



At St. Peter's
Hospital

Special points of interest:

- Highlight on Waterloo
- RGPc Update
- Education Calendar for March
- Recommended Reading List

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jhorvat@stpetes.ca

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 jhorvat@stpetes.ca

Issue 15

March Newsletter 2006

Highlight on Waterloo

Working Together Identify, Respond and Prevent Elder Abuse

The Elder Abuse Response Team (EART) is committed to enhancing our community's capacity to identify, respond and prevent elder abuse. In March 2006, EART, the Waterloo Regional Committee on Elder Abuse, Waterloo Regional Police Services and the CCAC of Waterloo Elder Abuse Resource Team joined their efforts and funds to facilitate two events with a goal to enhancing our community's ability to respond to elder abuse. As a follow up to these events, EART invited stakeholders to a breakfast meeting with the Edmonton Elder Abuse Intervention Team to learn about the Edmonton response and to build on the partnerships in our region.

On March 1, 2006, approximately 200 seniors, caregivers and community members from across the community attended a public forum, "**How to Age with Honour, Dignity And Respect**". Lisa Nerenberg, an elder abuse consultant from San Francisco, was the keynote speaker. Her expertise in elder abuse prevention was evident as she challenged participants to consider root causes of abuse and how to respond, indicating that addressing this issue was a community responsibility. In addition, the Harmony Interage Theatre Troupe, a group of older adults committed to raising awareness about elder abuse through action theatre, presented a scenario of abuse. After the audience challenged the players and suggested solutions, a panel of representatives from the legal, faith, multicultural, health and police talked about how they would respond. The highlight of the evening was a courageous senior who shared her story of how her son abused her emotionally and financially. Today she is a survivor.



On March 2, 2006, 198 participants from health and social service providers, faith and cultural groups, and legal services attended a one day community workshop "**Elder Abuse: A Community Response**". Lisa Nerenberg, the keynote speaker at this workshop, shared her knowledge on current research, undue influence, models of response and addressed elder abuse prevention. Her presentation was interspersed with the Harmony Interage Theatre Troupe, presenting a scenario of undue influence and a senior sharing her story of surviving undue influence. In the afternoon, the Edmonton Elder Abuse Intervention Team provided information about how they developed, their practice and their vision for the future, incorporating a precedent setting case into their presentation. The day closed with EART providing an update on team activities followed by a lively panel discussion with all presenters fielding questions from the participants.

On March 3, 2006, decision-makers from agencies across our region attended a community breakfast with the Edmonton Elder Abuse Intervention Team and

Update from Waterloo, continued...

EART. The team shared their expertise. Attendees were invited to partner with EART to provide a seamless service delivery to people affected by elder abuse. Interest was high. The meeting extended beyond the allotted time and attendees agreed to re-convene at a later date. Education is foundational to building a community response to elder abuse. A large, diverse number of people from across the region participated in these events. Very positive feedback and evaluations were received. Together we can build a safer community where our seniors age with honour, dignity and respect.

Delirium In-service

Using several resources from the RGP central, we were able to offer Delirium workshops for several groups in acute care in our Region. Surgical units at Grand River and St Mary's hospital hosted an in-service education opportunity to update staff about this topic and highlight some of the resources available through RGP central. Of particular interest was the understanding that this is often preventable!! Also, during an education update 'fair', more than 75 medical/surgical staff at Grand River Hospital were able to see a presentation about Delirium. Most were unfamiliar with RGP central resources and gratefully accepted the offerings.

Search is an Emergency

The PRC and Public Education Coordinators of the Waterloo, Cambridge and Wellington, Alzheimer Societies are going to host another workshop for the LTC homes "Search is an Emergency". This program was first written and presented to the Waterloo LTC homes in Nov 2003, with representation from all of the Waterloo Region LTC homes. Subsequently, successful use of the strategies by several of the Waterloo homes has encouraged the request to offer this to Wellington LTC and Retirement homes on April 6, 2006 at St Lukes Place, in Cambridge. This "Search is an Emergency" was a joint project with the Alzheimer Society of KW, and Cambridge, Waterloo Regional Police, Psychogeriatric Resource Consultant Waterloo, and LTC home representation. The project was then enhanced by the Alzheimer Society in Cornwall and District. Since this time the program has been embraced by Alzheimer Society of Canada and is now available for use on their website!! It has been used by many regions to develop plans, for the event of a 'wandering person'. For more info: <http://www.alzheimer.ca/english/index.php>

