



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 that you would like to share across RGPc please email jhorvat@stpetes.ca

Special points of interest:

- Highlight on Halton
- RGPc Update
- Recommended Reading List
- Education Calendar for June

Please email this newsletter to all appropriate contacts & networks. If you would like to be added to our distribution list, please contact Jenifer Horvat:

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Issue 9

June Newsletter 2005

Highlight on Halton

Dementia Network - Halton

The Dementia Network of Halton has identified the theme of "*Living Alone With Dementia*" as the focus for our 2005-06 activities. The Canadian Study of Health and Aging (1994) reports a total of 31.4 % of seniors with dementia (an estimated 37, 00 Canadians) are living alone and potentially at risk. Within the Halton region, there are an estimated 50,500 seniors aged 65 and greater, with approximately 4,500 with dementia and 1,400 of these individuals living alone (Hopkins & Hopkins, 2002). Reportedly, this trend will continue to increase over the next 10-20 years. The challenge facing most communities is how to first identify, and then respond to, this population in a way that preserves seniors' independence and dignity.

The Alzheimer Association (USA, 2001) reports that persons with dementia who live alone represent a broad array of individuals who fall into three general categories along a continuum: (1) living alone but receive support from relatives living nearby; (2) living alone with support from "long-distance" caregivers – usually adult children or siblings; (3) living alone, have no close family or community support to provide monitoring or assistance – this tends to be the most vulnerable group.

In response to elderly persons with dementia living alone, the Dementia Network of Halton will hold an Open Space Forum at the end of September 2005. We have begun to increase our knowledge about the complexities of the issue through informal discussions, a review of the literature as well as collaborating with Dr. Carole Cohen, geriatric psychiatrist at Sunnybrook and Women's College Health Sciences Centre. We are beginning to gather resources and have recently obtained the video and resource manual "Alone...but not forgotten" (Alzheimer's Association, 2000). It is our hope that the Open Space forum will provide an opportunity for both service providers and other local stakeholders to develop an action plan related to persons living alone with dementia in the Halton area.

For further information contact the Halton Geriatric Mental Health Outreach Program (HGMHOP) 905-681-8233.



Elderly Friendly Hospital Task Force

Joseph Brant Memorial Hospital (JBMH) created an Elderly Friendly Hospital Task Force with an original focus on relieving pressures in the ER however over its first year it has evolved into much more. The Task Force is a collaborative blend of hospital and community representatives. On May 18th, 2005 a chart audit survey was conducted targeting patients 75 years of age and older within all units of the hospital, excepting ICU, rehab and complex continuing care. The tool was adapted from a community hospital senior survey that used both direct patient assessment and chart audit methods to collect data. The JBMH information was collected to support the development of a geriatric acute care unit for the elderly (ACE) within the hospital. Fifteen hospital staff were recruited as surveyors for the one day, and 90 patient charts were audited. The snapshot information related to the presence of delirium, falls and other geriatric syndromes will be used to guide the ACE unit development and to strategically plan future Elder Friendly Hospital Task Force activities.

For more information please contact Marg Nelson at 905-632-3730 ext. 1287 or via email: mnelson@jbmh.com.

Update from Halton, continued...

Relocation Stress Syndrome Community Education Event

Several organizations have collaborated in a shared project to reduce the negative impact of relocation stress on the senior, their “partners in care” and to create increased learning opportunities related to relocation stress syndrome. As part of the project, an education video and resource package on relocation stress has been developed and is being distributed in Halton region. An open community education event is planned for June 22, 2005 from 7pm. – 9pm in the auditorium at the Halton Regional Building. Mitzi Mitchell, Education and Professional Practice Leader, Sunnybrook Health Sciences Centre will speak, part of the educational video will be featured and various Halton agencies will have table/poster displays. **For more information call Halton Geriatric Mental Health Outreach at 905-681-8233 ext. 229 or 227.**

