



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT




*Windup Summit*

June 20, 2024

The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.





*Dementia Supports in Rural Saskatchewan* is a five-year initiative (2019-2024) undertaken by the Saskatchewan Population Health and Evaluation Research Unit (SPHERU), University of Regina. The project objectives are to improve public awareness of dementia, to reduce stigma, and to improve the feeling of social inclusion of older adults living with dementia and their care partners. This was accomplished through implementing a collective impact approach with eight projects to deliver individual, community and organizational interventions to those living in small cities and rural communities in Saskatchewan.

## Contact SPHERU



**Bonnie Jeffery, PhD**  
**Project Lead**



**[bonnie.jeffery@uregina.ca](mailto:bonnie.jeffery@uregina.ca)**



**Saskatchewan Population Health &  
Evaluation Research Unit**  
**University of Regina**

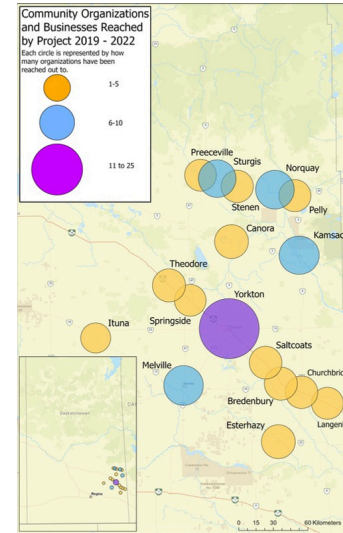






## Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan

# COLLECTIVE IMPACT: 5 Core Elements



**Backbone Management Group:**  
 Dr. Bonnie Jeffery (Project Lead)  
 Dr. Tom McIntosh  
 Dr. Nuelle Novik  
 Dr. Akram Mahani

**Evaluation Coordinator:**  
 Dr. Nancy Akwen

**Project Coordinator:**  
 Sue McGee

- Project Objectives:**
1. To improve the feeling of social inclusion of older adults with dementia and their care partners.
  2. To improve public awareness about dementia.
  3. To reduce level of public stigma about dementia.
  4. To improve supports for customers, clients and employees who are living with dementia or their care partners.

### Definition of Collective Impact

**Collective Impact:**  
 A disciplined, structured, cross-sectoral approach to solving complex social, health, and public policy issues.

- All organizations work toward the same objectives and measure the same things.
- Organizations actively and systematically coordinate their activities and share lessons learned.
- Large scale impact depends on increasing cross-sector alignment and learning among collaborating organizations.

Sources: Kania and Kramer, 2011; Hanleybrown, et al. 2012

## 01 Common Agenda

All collaborating organizations have a shared vision for change including a shared understanding of the problem and a joint approach to solving it through agreed upon actions.

**Introduction: Why this Collective Impact Project Matters:**

- Approximately 33% of 1 million residents in Saskatchewan live in rural communities.
- Over 19,000 individuals live with dementia, and about 60% of them live in their own homes.
- By 2038, dementia will cost over \$35.9 billion in health and caregiver costs in Saskatchewan.
- Community care will become the dominant mode of dementia care by 2028.
- Most programs and services are urban-focused.
- Limited availability of dementia care resources in rural Saskatchewan decreases social inclusion and impact the wellbeing of those affected by dementia.

## 02 Backbone Organization

Dedicated staff and a specific set of skills coordinate and facilitate all aspects of planning, managing, and supporting the initiative, including overseeing technology issues, data collection and reporting, and communications.



### COLLECTIVE MODEL

- Backbone Organization (SPHERU)
- Collaborating Organizations
- Advisory Committee
- Community Table

## 03 Continuous Communication

Consistent and open communication across collaborating organizations to build trust, assure mutual objectives, and appreciate common motivation.

**External Communications:** Project website, social media, project newsletter, public presentations, ad campaigns and brochures, community table meetings, press releases and media, community visits.

**Internal Communications:** Email, meetings with Backbone Organization, Collaborating Organizations, and Advisory committee, shared online storage space.

## 04 Mutually Reinforcing Activities

Activities of Collaborating Organizations must be differentiated while still being coordinated through a mutually reinforcing plan of action.

8 COLLABORATING ORGANIZATIONS IMPLEMENTED PROGRAMS

 <b>Awareness Campaign &amp; Dementia Friendly Initiatives</b> November 2020 to March 2024	 <b>Dementia Friendly Life Enrichment Program</b> April 2021 to June 2024	 <b>Scaling up RaDAR Memory Clinics</b> October 2022 to June 2024	 <b>Belong Where You Find Yourself</b> October 2021 to June 2024	 <b>Cognitive Kitchen</b> February 2023 to June 2024	 <b>Île-à-la-Crosse</b> April 2023 to June 2024
 <b>Needs Assessment</b> December 2020 to January 2021	 <b>Public Indoor Facility Audit</b> April 2021 to September 2021				

## 05 Shared Measurement System

Collecting data and measuring results consistently across all collaborating organizations.

