



*At St. Peter's
Hospital*

Breaking News...Specialized Geriatric Services

Welcome to the RGPc Newsletter. Breaking News brings you current information related to Specialized Geriatric Services (SGS) while offering our Regions a venue for sharing news, events and initiatives with others.

If you have news to share please email lsage@stpetes.ca.

Summer 2006

Issue 19

Focus on Halton

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ASSIST...The Recommended Integrated Service Delivery Model for Seniors in Mississauga Halton

Excerpts from the Final Report of the Regional Geriatric Advisory Task Force:

"Integrated Service Delivery Model for Seniors Health and Health Care within the Mississauga Halton Local Integration Network"

In November, 2005, the Regional Geriatric Advisory Task Force (RGATF) was created to find ways to better meet the needs of seniors. Following a series of meetings and workshops involving community partners from across the continuum of care, the Task Force concluded that development of an integrated service delivery model for seniors was required to meet future needs and ensure sustainability of the system. The timing coincided with the establishment of LHINs and the Task Force recognized the opportunity to contribute to local health system transformation. In January 2006, an Advisory Team was engaged to support the Task Force in development of a responsive and innovative model.

The foundation for the model includes a clear vision, mission, principles and goals:

Vision: Working together for seniors' good health

Mission: Maximizing health and independence in seniors through an integrated and comprehensive continuum of care

Principles: Dignified, Evidence-based practices, Choice, Continuum of Care, Interdisciplinary, Easy access, Joint accountability, Sustainable, Passionate

Goal: To design and successfully implement an integrated service delivery model for the seniors of the Mississauga Halton LHIN that fully embraces the guiding principles, and pushes the boundaries by innovatively applying the best available evidence-based practices.

The working title for the model is **"ASSIST"**, which stands for: **All-inclusive Seamless Services for Independence of Seniors for Today and Tomorrow.**

New Delirium Resources

Myrtle Smith: A Training Resource DVD on Delirium (\$15 each)

To order contact Lynn Sage at the RGPc at lsage@st.petes.ca or 905-777-3738, x12434

Delirium in the Older Person: A Medical Emergency (\$30 each)

Produced by the Vancouver Island Health Authority, Mental Health and Addiction Services

To order email MediaSales@viha.ca

The key features of the model include:

- Builds on primary health care. Primary health care clinical management systems would be used to proactively identify the target population.
- Seniors' Health and Wellness Centres ('SHWC') are geographically dispersed and interconnected hubs that provide common information, intake, assessment, referral and service delivery.
- Access services through any of the providers or Central Call-in number.
- Care Coordinators linked to primary care physicians/FHT through the SHWC and are integral to system navigation and care delivery.

For more information about the RGATF and the ASSIST model, please contact Dr. Barbara Clive at barbara.m.pitts@ca.pwc.com or Ray Applebaum at ray@peelseniorlink.com.

Similar system integration planning is taking place in other LHINs. Service providers from various sectors of the Hamilton Niagara Haldimand Brant (HNHB) LHIN came together as the Geriatric Access and Integration Network (GAIN) on June 21st. GAIN intends to develop a recommended model of service delivery for geriatrics that will be submitted to the Integrated Health Services Plan of the HNHB LHIN. For more information, contact David Jewell at djewell@stpetes.ca or Pat Morden at pat@shalomvillage.on.ca.

Through the leadership of Kim Voelker and Anne MacIntosh, a large stakeholder meeting recently took place with the Waterloo Wellington LHIN regarding integration of the region's specialized geriatric services. To learn more, please contact Kim at kim.voelker@waterloo.ccac-ont.ca or Anne at anne.macintosh@wd.ccac-ont.ca.

New Discussion Series Program for Family Caregivers in Halton

In June, VON Halton Alzheimer Services offered a new program for family caregivers. The **Discussion Series** is a four week program for family members within Halton region, who are caring for someone in the middle to late stages of dementia. The format of the sessions is designed for discussion and reflection on the issues and concerns nearing the later stages of the disease.

Topics included: Managing the Changes, Making the Decision for Placement, Timing the Transition (into LTC), Decisions for End of Life Care and Thoughts for the Future (including legal/estate planning, grief and the importance of maintaining good emotional health). Evaluation of the series is currently underway.

