



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

Issue 12

October Newsletter 2005

Special points of interest:

- Highlight on Niagara
- RGPc Update
- Education Calendar for October
- Recommended Reading List

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

jhorvat@stpetes.ca

Highlight on Niagara Region

Niagara Health System

The summer of 2005 marked a historical event in Niagara as the Niagara Health System and Hotel Dieu Hospital assumed new governance roles through an unprecedented swapping of property and programs. On August 8, the Niagara Health System assumed responsibility for the former Hotel Dieu site on Ontario St. in St. Catharines, while the Hotel Dieu assumed responsibility for the Shaver/Niagara Rehab Centre on Glenridge Avenue. The newly formed Hotel Dieu Shaver Health and Rehabilitation Centre serves as provider of Complex Continuing Care services in St. Catharines and Thorold as well as specialized rehabilitation services for the region. Local seniors' advocates are encouraged by the addition of Geriatrics into the programming at the HDSH since the governance change.

Specialized Geriatric Services

Also in August, the Geriatric Assessment Program based at the Niagara Falls site of the Niagara Health System held an outpatient clinic at the Welland site. Dr. Richard Safranyos will continue to see GAP patients once a month at the Welland site utilizing existing resources and staffing. Several community partners have been working hard on developing proposals to enhance and expand the Geriatric Services to meet the needs of the aging population in Niagara, which boasts the oldest age structure in all of Ontario.

Fall Conference

The 5th Annual Fall Conference entitled "Unravelling the Mysteries of the Brain"



was a huge success as participants were awed by information relating to Cardiovascular Risks and Dementia. Dr. Doug Sider, Assistant Medical Officer of Health for Niagara engaged the audience, profiling the Health Status of Niagara's aging population and relating the importance of lifelong health promotion and disease prevention on individual and community levels. Dr. George Heckman, Geriatrician discussed the implications of cardiovascular risks and dementia, emphasizing the importance of managing chronic health conditions such as hypertension and diabetes. Dr. Andrew Hackett, Geriatric Psychiatrist reviewed the expected behavioural and potential psychiatric profile of individuals who have suffered vascular insults to the brain. A case based panel discussion closed off the afternoon. The annual conference is a collaborative effort between the Alzheimer Society, the Geriatric Assessment and the Geriatric Mental Health Outreach Programs and Public Health.

Update from Niagara, continued...

Dementia Care Network

Niagara's Dementia Care Network is pleased to have two fourth year Brock University Nursing students to assist in the dissemination of the Acute Decompensation Protocol. The students are completing their Community Health practicum and their efforts are greatly appreciated by the network.

P.I.E.C.E.S. Training in Long Term Care

The Fall also marks the start of further P.I.E.C.E.S. training for Nurses in Long Term Care (LTC). Registered staff from Niagara's LTC Homes attended the first 3 days in September and will complete the final 2 days in November. P.I.E.C.E.S. resource staff (PRP's) who were trained in previous years gathered in early September to hear presentations and discussion from members representing the College of Nurses of Ontario, the Registered Nurses Association of Ontario, and the Advocacy Centre for the Elderly. The Panel presentation was the direct result of the PRP's interest and concern regarding the accountability of nurses in LTC related to incidents of resident to resident aggression. Experiences from the Casa Verde Inquest were used to promote dialogue around problematic systemic issues and strategize how nurses can advocate for their profession and the residents under their care.

Young Carers Initiative Niagara

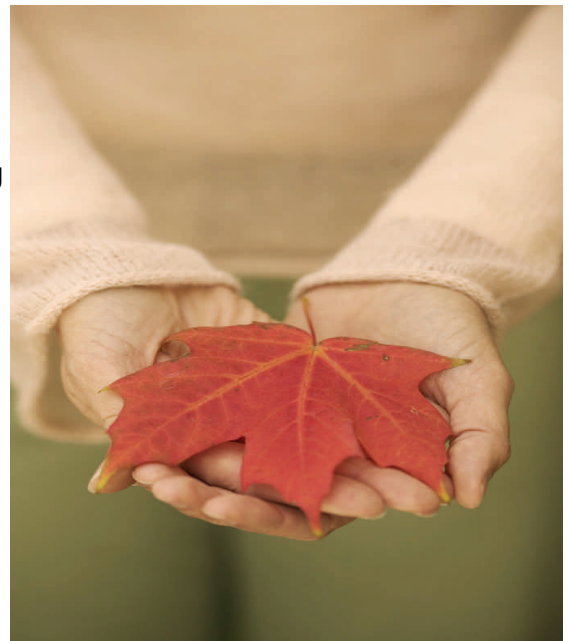
The Young Carers Initiative Niagara (YCIN) is a Network of Community Agencies which came together in response to the need to address the lack of supports for young family members who are in a caregiving environment. YCIN has been invited to participate in the National Conference on Caregiving in Ottawa (Oct 17 – 18). John Maloney, M.P., has asked Minister of State, Tony Ianno, the Minister responsible for families and caregivers, to include young carers in the National Strategy on Caregiving that is being developed by Social Development Canada. A literature Review on young carers has been prepared by the YCIN and is ready for distribution. Anyone interested in a copy can contact Sylvia at sbaago@alzheimerniagara.ca. A national study in the U.S. determined that nearly 1.4 million children between the ages of 8 -18 provide care for a family member, 31% of which are caring for a grandparent, primarily with dementia or functional decline. The full study on Young Caregivers can be found at www.caregiving.org.

