diagnosed and under recognized as a significant health issue
- Demographic changes will increase the number of people with dementia and magnify the impact on society. See the Alzheimer Society “Rising Tides” report 2010
- We all need to work together to have an effective response



1. **Public Awareness and Information :**

2. **Prevention & wellness**

3. **Family / caregiver support**

4. **Diagnosis, information /early support**

5. **Community based health, social and recreational services**

6. **Health and medical management**

7. **Crisis Response**

8. **Acute care of older adults**

9 **Supported Living**

10. **End of Life:**

Adapted from UK
Living Well with
Dementia
Strategy 2009



Across the continuum

- Prevention of dementia and wellness
 - Early recognition and support
 - Living well with a cognitive impairment
 - End of life
-
- UK Dementia framework '09 has been very helpful



1. Public awareness and information

- Information readily available to the public
- Better understanding about dementia
- Reduce stigma



Dementia Care

Solutions for Independent Living



2. Prevention and Wellness



- Learn more about what we can do to prevent dementia
- Programs/ supports to promote wellness

3. Family / Care partner Support

- Understand and value the role of the care partner
- Opportunities for care partner to get support (ie. education, respite)



4. Diagnosis, information and early support



Early diagnosis is recommended so that the individual and family can:

- Plan / prepare for the future
- Learn about their condition and how to deal with it
- Receive appropriate treatment and support

5. Community based health, social and recreational services

- The right supports to enable the person with dementia to live well “at home” as long as possible



6. Health and Medical management



- Appropriate treatment and care for all medical conditions
- Ongoing health maintenance:
 - vision, hearing, dental, foot care, etc.



7. Crisis response

- Appropriate response to individual crises
- Emergency planning and response that addresses the special needs of people with dementia

8. Acute care of older adults

- Hospital staff understand how to care for older adults and people with dementia
- People are discharged from hospital for home or other appropriate setting as early as possible and get the help they need to recover



9. Supportive Living settings



- Dementia care spaces are available to meet the need
- Function is optimized
- Quality of life focus
- Staff have the necessary training

10. End of life care



- Advance Planning
- People with dementia and their family have access to end of life care
- Symptoms such as pain, are effectively addressed

What do we need to do to make this strategy possible?

- Attention to principles and ethic
- Workforce planning
- Comprehensive education plan
- Communities of Practice
- Communication infrastructure
- Build capacity in communities
- Standards set / outcomes evaluated

.. Need to do...

- Research to answer current questions
- Work together – across government ministries, between social, health and recreation sector, with businesses

More about Community...

- Most people with dementia will live most of their time with dementia in the community
- How dementia friendly is their community ?



Community development in action

Cochrane, Alberta

Connecting the DOTS – Dementia
and other therapies and services

OUR CHALLENGE - ENABLING PEOPLE WITH DEMENTIA TO CONTINUE TO ENGAGE MEANINGFULLY IN THEIR COMMUNITY?

Your ideas...