

KEY ACHIEVEMENTS

OCTOBER 2022 TO MARCH 2023



IMPACTS AT THE INDIVIDUAL LEVEL

Increased Social Interaction and Feelings of Social Inclusion

"This is really good hockey, it's really fast paced and I like it...I enjoyed talking and meeting new people tonight...I really liked the lunch today, it was a simple soup and sandwich but it was very good I feel a lot more comfortable talking to people in public now than I did when I first got dementia."

- Person Living With Dementia (PLWD) SaskAbilities Program

"PLWD continues to have confidence and really puts himself out in the community especially during the last few outings. PLWD went up to a man in the pool hall that he knew and talked to him for some time which is something that the PLWD would have not done in the past..."

- Dementia Friendly Facilitator (DFF) SaskAbilities Program

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"It is good that the PLWD gets to go to things like the toy show, there was a time that he did not want to go to such things after his diagnosis...I am glad that the PLWD enjoys talking to people in public, he has come a long way from when he was first diagnosed."

- Care Partner (CP), SaskAbilities Program

"CP reported that the dementia group outings make him and PLWD feel welcomed and not judged. CP and PLWD are happy with community outings that occur on a one to one basis, as socialization is good. PLWD like outings as it increases social interaction... PLWD and CP both enjoy the group outings as these are people they can relate to."

- DFF SaskAbilities Program

"[CP] seems to be less anxious about others knowing about her partner's dementia at this point, and she mentioned how this project has helped her come to terms with this new reality...she has been involved in other research and outreach groups to help raise awareness about dementia and to lessen the stigma. This was a massive shift for [CP] who started off not wanting her neighbors to know about [PLWD's] diagnosis."

- Lead Artist, GDAG Program

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Level of Engagement & Quality of Life

*"Thank you for taking PLWD out for the day. I have booked appointments for self-care and relaxation." CP
SaskAbilities Program*

*"I like going for coffee at McDonalds, it seems to be something that I feel comfortable doing." "I enjoyed going bowling; I'm slowly starting to catch on to throwing the ball correctly." PLWD
SaskAbilities Program*

*"[PLWD] really enjoys going on these trips, it allows him to enjoy things that he has not done for quite some time as well it gets him out of the house and involved in the community." CP
SaskAbilities Program*

"CP was really happy that she had the opportunity to go for lunch with one of her friends." DFF SaskAbilities Program

"...this is nice, I have no artistic abilities or even a notion of what is art...It is nice to see her doing things that give her joy and something to share with family and friends when we visit and talk on the phone. She will show these to her sister tomorrow, because we are having them over" CP/ Artist, GDAG Program

"Yes the program allows me to have time to myself and allows PLWD to have a person/friend of her own. When PLWD is with the facilitator I know she is in good hands." CP SaskAbilities Program



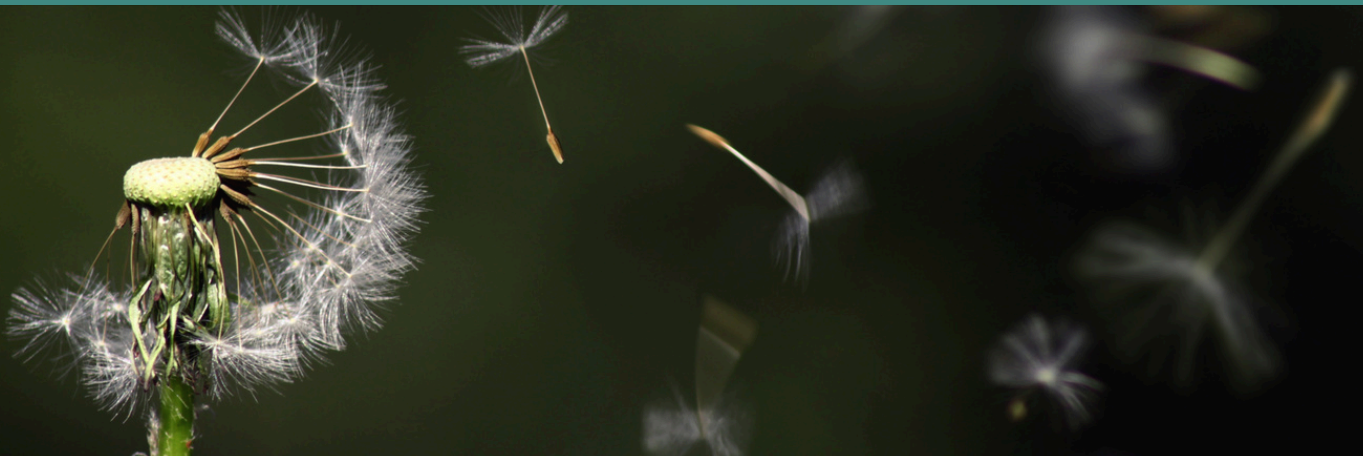
"PLWD was just blown away with the scenery and she was able to name equipment in the fields like the combines and trucks hauling grain. She even called the grain cart by its correct name. I have not seen her this happy in a long time, she was smiling and saying how she was extremely joyful to have this time out. She mentioned you can only look at the four walls for so long." DFF SaskAbilities Program