- **Shared Measurement:**
  - Short-term outcomes: reach and engagement
  - Intermediate outcomes: effectiveness and unintended outcomes
  - Long-term outcomes: sustainability & transferability
  - Key Performance Indicators (KPIs)
  - Data Collection
- **Evaluation Plan:**
  - Process Evaluation and Outcome Evaluation

## 3 Levels of Interventions

- **Individual Level:**
  - Providing individuals living with dementia and their care partners an opportunity to participate in activities that build social connections and improve health.
- **Organizational Level:**
  - Engaging businesses and organizations to adopt policies and practices that facilitate those living with dementia and their care partners to fully access their services.
- **Community Level:**
  - Supporting communities with a framework and tools to engage those living with dementia and their care partners to participate fully in community life.

## Contact SaskAbilities



**Jackie Washenfelder**  
Program Manager



**[jwashenfelder@saskabilities.ca](mailto:jwashenfelder@saskabilities.ca)**



**SaskAbilities Yorkton**  
Yorkton, SK



**SaskAbilities**

# Dementia Friendly Life Enrichment Program



## Objective

To improve the feeling of social inclusion for people living with dementia and their care partners.



## Program Outcomes

- Increased reach to people living with dementia and their care partners.
- Increased natural supports within the community.
- Increased engagement of people living with dementia and their care partners through individualized and group programming.
- Increased personal and social connections for people living with dementia and their care partners.
- Assisted care partners in the navigation of the care system.
- Reduced care partner burnout.
- Provided individuals with knowledge to decrease the stigma people face when living with dementia

## Communities Reached

- Since its inception, the SaskAbilities Life Enrichment program has provided direct services to 67 individuals living with dementia and their care partners in 13 communities: Tantallon, Esterhazy, Langenburg, Saltcoats, Kamsack, Canora, Amsterdam, Good Spirit, Yorkton, Springside, Theodore, Melville, and Preeceville. Several participants have remained in the program since its inception.
- Dementia Friendly Coordinator and Facilitators traveled well over 64,035 km to provide approximately 2,072 + hours of support to participants in the program.
- Completed over 900 sessions with person living with dementia and their care partners:
  - Participated in 22 Monthly Group Outings
  - Visited over 431 recreational sites
  - Completed over 462 home sessions



### Collaboration with Stakeholders:

The Dementia Life Enrichment Program continued to engage with stakeholders in the region, including other Dementia Supports in Rural Saskatchewan project partners:

- Saskatchewan Health Authority Medical Social Work department, Nurse Practitioners, Occupational Therapists, and Home Care
- Sunrise Wellness Centre in Yorkton
- Alzheimer's Society Saskatchewan First Link Coordinator
- Godfrey Dean Art Gallery
- Yorkton Public Library

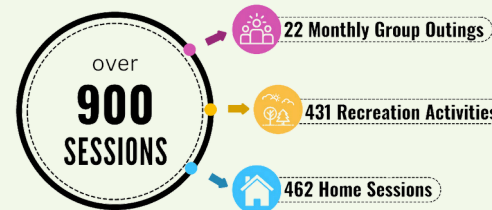
## Activities

Activities for people living with dementia include: Going for coffee, going for lunch, assembling birdfeeders and birdhouses, looking at books and magazines, listening to music, shopping, baking and cooking, meal preparation, grocery shopping, coloring painting, gardening, canoeing, walking track, walking the nature trails, painting, playing pool, playing cards and matching games, visiting local communities, attending community events such as the rodeo or fair, engaging in Minds in Motion with ASOS, and more.

Activities for care partners: Assistance with navigating the care system, going out for lunch, conversation, consultation, sharing Alzheimer's Society's links and resources, emotional support, respite, connecting with other care partners in the program, and more.

Group Activities were held each month for people living with dementia and their care partners. Group outings consisted of having lunch followed by a community activity. Many individuals in the program enjoyed bowling, mini-putting, and touring museums.