To register or for more information, call the Education Coordinator at 905-847-9559. The next session date has not been set, but we will accept registration.

Upcoming Events...

September 19th
*HALDIMAND NORFOLK
 REGIONAL ROUNDS*
 Contact: Deb Bryson,
 AS of Haldimand
 Norfolk
 519-428-7771

September 20th
*CONFERENCE:
 "COMPLEX CASES
 ACROSS THE
 CONTINUUM OF
 CARE"*
 Contact: Cynthia,
 AS of Niagara
 krawczuk@alzheimer
 niagara.ca

September 21st
 ALZHEIMER COFFEE
 BREAK™
<http://www.alzheimer.ca/english/newsevent/s/coffee-intro.htm>

October 3rd
*MCMASTER FALL
 WORKSHOP*
 905-525-9140, 24449
www.socsci.mcmaster.ca/gerontology

October 16th
PUBLIC LECTURE
 Jitka Zgola,
 Occupational
 Therapist from
 Eastern Canada
 Contact: Anne Swift,
 AS of Hamilton &
 Halton
 905-529-7030, x29

For more
 information on
 these and other
 upcoming events,
 visit the RGPC
 Education Calendar
 at www.rgpc.ca

Osteoporosis Update...

Congratulations to Dr. Alexandra Papaioannou who is the new Chair of the Scientific Advisory Council of the Osteoporosis Society of Canada. Dr. Papaioannou is featured in a recent Globe and Mail article discussing the need for early detection, treatment and prevention of osteoporosis. To view the article, please visit the RGPC's website at <http://www.rgpc.ca/reports/reports.html>.

Seniors Community Programs Niagara Region

Community Partnerships Strengthen Adult Day Service

Seniors Community Programs, Niagara Region is committed to providing quality Adult Day Service (ADS) and overnight respite for individuals with complex needs who are living at home and have a diagnosis of Alzheimer's Disease or a related dementia.

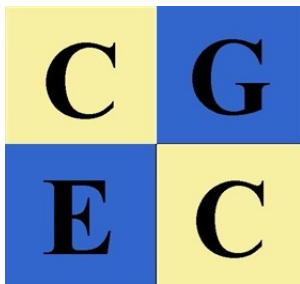
We believe that it is through collaboration and consultation with our community partners that the most flexible, innovative and creative plan of care is developed and ultimately results in interventions that enable positive outcomes.

Seniors Community Programs is pleased to provide Adult Day clients 'a bundle of services' that can include a day at the program coupled with an overnight stay. Our small bungalow is designed to replicate homelike surroundings, providing a comfortable environment specifically for individuals with dementia and is supported by an interdisciplinary team.

The specialized Adult Day Service offers meaningful, purposeful programs focusing on retained abilities, skills and preferences. Barriers to good dementia care are primarily a product of beliefs and assumptions about 'what can't be done.' ADS staff focus on the abilities of each client and what we can do to optimize the potential of each client. Staff, families and clients come together in a spirit of enablement.

All ADS staff benefit from monthly education sessions by the Alzheimer Society and PRCs, as well as monthly clinical care plan reviews utilizing the PIECES assessment model and training in standardized assessment tools. The ADS Coordinator & RN benefit from a mentoring relationship with Regional PRCs. Families are invited to attend a 4 session education series to offer support and information provided in partnership with other agencies regularly throughout the year.

For additional information please contact Jane Beamer; Dementia Resource Coordinator Seniors Community Programs 905-984-2624 or j.beamer@regional.niagara.on.ca.