Transition and Dementia

With one-time funds, the Halton Geriatric Mental Health Outreach (HGMHOP) program collaborated with Halton CCAC and 2 area LTC homes to provide project leadership focused on a theme of transition and dementia. The primary target group was persons with dementia and behavioural disturbances residing in Halton LTC homes and their supporting family. This project has helped our community better define the local issues and has promoted dialogue among Halton LTC homes, CCAC, our community hospitals and specialty geriatric mental health outreach and tertiary inpatient services. A key focus of the project was to set in motion strategies across the various sectors of care that could help sustain the resident with behavioural disturbance in their LTC home and/or when needed, facilitate a “smoother”, more effective transition to a different level of care outside of LTC. Focused interviews, a community forum, targeted LTC physician education, frontline staff learning sessions, nursing job aid development were a few of the key actions to date contributing to “good practice”. Although the project staff secondments have ended, the theme of transition and dementia and subsequent activities continue to be a work in progress across our organizations and the Halton community. **For more information call HGMHOP at 905-681-8233 ext. 226**

Group CBT for Older Adults with Depression

With one-time funds from the RGPC and support from the St. Joseph’s Healthcare Mood Disorders program, a second cognitive behavioural therapy (CBT) group for depressed older adults is currently in progress. The delivery of this treatment option for seniors with depression is part of a broader initiative to foster service provider learning opportunities and create sustainable interventions for seniors with depression in the region of Halton. A key learning for us has been the enormous amount of community awareness regarding detecting and responding to depression in the elderly that needs to occur in order to be able to generate referrals and appropriately match clients to this group intervention. **For more information please contact HGMHOP at 905-681-8233 ext. 226.**

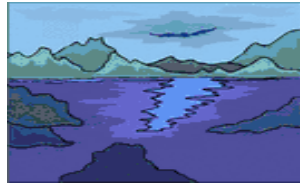
Thank you to Julia Baxter, Marion Penko, Kim McEachern and Marg Nelson for providing this update from Halton.

Please watch for news from Waterloo in July.



RGPC Update

Geriatric Service Recognition Awards



The second annual RGPC/St. Peter's Geriatric Service Recognition Awards (GSRA) , held in Niagara on May 27, was a huge success with 324 people from seven regional areas in attendance. We would like to extend our sincere appreciation to MC Peter McAllister, entertainer Mr. Charly Chiarelli and guest speaker Dr. Jack Diamond. A huge thank you to the members of the event planning committee and to all of this year's major sponsors (AGF Fund Management, Janssen-Ortho, Novartis, Pfizer, Retirement Residences Group, St.Peter's and Legends Estates winery). We have had expressed interest from two regional areas who would like to host next years Awards event. If you are interested in hosting in your local area please contact Jenifer Horvat (905) 777-3837 x 12434 or jhorvat@stpetes.ca to place your name in the pool.

Congratulations to this years winners:



Hendrika Spykerman, winner of the Student Award. She is currently working on her Masters thesis in Gerontology at McMaster University.



Dr. Sheri-Lynn Kane, co-winner of the Clinician Award. Dr. Kane is a well known Geriatrician practicing in the Wellington-Dufferin area •Known as a fabulous educator, she is an Assistant Professor at McMaster and is an exemplary role model for medical students and staff.



Debbie Keay, co-winner of the Clinician Award. Debbie was the first and only employee of the innovative Common Intake model in Hamilton. She single-handedly designed a system of receiving, directing and tracking referrals for Specialized Geriatric Services in the area.



Sheila Lancaster, winner of the Executive Award. Through her leadership, Sheila has enhanced and raised the profile of Palliative Care in her local community. Sheila retired at the end of April from the Community Care Access Centre in Hamilton.



Wellington-Dufferin Seniors Services Network, winner of the Team Award. The accomplishments of this dedicated group of professionals includes the development of an expert model of geriatrics for seniors with complex care needs.



Niagara Alzheimer Society, winner of the Organization Award. This organization strives to fill unmet needs in the community by developing innovative programs and services.