"... I could see the decline during that time. But I still think the program was very valuable for him and for me to feel, have him feel, that he's still part of something social... I think we were so blessed just to have that social pillar in our lives" Care Partner, DFLEP program



## Sustainability of the Program

The DFLEP team organized environmental scans aimed at discussing potential funding opportunities and appraising the support required for developing business case plans for continuing services. Some of the parties involved in this process include directors of primary health, continuing care, acute care, the ASOS, and the Society for the Involvement of Good Neighbours (SIGN)

The environmental scans indicated that there is support for the Dementia Friendly Life Enrichment Program as it is the only program that offers direct service provision. As part of the sustainability plan, SaskAbilities successfully applied to and were awarded funds through the following grants: Healthcare Excellence (Aging in Place), Saskatchewan Seniors Mechanism (Facilitating Independence Grants Support to age well at Home), Government of Canada (New Horizons for Seniors Program). These grants will assist in the sustainability of the program, however collectively they will not cover the salaries required to maintain the current staff ratio. To address long-term funding the SaskAbilities Management team has prepared a Request for Funding that will be presented to the Ministry of Health; Ministry of Mental Health and Addition, Seniors and Rural and Remote Health in April 2024.

DFLEP Team members: Jackie Washenfelder, Myrna Schick, Curtis Goods and Kristen Kosar

## Moving Forward

- Provide services to people living with dementia who live independently OR with a care partner.
- Will provide one on one activities, increase group outings in rural areas, as well as provide support for daily living activities (ex. meal preparation, organizing household).

# Contact City of Yorkton



**Lisa Washington**  
**Community Development Manager**



**[lwashington@yorkton.ca](mailto:lwashington@yorkton.ca)**



**City of Yorkton**  
**Yorkton, SK**



# PUBLIC INDOOR FACILITY AUDIT

**Presenter:**  
Lisa Washington, Community Development Manager

FACILITIES ASSESSED	AREAS ASSESSED
<ol style="list-style-type: none"> <li>1. Flexihall – Gallagher Centre</li> <li>2. Access Communications Water Park– Gallagher Centre</li> <li>3. Westland Arena – Gallagher Centre</li> <li>4. Yorkton Curling Rink – Gallagher Centre</li> <li>5. Ravine and Youth Meeting Rooms – Gallagher Centre</li> <li>6. Convention Centre Rooms – Gallagher Centre</li> <li>7. Gloria Hayden Community Centre</li> <li>8. Yorkton Public Library</li> <li>9. Kinsmen Arena</li> <li>10. Godfrey Dean Cultural Centre/Land Titles Building</li> <li>11. Tourism Yorkton/Chamber of Commerce Building</li> <li>12. City Hall</li> </ol>	<ul style="list-style-type: none"> <li>• Entrances and Exits</li> <li>• Surfaces (Walls and Floors)</li> <li>• Bathroom Facilities</li> <li>• Lighting</li> <li>• Seating</li> <li>• Quiet Areas and Customer Service Desks</li> <li>• Signage and Navigation</li> </ul>

## SHORT-TERM OUTCOMES

- More inclusive age and dementia friendly public places
- More accessible public places for people living with dementia
- Engaging persons with lived experiences in the audit program

## OBJECTIVE

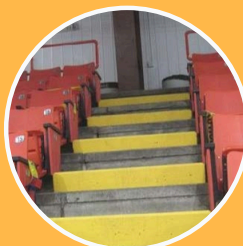
To improve supports for customers, clients, and employees who are living with dementia and their care partners.

**Project Timeline:**  
April to September 2021

## ACTIVITIES

The City of Yorkton's Public Indoor Facility Audit project encourages facilities to be more inclusive and accessible for seniors living in Yorkton, including those living with dementia.

In early 2021, the City of Yorkton hired an independent contractor and community members with lived experience to help assess public indoor environments. The contractor developed and used an amalgamated checklist for each public facility to create an Age/Dementia Friendly Facilities Audit Report. This process was guided by previous research done by the Alzheimer's Society of Saskatchewan and Age Friendly Saskatchewan.



Photos of physical barriers for people living with dementia were presented as part of the audit report.

The report recommended adding handrails for support and marking all stair edges clearly to indicate changes of levels.

## SUCCESSSES

**Yorkton Facilities Age- & Dementia-Friendly Audit Report:**

- The report developed at the end of the audit identified physical barriers to people living with dementia that might keep them from attending or participating in activities or events that they would have done before their dementia diagnosis.
- The report recommended changes and upgrades that would reduce or eliminate those barriers.
- The report was presented at a Yorkton City Council Meeting. The Council supported a recommendation to file the report and to encourage organizations and businesses to participate in the project. The report is accessible to residents via the City of Yorkton's website.

## IMMEDIATE IMPACT

**Immediate Impact of Audit Report:**

- Seat arrangement: workers are arranging chairs in a more dementia friendly manner in the flexi-hall at the Gallagher Centre.
- The lights have been adjusted in the family change room areas of the swimming pool.
- The report provided justification for proposals to revamp the hallway to the swimming pool.
- Development and installation costs for some recommendations from the audit report will be put forward for consideration in the City of Yorkton Capital Planning budget cycle for 2023.