UBC/RGpc Pilot Study

Elder care providers in Niagara are developing their knowledge base and skills by participating in the UBC based Education Curriculum pilot study conducted by the RGPC. Employees of Hotel Dieu Shaver are participating in the comprehensive geriatric studies as well as members of the Geriatric Mental Health Outreach Team.

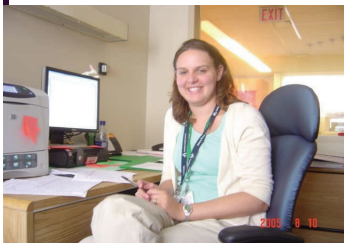
Many thanks to Michele Bliss, PRC for providing this update from Niagara.

Please watch for news from Hamilton in November.



RGPC Update

Hamilton Health Sciences Welcomes Elder Life Specialist



My name is Erin Cochrane and I am the new Elder Life Specialist at the McMaster Site of Hamilton Health Sciences. I am fortunate to be involved in a new and innovative program that aims to improve the care of older adults in an acute medical setting. The Hospital Elder Life Program (HELP) is a delirium prevention program designed by Dr. Sharon Inouye, a physician from Yale University, which aims to maximize independence at discharge, and prevent cognitive and functional decline in patients over the age of 70. The Elder Life specialist role is a new role that was designed specifically for HELP. Since

Ward 3X/3Y at McMaster is the first Canadian site for HELP, I am the first Elder Life Specialist in Canada. The role involves three different areas: volunteer coordination and training (as our program is centred on volunteer involvement); patient care (screening and enrolment of patients, and the development of individualized care plans); and program operation (tracking and addressing quality assurance and adherence issues related to interventions and patient and family satisfaction). I am a recent graduate from McMaster university with a combined BA/BSW with a degree in Health Studies and Social Work and a minor in Gerontology. I have been interested in improving care for older adults in our current strained system, and this role allows me to see areas for potential positive interventions. As with any new program, the momentum has been growing. We started out small and began to carefully build patient numbers and train a base of volunteers. We currently have a patient load of approximately 8 at a time and by the end of the year we expect to have a volunteer compliment of approximately 25 to 30. Early reports have been positive, including high patient and family satisfaction, positive reports from other allied health staff, as well as continued knowledge regarding the excellent calibre of our volunteers. Our program would not exist without volunteers and we are thrilled with their invaluable support and desire to improve the hospitalization experience of older adults. The adoption of the HELP program demonstrates Hamilton Health Sciences recognition of the importance of building an elder friendly organization. I am thrilled to be involved with this new initiative and cannot wait to see how it will continue to shape and grow.

Job Posting: Project Coordinator, Council on Aging

This is a part-time (21 hours per week), six month contract position, commencing in late October 2005.

For full Job posting, please visit www.rgpc.ca

QUALIFICATIONS:

Degree or diploma in Recreation, Gerontology, or related field
 2-5 years project management experience
 Previous community development experience
 Knowledge of and ability to access seniors support networks in the community

JOB FUNCTIONS AND TASKS:

Achieve the outcomes as identified in the Council on Aging project proposal.
 Develop a three year strategic plan, organizational structure and budget for the Council on Aging.
 Ensure that the seniors community is actively consulted and involved during the development phase.
 Ensure that regular monthly reports and a final project report are completed in a timely fashion.
 Maintain accurate records, statistics, and produce reports upon request
 Provide leadership and support to volunteers to ensure that a work plan is developed and implemented.
 Work closely with, and support the work of, the Advisory Board; to develop agendas for meetings and ensure that all required documentation is available.
 Network with community partners in the development of new initiatives.
 Research new program ideas and stay abreast of trends for older adults.
 Ensure that Health and Safety Guidelines of YWCA Hamilton are implemented & maintained.
 Work closely with counter-parts at YWCA Hamilton to ensure consistency of program across the association.