Dementia Network

Our mission to maintain the focus of our work on persons with dementia and their caregivers, continues. We will host a half day workshop for members of the Dementia Network in early spring to update each other on new initiatives. We continue our link with Murray Alzheimer Research and Education Program at the University of Waterloo and welcome the new Research in Aging program. The Dementia Network has been evaluating their previous projects, including development of the Dementia Network website, development of a handy tool outlining the resources for RESPITE CARE and a listing of services for persons with dementia in our region. <http://www.dnwr.uwaterloo.ca>

The **Psychogeriatric Resource Consultants** in Waterloo Region continue to consult with staff in LTC homes, particularly with challenging behaviors that emerge. The PIECES trained staff augment their assessment skills by using several tools from this program. Many are now identifying challenges early after admission and utilizing the U-First wheels for dialogue in their teams! We will be supporting new links with the RNAO Best Practice Coordinator, Stroke Strategy developments, and links with Pain and Symptom Management Coordinators. Another focus this year will be the interest that LTC homes have showed in having their staff participate in the Gentle Persuasion Approaches to Dementia Care. We will endeavor to link this learning to the other training opportunities offered to the staff of our LTC homes. To contact PRC's Waterloo Region call CCAC Waterloo 883-5500 X 5082 Sharon Gingerich or X 5401 Sharon Stap

Update from Waterloo, continued...

Seniors Health Research Transfer Network

The purpose of the Seniors Health Research Transfer Network (SHRTN) is to improve the quality of health services for seniors in Ontario. The Network does this by improving knowledge exchange within the broad community of caregivers (formal and informal), researchers and policy makers involved in seniors health, by fostering innovation at the local level, strengthening communities of practice, connecting people to support knowledge exchange and practice improvement.

One of the partner organizations initially funded to begin development of this network in 2005/2006 is the RBJ Schlegel – UW Research Institute for Aging in Waterloo. Other organizations funded for this initial phase are the Baycrest Centre for Geriatric Care (Toronto), the Aphasia Institute (Toronto), and the Elisabeth Bruyère Research Institute (EBRI) in Ottawa. Each organization is carrying on specific projects which include development of a provincial library initiative to provide front-line caregivers with access to specialist health library resources, a wide range of educational initiatives to transfer practical evidence-based knowledge to front-line caregivers, research into internet-based support for dementia caregivers, medication management in long-term care, development of a pictograph Bill of Rights, and support mechanisms (communication tools, web-based collaborations, face-to-face meetings) to expand existing networks among providers of care, researchers, and policy makers.

Research Institute for Aging (RIA)

The RBJ Schlegel – University of Waterloo **Research Institute for Aging (RIA)** is a joint endeavour between the University of Waterloo and RBJ Schlegel Holdings Inc. (a private corporation that is actively involved in providing care for seniors). The mandate of the RIA is to carry out practical, applied research at the grassroots level, to improve care and overall quality of life for our seniors. Currently, we are actively involved in research projects within long term care and retirement communities across Ontario. For example, one of the founding pillars of the RIA is the Murray Alzheimer Research and Education Program (MAREP) which has produced findings that have significantly improved the quality of life for seniors living with dementia, and their caregivers.

For more information contact: Heather MacDonald, Research Coordinator, RIA
heatherm@ria.uwaterloo.ca / (519) 571-1873 x130

Many thanks to Arlene Groh, Sharon Gingerich, Heather MacDonald and Kim Voelker for this update from Waterloo.

Please watch for news from Haldimand Norfolk in April.



RGPC Update

Service Awards for Geriatric Excellence—Reserve your tickets now!

The nominations process for the 3rd annual RGPC/St. Peter's Service Awards for Geriatric Excellence (SAGE) has closed, resulting in 55 outstanding nominees from all seven regional areas, spread across five categories: Individual, Team, Organization, Executive and Student.

The awards banquet will be held Friday May 26, 2006 at the River Run Centre in Guelph. A reception will take place from 5:30—6:30, followed by dinner, entertainment and the much anticipated awards ceremony. Tickets can be purchased for \$25 each or \$175 for a table of eight. Limited seats are available; reserve your tickets soon by contacting Jenifer Horvat at 905-777-3837 x 12434 or jhorvat@stpetes.ca.