IMPACTS AT THE ORGANIZATIONAL & SYSTEMS LEVEL

Requests for training from Organizations:

- The Good Spirit Housing Authority and Foam Lake Credit Union invited the Dementia Community Coordinator (DCC) to provide guidance on creating a dementia-friendly environment. The Good Spirit Housing Authority specifically requested a presentation for their staff. These invites were a direct result of the DCC's engagement with attendees during the Springside Community Resource Center event.
- The Yorkton Family Resource Center has requested recommendations on space alterations and orientation for six staff so that they can provide a supportive environment for grandparents accompanying families to participate in the center's activities and programming.

Networking between Collaborating Organizations: The ASOS DCC worked with Lead Artists at GDAG to promote the art exhibitions to the community and handled an information sessions for SaskAbilities participants during one of the social outing events. These networking events enable participants to connect in person with the First Link Coordinator.



IMPACTS AT THE COMMUNITY LEVEL

- New Partnerships are developing among healthcare providers working together to provide services for dementia diagnosis and management in their local communities. The team for the new memory clinic in Esterhazy includes professionals from the Esterhazy District Medical Clinic, the Primary Health Care (PHC) Services department at the Saint Anthony's Hospital, Esterhazy, and the PHC Services department in Melville, a Community Pharmacist, and the Alzheimer Society of Saskatchewan Sunrise Resource Centre First Link Coordinator in Yorkton.
- More businesses are accommodating the SaskAbilities program's group outings in different rural locations and venues. For example, many restaurants allow private areas for group programming to occur.
- Three pharmacies sponsored the ABCs presentation at the Golden Jets Senior Center, which had 70 persons in attendance. The Dementia Community Coordinator shared information packages, including the Dementia Friendly Pharmacies toolkit, with the sponsoring pharmacies.

IMPACTS AT THE POLICY LEVEL

- The Yorkton RCMP, Yorkton Tribal Council, and the area MLA Greg Ottenbreit's office participated in the Dementia in Our Communities Stakeholder Lunch. The event aimed at sharing current efforts to promote dementia friendliness and engaging with stakeholders about collaborative possibilities to achieve a shared community goal of making their communities more dementia friendly.
- The Saskatchewan Health Authority (SHA) leadership has been collaborating in the process of establishing the first RaDAR memory clinic.

Success Story:

Importance of Champions in the Saltcoats Community

A community member in Saltcoats, who had participated in an education event jointly hosted by the Saltcoats Library and Laketown Leaders in May 2022, was inspired to take a more active role in advocating for dementia-friendly changes. She contacted the Dementia Community Coordinator of the Alzheimer's Society, who helped draft a letter to the town council requesting permission to tour the community-run buildings and provide feedback. Changes recommended for seating at the Library have been addressed, and their board is reviewing options for purchasing a large print.

The DCC also visited the town office and the curling rink; recommendations included installing hooks on restroom doors to facilitate reach for patrons who used canes. The site managers were enthusiastic about these recommendations as they acknowledged that they had never thought about these easy fixes, which could have a big impact on their patrons and make their setting more dementia friendly.

**Laketown Leaders and the Saltcoats Public Library were inspired to host an educational event and become more dementia-friendly after seeing the media posts and positive feedback and wanted the same opportunities for their community and area.*

ABBREVIATIONS

SPHERU: Saskatchewan Population Health and Evaluation Research Unit; **PLWD:** Persons Living With Dementia; **DFF:** Dementia Friendly Facilitator; **CO:** Collaborating Organization

For more information visit: RuralDementiaSK.ca