Apply in writing by October 15, 2005 to:

Liz Weaver, CEO
 YWCA Hamilton

75 MacNab St. S., Hamilton, ON L8P 3C1 Fax: 905-522-1870

email: lizweaver@ywcahamilton.org

RGPC Education Calendar October 2005

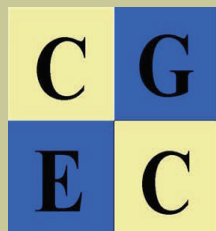
For more information, please visit the Education calendar online: www.rgpc.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Hamilton Women's health networking group Professional Solutions to Conflict in the workplace Fall Workshop on Gerontology	7	8
9	10	11	12	13 October 13, 14, 17, 18, 19 How to Design effective education programs	14 Geriatric Rounds Successful aging speakers series CGEC Grand Rounds in Gerontology CGEC AGM	15
16	17	18 CGEC Facilitating Artful Possibilities in dementia care Gertrude Cetinski Lecture: The KNACK of caring in dementia	19 Nutrition for Active Living	20 34th Annual Meeting Canadian Association on Gerontology Ethics for nurses Alzheimer Society Kingston	21	22
23	24	25	26	27 Oc.t 27 & 28 Certified Coach Training for the GPA	28 Pediatric Health Care: Child First, Patient Second	29

Long Term Care Resource Centre October 2005 Reading List

Compiled by Shannon Buckley,
Long Term Care Resource Centre Coordinator

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



Lockett D. et al (2005) Through seniors' eyes: an exploratory qualitative study to identify environmental barriers to and facilitators of walking. *Canadian Journal of Nursing Research*, 37(3), 48-

Horvath KJ et al (2005) Caregiver competence to prevent home injury to the care recipient with dementia. *Rehabilitation Nursing*, 30(5), 189-

Dysvik E et al (2005) Results of a multidisciplinary pain management program. *Rehabilitation Nursing*, 30(5), 198-



Williams ME (2005) How do we teach clean intermittent self-catheterization using touch technique? *Rehabilitation Nursing*, 30(5), 171-

Martin-Cook K (2005) A randomized, controlled study of an Alzheimer's caregiver skills training program. *American Journal of Alzheimer's Disease and Other Dementias*, 20(4), 204-

Lacey D (2005) Tube feeding, antibiotics and hospitalization of nursing home residents with end stage dementia: perceptions of key medical decision-makers. *American Journal of Alzheimer's Disease and Other Dementias*, 20(4), 211-

Medcalf P (2005) Good practice in the assessment and management of nocturnal Parkinson's disease symptoms. *Age and Ageing*, 34(5), 435-

Ginsberg TB et al (2005) Sexuality in older persons. *Age and Ageing*, 34(5), 475-

Taylor R (2005) From the inside out. What's it like to have Alzheimer's? *Alzheimer's Care Quarterly*, 6(3), 179-

Webster JJ & Duncan MA (2005) E-mail connections: an innovative communication network for families and persons with early-onset Alzheimer's. *Alzheimer's Care Quarterly*, 6(3), 197-

Farmer J & Grossman M (2005) Frontotemporal dementia: an overview. *Alzheimer's Care Quarterly*, 6(3), 225-

Simpson C & Clark AP (2005) Nosocomial UTI: are we treating the catheter or the patient? *Clinical Nurse Specialist*, 19(4), 175-

Gaugler JE & Ewen HH (2005) Building relationships in residential long-term care: determinants of staff attitudes toward family members. *Journal of Gerontological Nursing*, 31(9), 19-

Touhy TA et al (2005) Spiritual caring: end of life in a nursing home. *Journal of Gerontological Nursing*, 31(9), 27-

Olsson RH et al (2005) visual spatial abilities and fall risk: an assessment tool for individuals with dementia. *Journal of Gerontological Nursing*, 31(9), 45-

Scott-Findlay S & Golden-Biddle K (2005) Understanding how organizational culture shapes research use. *Journal of Nursing Administration*, 35(7/8), 359-

Doing research on the Web is like using a library assembled piecemeal by pack rats and vandalized nightly.

- Roger Ebert (Yahoo! Internet Life column, Sept. 1998, p. 66)