RGPC Education Calendar

March 2006

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Elder Abuse : A community Response	3	4
5	6	7	8	9 Montessori-based dementia programming	10 Montessori-based dementia programming Geriatric Rounds Flyer	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Long Term Care Resource Centre March 2006 Recommended Reading List

Compiled by Shannon Buckley

McCusker, J. & Verdon, J. (2006) Do geriatric interventions reduce emergency department visits? A systematic review. *Journals of Gerontology*, 61A(1), 53-

Lineker, S.C. et al (2006) Investigating care provided by physical therapists treating people with rheumatoid arthritis: pilot study. *Physiotherapy Canada*, 58(1), 53-

Williams, J. & Bassett, M. (2006) Telemanagement in hospice a new frontier. *Caring*, 25(1),

Sharkey, S. (2006) The mosaic of Canadian home care. *Caring*, 25(1), 52-

Mentes, J.C. (2006) A typology of oral hydration problems exhibited by frail nursing home residents. *Journal of Gerontological Nursing*, 32(1), 13-

Palmer, M.H. & Newman, D.K. (2006) Bladder control educational needs of older adults. *Journal of Gerontological Nursing*, 32(1), 28-

Furman, E.F. (2006) Under nutrition in older adults across the continuum of care. *Journal of Gerontological Nursing*, 32(1), 22-

Nay, R. & Koch, S. (2006) Overcoming restraint use: examining barriers in Australian aged care facilities. *Journal of Gerontological Nursing*, 32(1), 33-

Jonas-Simpson, C. (2006) The experience of being listened to: a qualitative study of older adults in long-term care settings. *Journal of Gerontological Nursing*, 32(1), 46-

Gray, M. & Ratcliff, C.R. (2006) Is hyperbaric oxygen therapy effective for the management of chronic wounds? *Journal of WOCN*, 33(1), 21-

Hansen, J.L. et al (2006) Diet strategies used by women to manage fecal incontinence. *WOCN*, 33(1), 52-

Sears, S. (2006) The role of information technology in evidence-based practice. *Clinical Nurse Specialist*, 20(1), 7-

Pepler, C.J. et al (2006) Strategies to increase research-based practice: interplay with unit culture. *Clinical Nurse Specialist*, 20(1), 23-

Barrington, L. & Yoder-Wise, P.S. (2006) Executive control function: a clinically practical assessment. *Journal of Gerontological Nursing*, 32(2), 28-

Carter, P.A. & Acton, G.J. (2006) Personality and coping: predictors of depression & sleep problems among caregivers of individuals who have cancer. *J Gerontological Nursing*, 32(2),

McGonigal-Kenney, M. (2006) Evident-based guideline. Nonpharmacologic management of agitated behaviors in persons with AD & other chronic dementing conditions. *J Ger Nurs*, 32(2),

Loeb, S. et al (2006) Focus groups and older adults: tactics for success. *J Ger Nursing*, 32(2),

Resnick, B. et al (2006) Pilot testing of the restorative care intervention. *J Ger Nursing*, 32(2)

Cole, C.S. & Richards, K.C. (2006) Sleep in person with dementia. *J Ger Nursing*, 32(2), 48-

Buhr, G.T. et al (2006) Caregivers' reasons for nursing home placement. *Gerontologist*, 46(1),

Castle, N. G. & Engberg, J. (2006) Organizational characteristics associated with staff turn over in nursing homes. *Gerontologist*, 46(1), 62-

Fisher, S.E. et al (2006) Obtaining self-report data from cognitively impaired elders: methodological issues & clinical implications for nursing home pain assessment. *Gerontologist*, 46(1),

Dellefield, M.E. (2006) Interdisciplinary care planning and the written care plan in nursing homes. *Gerontologist*, 46(1), 128-

Gigliotti, C.M. & Jarrott, S.E. (2005) Effects of horticulture therapy on engagement and affect. *Canadian Journal on Aging*, 24(4), 367-

Resnick, B. et al (2006) Making a difference: nursing assistants' perspectives of restorative care nursing. *Rehabilitation Nursing*, 31(2), 78-

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