**Public Awareness:**  
The project raised public awareness around dementia through implementation of the audit program as staff working in the public facilities who helped the consultant and experts (couples with lived experience) are taking their experiences back to their families, friends, colleagues, and communities.

**Shared Experience & Resources:**  
The project built rapport and connection between the two couples engaged in the audit program who did not know each other before. They are supporting each other through sharing resources.

## CHALLENGE

**Competing Priorities:**

- **Budget** - during the budget process, project recommendations (development and installation costs for sign addition and replacements) competed with other projects from other departments to receive Council consideration.
- **Timing** - Once COVID-19 restrictions were lifted, departments became busy with patrons and programming. Managerial staff were unable to give prompt attention and consideration to the recommendations. Facility and maintenance staff were redeployed into more of their usual duties and became less available to work on the project.

## CHALLENGE

Some presumably simple recommendations such as adding signage is complicated within the context of a bureaucracy;

- Signage standards need to either be followed or in some cases, actually designed, for each venue.
- There may be an existing timeline for signage replacement already established (ie. when sponsorship agreements lapse) which need to be taken into account.

## WAY FORWARD

Planning for new buildings through dementia/age friendly lens. Example: New golf clubhouse added family-friendly washroom into the plan.

# Contact Alzheimer Society of Saskatchewan



**Erica Zarazun**  
**Public Awareness Coordinator**



**ezarazun@alzheimer.sk.ca**



**Alzheimer Society of Saskatchewan**  
**Regina, SK**

**Alzheimer** *Society*

S A S K A T C H E W A N



# Community Changes Everything

Alzheimer Society

SASKATCHEWAN

Learn More Live Well

People with dementia and their care partners have the right to live well in their community.

As more people are diagnosed with dementia every year and choose to live at home, we need to work together to better support our neighbours living with dementia.



## Awareness

The first stage of a dementia friendly community is raising awareness about dementia. With a better understanding of dementia, individuals and communities can begin to think of community solutions to make their community or organization more accessible and welcoming to people with dementia.

Public presentations, social media, radio ads, email campaigns, blog posts and residential mailings were all used to engage individuals and increase awareness about dementia and the projects involved in Dementia Supports in Rural Saskatchewan.

*"I work with adults with disabilities. The presentation was very informative. I will use the knowledge shared every day to watch for early signs in my clients, as their risk is often higher. Knowing all the resources available for people is vital for caregivers and our community."*

Attendee  
Melville's ABC's of Dementia presentation



## Engagement

With an increase in dementia awareness, individuals and organizations become more open to engaging in a conversation about what dementia means for them and how issues of accessibility and inclusiveness can be addressed.

Over 60 different organizations in the project area were engaged on some level. About half of the engagements were quite significant, leading to organizations making changes in their operations and others hosting an awareness event either for their organization or community.

*"Thanks to the Alzheimer Society presentation, I now feel better able and confident in approaching someone who may seem lost or confused if I see them in our arena."*

Community Service Staff Member  
City of Melville



## Collaboration

A successful community collaboration generates a map for the organization's journey to become more dementia friendly. The detail, complexity and elements involved are different from organization to organization. Our role is providing as much information and resources as possible to assist the organization in its efforts to become more dementia friendly. Often this is a two way learning process for us and the organization involved.

Several successful community collaborations occurred. Examples include: Parkland Valley Sport, Culture and Recreation; Parkland Regional Library; the Saltcoats Library; and, several pharmacies. Each collaboration was different in scope and purpose.

*"Learning more about what it means to be dementia friendly has broadened our perspective so that we can improve our facility and our service in hopes of being more accessible to those patrons who face the challenges of dementia"*

Amber Harvey  
Branch Manager Yorkton Public Library



## Community Agency

Once individuals are engaged through awareness building and provided support through resource sharing, mobilizing the caring power of the community becomes possible – generating the potential for a more inclusive community. Community agency turns hope into action, creating the solutions that work for the community.

Just as rural communities hold specific challenges around the issues of social isolation and dementia care in the community; their small scale and cohesion offer potentials more difficult to take advantage of in larger urban centres. Individual leadership can have a far greater ripple effect in smaller, rural communities.