LTC
Resource Centre

Long Term Care Resource Centre

July 2006

Recommended Reading List

Compiled by Shannon Buckley

"When you absolutely positively have to know, ask a librarian!"
- **American Library Association (ALA)**

McGuire, J.B. (2006) Pressure redistribution strategies for the diabetic or at-risk foot. *Advances in Skin and Wound Care*, 19(5), 270-

Basting, A.D (2006) Arts in dementia care. *Generations*, 30(1), 16-

Zampieri, C. & DiFabio R.P. (2006) Progressive Supranuclear Palsy: disease profile and rehabilitation. *Physical Therapy*, 86(6), 870-

Mu, K. et al. (2006) Occupational therapy practice errors in physical rehabilitation and geriatrics settings. *American Journal of Occupational Therapy*, 60(3), 288-

Smarr R.B. & Carson V.B. (2006) Alzheimer's Disease: the emerging face of home health. *Caring*, 25(5), 6-

Dougherty, J. & Long C. (2006) Seven steps to improving the hospice benefit in dementia. *Caring*, 25(5), 21-

Marcell, J. (2006) Caregivers at risk for depression. *Caring*, 25(5), 28-

Trueman, C.A. (2006) ALS and MS Patients: the role of long term home care. *Caring*, 25(5), 50-

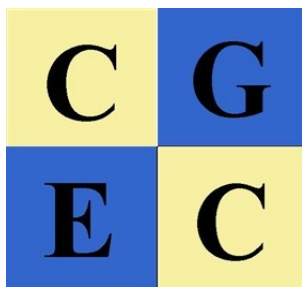
Kayser-Jones, J.S. et al. (2006) Hospice care in nursing homes: does it contribute to higher quality pain management? *Gerontologist*, 46(3), 325-

Zecevic, A.A. et al. (2006) Defining a fall and reasons for falling. *Gerontologist*, 46(3), 367-

McAuley, W.J. et al. (2006) Recent trends in advance directives at nursing home admission and one year after admission. *Gerontologist*, 46(3), 377-

Rastinehad, D. (2006) Pressure ulcer pain. *Journal of WOCN*, 33(3), 252-

Nakagami, G. et al. (2006) Comparison of two pressure ulcer preventive dressings for reducing shear force on the heel. *Journal of WOCN*, 33(3), 267-



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Kovach, C.R. et al. (2006) Behaviors of nursing home residents with dementia: examining nurse response. *Journal of Gerontological Nursing, 32(6), 13-*

Sikma S.K. (2006) Staff perceptions of caring: the importance of a supportive environment. *Journal of Gerontological Nursing, 32(6), 22-*

Nahm, E.S. et al. (2006) Long-term care information systems. *Journal of Gerontological Nursing, 32(6), 32-*

Garity, J. (2006) Caring for a family member with Alzheimer's Disease: coping with caregiver burden post-nursing home placement. *Journal of Gerontological Nursing, 32(6), 39-*

Mossop, M. & Wilkinson, T. (2006) Nursing education in gerontological clinical settings: what do elderly patients think of student-rendered care? *Journal of Gerontological Nursing, 32(6), 49-*

NEW NATIONAL GUIDELINES FOR SENIORS MENTAL HEALTH ARE COMPLETE!

In January 2005, the CCSMH was awarded funding by the Public Health Agency of Canada, Population Health Fund, to lead and facilitate the development of evidence-based recommendations for best practice National Guidelines in four key areas of seniors' mental health. These include:

- The Assessment and Treatment of **Delirium**;
- The Assessment and Treatment of **Depression**;
- The Assessment of **Suicide Risk and Prevention of Suicide**; and
- The Assessment and Treatment of **Mental Health Issues in Long Term Care Homes** (Focus on Mood & Behaviour Symptoms).

Dr. David Conn, Dr. Ken Le Clair (CCSMH Co-chairs) and Faith Malach are pleased to announce that the four NEW National Guidelines for Seniors' Mental Health are complete.

The 4 documents may be DOWNLOADED for FREE through the Canadian Coalition for Seniors Mental Health (CCSMH) Website (www.ccsmh.ca) or directly through <http://www.ccsmh.ca/en/guidelinesUsers.cfm>

The seniors' mental health community is asked to help ensure that the documents do not get shelved by: raising awareness of the guidelines; implementing the guidelines in teaching, practice and advocacy; and providing feedback to the CCSMH by completing the online survey on the CCSMH website or emailing to fmalach@baycrest.org or kiwilson@baycrest.org or calling 416 785-2500 ext 6331 to provide feedback and to discuss opportunities for collaboration.