RGPC Education Calendar June 2005

For more information, please visit the Education calendar online: www.rgpc.ca

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|-----|---|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 4th Annual Emergency Care—Tackling Gridlock in the ED - Day 1 | 21 4th Annual Emergency Care—Tackling Gridlock in the ED - Day 2 | 22 | 23 St. Peter's Suc- cessful Aging Series—Dr. W Molloy Let Me Decide—Living Wills 1– 2:30 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Long Term Care Resource Centre June 2005 Reading List

“Doing research on the web is like using a library assembled piecemeal by pack rats and vandalized nightly.” - Roger Ebert

Bienza DM & Maklebust J (2005) Support surfaces: Using support surfaces to manage tissue integrity & Choosing the right support surface. *Advances in Skin and Wound Care*, 18(3), 151-

Schneider JP (2005) Chronic pain management in older adults. *Geriatrics*, 60(5), 26-

James I (2005) The therapeutic use of dolls in dementia care. *Journal of Dementia Care*, 13(3), 19-

Gibson S (2005) A personal experience of successful doll therapy. *Journal of Dementia Care*, 13(3), 22-

Overstall P (2005) How to recognize and treat depression in dementia. *Journal of Dementia Care*, 13(3),

Williams CL (2005) Development of nurse competencies to improve dementia care. *Geriatric Nursing*, 26(2),

Miceli DG (2005) Falls associated with dementia: how can you tell? *Geriatric Nursing*, 26(2), 106-

Fladd (2005) Subcortical vascular dementia. *Geriatric Nursing*, 26(2), 117-

Duke C (2005) The Frail elderly community-based management project. *Geriatric Nursing*, 26(2), 122-

Burks K (2005) Osteoarthritis in older adults: current treatments. *Journal of Gerontological Nursing*, 31(5), 11-

Steinke EE (2005) Intimacy needs and chronic illness: strategies for sexual counseling and self-management. *Journal of Gerontological Nursing*, 31(5), 40-

Finggold-Connett D (2005) Self-management of alcohol problems among aging adults. *Journal of Gerontological Nursing*, 31(5), 51-

Hayes K (2005) Designing written medication instructions: effective ways to help older adults self medicate. *Journal of Gerontological Nursing*, 31(5), 5-

Elliot H (2005) The worth of mirth: a pilot study on the physiological and psychological effect of humour on older adults. *Perspectives*, 29(1), 6-

Dayton S (2005) Dilemmas in providing patient-focused care. *Perspectives*, 29(1), 19-

Mahara S (2005) Sharing with the land of the dancing lights: a long-distance mentoring team model. *Canadian Nurse*, 101(4), 22-

Weitzel T (2005) Helping hands: CNAs in elder care. *Nursing Management*, 36(4), 41-

Bethune G (2005) 101 tips to retain healthy, happy staff. *Nursing Management*, 36(4), 24-

Sportsman S (2005) Build a framework for conflict assessment. *Nursing Management*, 36(4), 24-

Fisher K (2005) Aging with mental retardation. *Geriatrics*, 60(4), 26-

Bressler R (2005) Herb-drug interactions. *Geriatrics*, 60(4), 30-

Schum JL (2005) Bereavement in late life: risk factors for complicated bereavement. *Geriatrics*, 60(4)18-

Lowenstein A (2005) Developing an interdisciplinary innovative master of gerontology program. *Gerontologist*, 45(2), 255-

Detweiler MB (2005) Focused supervision of high-risk fall dementia patients: a simple method to reduce fall incidence and severity. 97-

Wood W (2005) Activity situations on an Alzheimer's disease special care unit and resident environmental interactions, time use, and affect. *American Journal of Alzheimer's Disease and Other Dementias*, 20(2), 105-

McGillis Hall L (2005) Enhancing the quality of supportive supervisory behavior in long-term care facilities. *Journal of Nursing Administration*, 55(4), 181-

Seman D (2005) Defining dignity. *Alzheimer's Care Quarterly*, 6(2), 111-

Cohen-Mansfield J (2005) Non-pharmacological interventions for persons with dementia. *Alzheimer's Care Quarterly*, 6(2), 129-

Logsdon RG (2005) STAR caregivers: a community-based approach for teaching family caregivers to use behavioral strategies to reduce affective disturbances in persons with dementia. *Alzheimer's Care Quarterly*, 6(2), 146-

Miller LL (2005) Development of an intervention to reduce pain in older adults with dementia: challenges and lessons learned. *Alzheimer's Care Quarterly*, 6(2), 154-

In the nonstop tsunami of global information, librarians provide us with floaties and teach us how to swim.— Linton Weeks (*Washington Post* article, 13 January 2001, p. C01)

You see, I don't believe that libraries should be drab places where people sit in silence, and that's been the main reason for our policy of employing wild animals as librarians.

— Monty Python skit