*"It may take a village to raise a child, but it takes a community to care for someone with dementia."*

Merle Wiley  
Saltcoats resident - Dementia advocate

Dementia Support in Rural Saskatchewan Poster Presentation June 2024

Presented by Erica Zarazun Public Awareness Coordinator

Alzheimer Society of Saskatchewan

Project period November 2020 March 2024

# Contact Godfrey Dean Art Gallery



**Kelly Litzenberger**  
Managing Director



**manager@godfreydeanartgallery.ca**



**Godfrey Dean Art Gallery**  
Yorkton, SK







# Belong Where You Find Yourself

Godfrey Dean Art Gallery



## Introduction

Belong Where You Find Yourself was a community-engaged art project overseen by Godfrey Dean Art Gallery, supporting people living with dementia and their care partners. The goals of this project included increasing public awareness and reducing the stigma associated with dementia. Lead artists worked closely with a group of twelve participating artists from Yorkton and surrounding areas to share their stories through the creation of unique artworks. After one year, the artworks were shown in a

gallery exhibition at Godfrey Dean Art Gallery. Additional presentations, film screenings and resources were shared with surrounding communities.



Project Timeline: October 2021 to June 2024

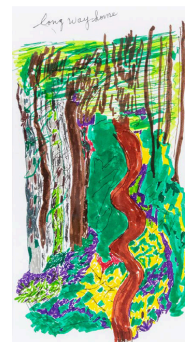
## Activities

Two lead artists worked closely with 12 participating artists—people living with dementia and their care partners—for a one-year period, aiming for a gallery exhibition at Godfrey Dean Art Gallery.

All participants were paid professional artist fees for their participation, and all materials, art supplies, tools, and technologies were provided to support their work in any artistic medium of their choice. No previous artistic experience was required, and people could participate anonymously if they wished.

From January 2022-May 2023, participating artists:

- Received welcome kits and art supplies.
- Participated in monthly meetings and phone calls with lead artists.
- Participated in in-person art-making social gatherings.
- Created unique artworks in a range of media, including drawing, painting, fabric art, sculpture, video, music, collage and photography.
- Had their artwork exhibited in a group art show at Godfrey Dean Art Gallery (April - May 2023)
- Participated in video interviews with lead artists and filmmaker,
- Had their stories shared in a documentary (screened in May - June 2024)
- Shared their stories and artwork at community presentations in their home communities (Fall 2023).



## Documentary:

- A filmmaker was hired to create an hour-long documentary detailing the project and its participants. The documentary was screened four times in spring 2024 in Yorkton, Regina, and Saskatoon.

## Resource kits:

50 resource kits containing art supplies and instructions for an interactive art game are being assembled to be distributed to people living with dementia across the province.

- Kits were developed through direct experiences with participating artists in this project.
- Kits include detailed instructions and reflections from lead artists on how to engage with someone living with dementia through hands-on, creative exploration.

## Catalogue:

- A 36-page, full-colour catalogue was produced, detailing and documenting artworks in the exhibition, including a written piece by one of the lead artists. A run of 300 print catalogues will be distributed across southern Saskatchewan and beyond through a digital version.

## Objectives

- To improve the feeling of social inclusion for people living with dementia and their care partners.
- To improve public awareness about dementia.
- To reduce level of public stigma about dementia.

## Short-Term Outcomes

- Increased engagement and satisfaction of people living with dementia and their care partners.
- Reduced care partners' burden.
- Increased public awareness of dementia through art.

## Outputs

### Creating Art & Sharing Stories:

- Group meetings
- Home visits
- Art making sessions facilitated by lead artists

### Sharing Art & Stories:

- Art exhibition at GDAG (Spring 2023)
- Catalogue Documenting exhibition created (print and digital)
- Documentary film (hour long version and 3 min trailer)



### Additional Resources:

- Development & distribution of art resource kit
- Publication of a catalogue, documenting the project
- Creation and distribution of a documentary film



## Successes

The timeline for this project was extended (from Dec 2023 - June 2024), after many successes and additional interest in continuing the work together. This longer timeline allowed for the completion of an ambitious documentary video, and also supported a series of film screenings in the spring of 2023.

Relationships amongst participating artists were sustained and continued beyond the initial timeline of the project. Many participating artists continue to socialize and check in with one another. Lead artists remain in communication with participating artists, informally and through project updates.

Participating artists chose to have their work included publicly in the exhibition and documentary, demonstrating a greater sense of acceptance and inclusion, which was not apparent at the beginning of the project's timeline.

"I really enjoyed watching him do... something that I never thought I would see him do." - Participating artist



"It was very organic, [the lead artists] let it grow organically and were very gracious... Whatever came out they helped lead our ideas and form our ideas. They were a blessing to have as the leaders of this project." - Participating artist

"(this project) really deepened our relationship...it allowed me to see the through lines of our lives that are so similar." - Participating artist

"One night I couldn't sleep so I got up and started typing....and I just came up with that monologue, out of nowhere." - Participating artist

"The project is going to be a lot of memories, its almost like it's dad's goodbye to us" - Participating artist's daughter

"If you decide to do a craft together, you're usually close enough that you can converse with each other, and inspire each other to go a little further, or a little better." - Participating artist

## Adapting to Challenges

Navigating the geography of southern Saskatchewan was, at times, a challenge, particularly during the winter months. The project team adapted, and changed plans as needed, to accommodate weather, health and other unforeseen circumstances, as they arose.

Sadly, two participating artists passed away during the timeline of the project. These losses were felt by all participants in the project. Family members expressed their gratitude for the art works created, which serve as lasting memories of their loved ones.

### GDAG Team:

- Jeff Morton, Director & Curator
- Alana Moore, Lead Artist
- Amber Phelps-Bondaroff, Lead Artist
- Kelly Litzenberger, Manager
- Sunny Adams, filmmaker

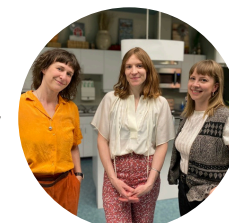


Photo: Amber, Sunny & Alana

# Contact UofS RaDAR Memory Clinics



**Debra Morgan, PhD, FCAHS**  
**Director, Rural & Remote Memory Clinic**



**[debra.morgan@usask.ca](mailto:debra.morgan@usask.ca)**



**Rural Dementia Action Research**  
**University of Saskatchewan**





## Background

Experts suggest that diagnosis and management of dementia should take place mainly within collaborative primary care settings, referring to specialists and resources as needed.<sup>1</sup> However, older adults in rural settings may face barriers to accessing specialized services and resources and delays in diagnosis and management.<sup>2,3</sup>

The RaDAR team has been collaborating for several years with primary health care teams in Saskatchewan to implement 1-day memory clinics. Clinics have been fully implemented in 7 sites to date: Kipling, Weyburn, Bengough, Carlyle, Maryfield, Lampman, and Esterhazy.

## Project Purpose

To implement and sustain rural memory clinics in the Yorkton area in collaboration with primary health care professionals and Saskatchewan Health Authority (SHA) leadership. This project support greater social inclusion of people living with dementia by building capacity and establishing services for dementia diagnosis and ongoing management directly in local rural communities.

## Objectives

### Year One

- Initiate contact with SHA leadership and health professionals in the Yorkton area to gauge interest in implementing memory clinics
- Collaborate with SHA leadership and health professionals to create 1-2 new memory clinic sites
- Provide opportunities to new memory clinic teams to shadow existing rural memory clinics
- Provide training to new memory clinic teams
- Plan the first memory clinic with each new team
- Support new memory clinic teams during their first year of operation
- Share information and best practices across memory clinic sites
- Collect and analyze process evaluation and outcome data
- Provide continuing education webinars to all memory clinic teams and SHA leadership
- Offer in-person continuing education opportunities to memory clinic teams
- Enroll, train, and support 1-2 additional memory clinic teams

### Year Two

- Offer one-to-one support to memory clinic teams enrolled in year 2
- Share information and best practices across memory clinic sites
- Continue to provide continuing education webinars
- Continue to collect and analyze research data

## RaDAR Rural Memory Clinic Teams (2024)



## Role of the RaDAR Team

- Work with new primary health care teams to adapt memory clinic model to their practice
- Mentorship and operational support
- Resources (e.g., team logos, conference phone, MOCA training)
- Decision support (PC-DATA™ EMT templates and RaDAR handbook)
- Dementia-related continuing education
- Regular workgroup meetings in first year of clinic operation to support and debrief
- Quarterly check-in meetings with SHA directors, managers, and facilitators
- Quarterly regional Steering Group meetings with ASOS and SHA directors/managers
- 1-3 meetings with individuals as needed
- Knowledge mobilization with newsletters, reports, annual Summit
- Fund travel to shadow nearby memory clinics and specialist BMMC, annual RaDAR Summit and national conferences for continuing education

## RaDAR Rural Primary Health Care Memory Clinic Model



### Interprofessional Care

- Interprofessional team (e.g., FNPs, HCWs, OT, PT, Alzheimer Society First Link Coordinator)
- Coordinated clinic day assessment
- Team huddle, team meeting with patient and family to discuss reason for visit
- Patient assessments and care partner interviews
- Team debrief, team meeting with patient and family to discuss care recommendations

- Shared electronic medical record (EMR) templates
- Shared decisions and recommendations

### Specialist to Provider Support

- PC-DATA™ education with Dr. Dallas Seitz (Geriatric Psychiatrist, UCalgary)
- Continuing education webinars on dementia-related topics
- Specialist Rural and Remote Memory Clinic (iTask) offers virtual assessment and interventions for patients and families
- Telephone consultation with Saskatoon geriatricians (polypharmacy and falls assessment)

### Decision Support

- Assessments guided by the Primary Care Dementia Assessment and Treatment Algorithm (PC-DATA™) developed by Dr. Dallas Seitz, based on Canadian guidelines
- EMT templates based on PC-DATA™ and available to memory clinic teams in both provincial systems, include a separate section for each team member to guide patient assessment and inform the final case conference between team, patient, and family
- RaDAR handbook includes scripts, work standards, forms for patient letters (e.g., appointment confirmation) and PC-DATA education manual

## Related Research Projects

### Within Memory Clinics

- Patient quality of life and service needs
- Care partner service needs and self-efficacy
- Patient and family experiences

### Using Memory Clinic EMT data

- Impact of memory clinic: patient assessments and perceptions of team members

### With Memory Clinic Team Members

- Alzheimer Society First Link Coordinator role
- Process Evaluation
- Dementia-related continuing education

### In Memory Clinic Communities

- Environmental scan of community programs
- Evaluation of community programs

## Progress to Date

Implemented the Esterhazy RaDAR Memory Clinic in collaboration with Esterhazy health professionals. The Esterhazy team held their first memory clinic June, 2023 and will soon be completing their first year of operation. The team has assessed 19 patients across a total of 10 clinics since June, 2023. We supported the team in the first year of operation by providing mentorship and guidance, resources, and decision support, and continue to support the team (see Box "Role of the RaDAR Team"). The team quickly became comfortable and confident with the memory clinic processes, and workgroup meetings to debrief after clinics have become much less frequent. The team continues to adapt clinic processes to their needs, for instance by revising the PC-DATA™ flowcharts in the EMT.

### Shared information and best practices across memory clinic sites

We shared best practices across clinic sites by supporting teams to shadow neighbouring clinics, ensuring RaDAR team member (Chelsie) attends every clinic as possible, and holding regular meetings that include SHA primary health care directors, managers, and facilitators across the southeast clinic sites.

### Collected and analyze process evaluation and outcome data

Process evaluation data are collected during workgroup meetings with the Esterhazy team and through other 1-1 discussions and emails with consenting team members and SHA leadership/management. Outcome data are collected by recruiting patients and care partners who attend the Esterhazy memory clinic.

### Provided continuing education webinars and in-person continuing education opportunities

Three webinars were held on the topics of when to refer to the Rural and Remote Memory Clinic, dementia and driving, and diagnosing and staging dementia. Esterhazy team members also attended annual RaDAR Summits virtually and travelled to the Canadian Conference on Dementia in Toronto.

### Enrolled and currently training 2 additional memory clinic teams in Canora and Melville

Two new teams have been enrolled and planning is underway to implement memory clinics in the communities of Canora and Melville.

## Esterhazy Memory Clinic



Esterhazy RaDAR Memory Clinic Team (l to r):  
Carolee Zorn, Jenna Kulovany, Holly Scheier,  
Glenda Erickson, Dr. Mandi Nel  
Not pictured: Lori Henderson, Kristin Lomenda,  
Kaillie Bomberak, Deborah Matsalla

### Team

- Family Physician
- Home Care Nurse/Assessor
- Occupational Therapist
- Community Pharmacist
- Alzheimer Society First Link Coordinator
- Primary Health Care Manager

First Esterhazy memory clinic held June 2023



Scan for memory clinic video



"I really love the team members, I think they all contributed tremendously to every patient's assessment and the final analysis and giving information to the patients, I'm looking forward to working with everyone in the future with that." (Team member)

"...the most rewarding part is whatever way it goes, it's nice to be able to give the client a diagnosis or not diagnosis at the end. I think it really -- either way, gives them the opportunity to lay their fears or move forward..." (Team member)

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# Contact UofS Cognitive Kitchen



**Allison Cammer, PhD**  
**Assistant Professor**



**[allison.cammer@usask.ca](mailto:allison.cammer@usask.ca)**



**College of Pharmacy and Nutrition**  
**University of Saskatchewan**



**COGNITIVE**  
**KITCHEN**



## BACKGROUND

- The Cognitive Kitchen (CK) is a culinary nutrition education program that was developed using a co-design approach with advisors who have lived experience caring for a loved one with dementia.
- As a sub-project within the Dementia Supports in Rural Saskatchewan initiative, efforts have focused on engaging adults living in rural SK through virtual and in-person delivery.



## OBJECTIVE

- Provide a supportive social environment for care partners, people living with dementia, and community-dwelling adults aged 55+ to learn about and engage in practical strategies to enhance their nutritional and cognitive well-being.

## ACTIVITIES

- Each CK program consists of 6 themed sessions. A brief orientation is held for virtually-delivered programs.
- A Registered Dietitian facilitator leads group members through an active cooking demonstration, educational content, and time for socialization.
- Virtual CK sessions invite participants to gather their ingredients before class. Ingredients and equipment are laid out for in-person classes.

### Topics include:

- the role of food and nutrition in promoting physical, mental, and social domains of health
- managing appetite and taste changes
- supporting well-being through food-related gatherings
- exploring dementia-friendly communities and practices around the world

## CHALLENGES

- Adapting the educational content and recipes for a wide range of participants (e.g., dietary restrictions, background knowledge)
- Consistency in the experience when availability of ingredients or equipment may differ
- Engaging care partners and people living with dementia in the virtual setting
- Maintaining a balance between didactic education, active hands-on cooking and focused discussion time while maintaining social elements

## SUCCESSES

- Group members enjoy the social opportunity, with some gathering contact information from others to connect outside of the program
- Participants are enthusiastic about trying new recipes and learning new ways to incorporate new or different foods that support their nutritional well-being
- Many group members report preparing extra recipes between sessions
- Participants report culinary skill development (even lifelong cooks!)

## OUTCOMES

- Some participants have expressed a shift in their perspective of cooking from being something they "have to do" to being an enjoyable, health-promoting activity.
- Group members feel encouraged by practical ideas shared by others that make meal preparation and food storage more manageable.
- Participants appreciate feeling validated that easy meals and convenience foods can support their health.
- Many participants have expressed intentions to set goals related to the program content in order to enhance their regular eating patterns and overall nutritional health.



Participants preparing baked oatmeal in an in-person class



Behind-the-scenes of virtual class setup at the U of S food and nutrition research lab

## WAY FORWARD

### Evaluate:

- Reach: # of interested and registered participants
- Engagement: attendance/attrition, participation in sessions
- Effectiveness: program impact on enhancing social support, nutrition education, awareness of strategies to support dementia risk reduction and living well with dementia
- Sustainability: plans for continued gatherings arranged by past participants, use of program workbook, longer-term participant outcomes
- Transferability: opportunities for expanding the program to other areas and engaging other populations (e.g., healthcare providers)



# Contact UofS Île-à-la-Crosse



**Edna Daigneault**  
**Community Member**



**[jimieddy20@gmail.com](mailto:jimieddy20@gmail.com)**



**Sakitawak Elders Group Inc.**  
**Île-à-la-Crosse, SK**





# Creating a Dementia friendly community in Île à la Crosse



Sakitawak Elders Group Inc., University of Saskatchewan, University of Regina



## Project Goal

The overall project goal was to **raise awareness** and **reduce stigma** of Dementia in Île à la Crosse to make it a more **dementia friendly community**



## Podcast creation

- The first podcast season is dedicated to **dementia awareness through a Métis community lens**
- Equipment purchased with project funding allows for podcast sustainability



## Cooking and Baking with Elders

- Older adults living with dementia (and their caregivers) spend time baking and cooking recipes that **connect them to their culture and identity**
- Gathering to cook and bake (cabbage rolls, laputsin, soup and bannock) provides a sense of community to caregiver women who have lost loved ones to dementia
- Youth are invited to elders lodge to learn **cooking and baking traditions and recipes from older generations.**



## Cultural Teachings

- A Métis teacher originally from Île à la Crosse was invited by project leads to **build a tipi from materials he harvested from the land**
- The tipi, home to land-based teachings, is a place to gather intergenerational Métis community members to **share stories and promote dementia awareness**



## Quilting, painting, and beading

Enables the community to:

- Pass on traditions
- Engage with individuals living with dementia and their caregivers
- **Keep hands and minds busy for dementia prevention**



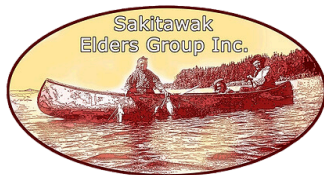
## Translation of resources

- Resources from the Alzheimer's Society of Saskatchewan were **translated to Michif and Cree for more accessibility**



Funded in part by the Government of Canada's New Horizons for Seniors Program





Thank you to all members of the Collaborating Organizations, Community Table, and Advisory Committee, who have participated in the project as part of the Collective Impact approach. We greatly appreciate your contributions and engagement!



**RuralDementiaSK.ca**

