

Alzheimer *Society*

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

Learn More Live Well

SAISIA Presentation

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& Erica Zarazun

Vision

A world without Alzheimer's disease and other dementias.

Mission

Empower people to live well with dementia through the delivery of programs, services, advocacy, awareness, and research.

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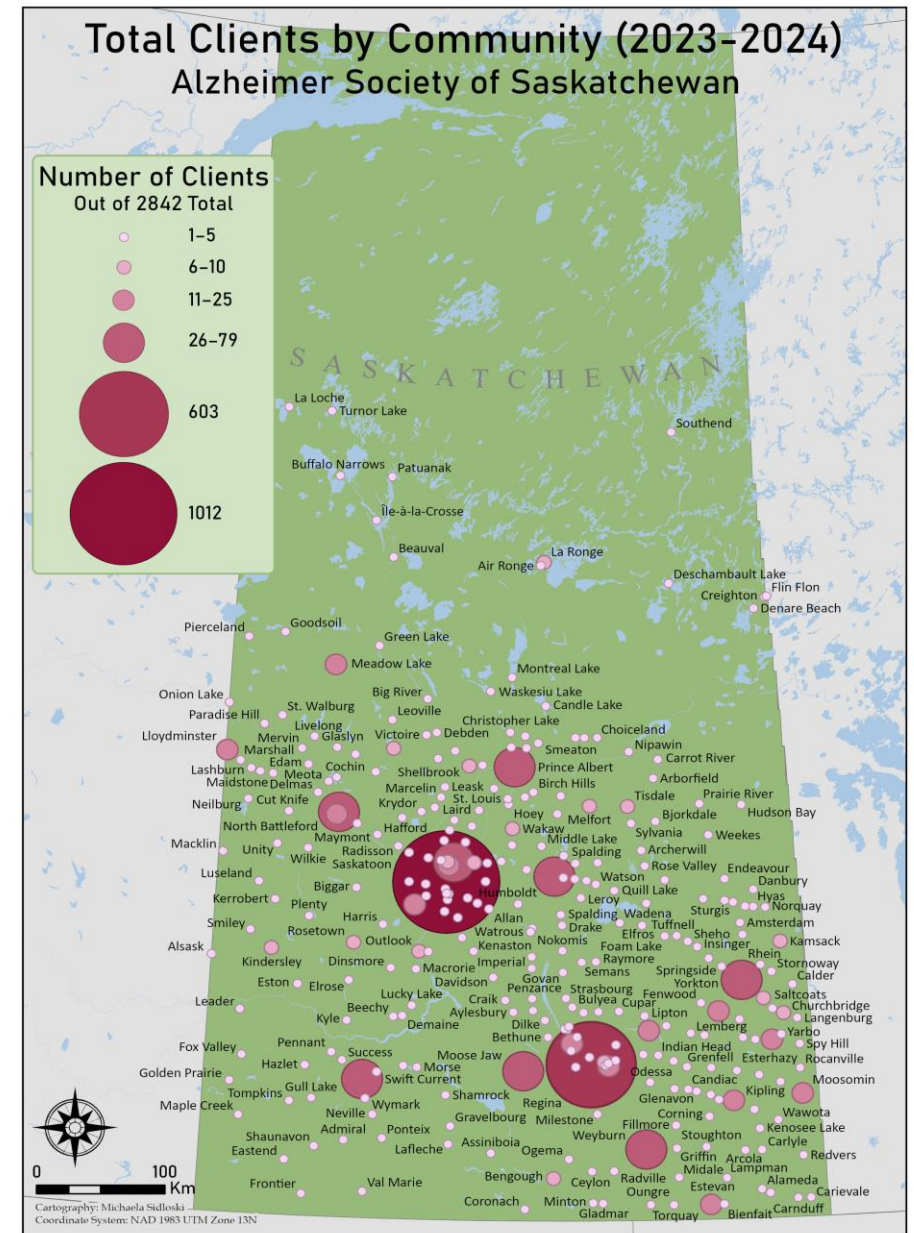
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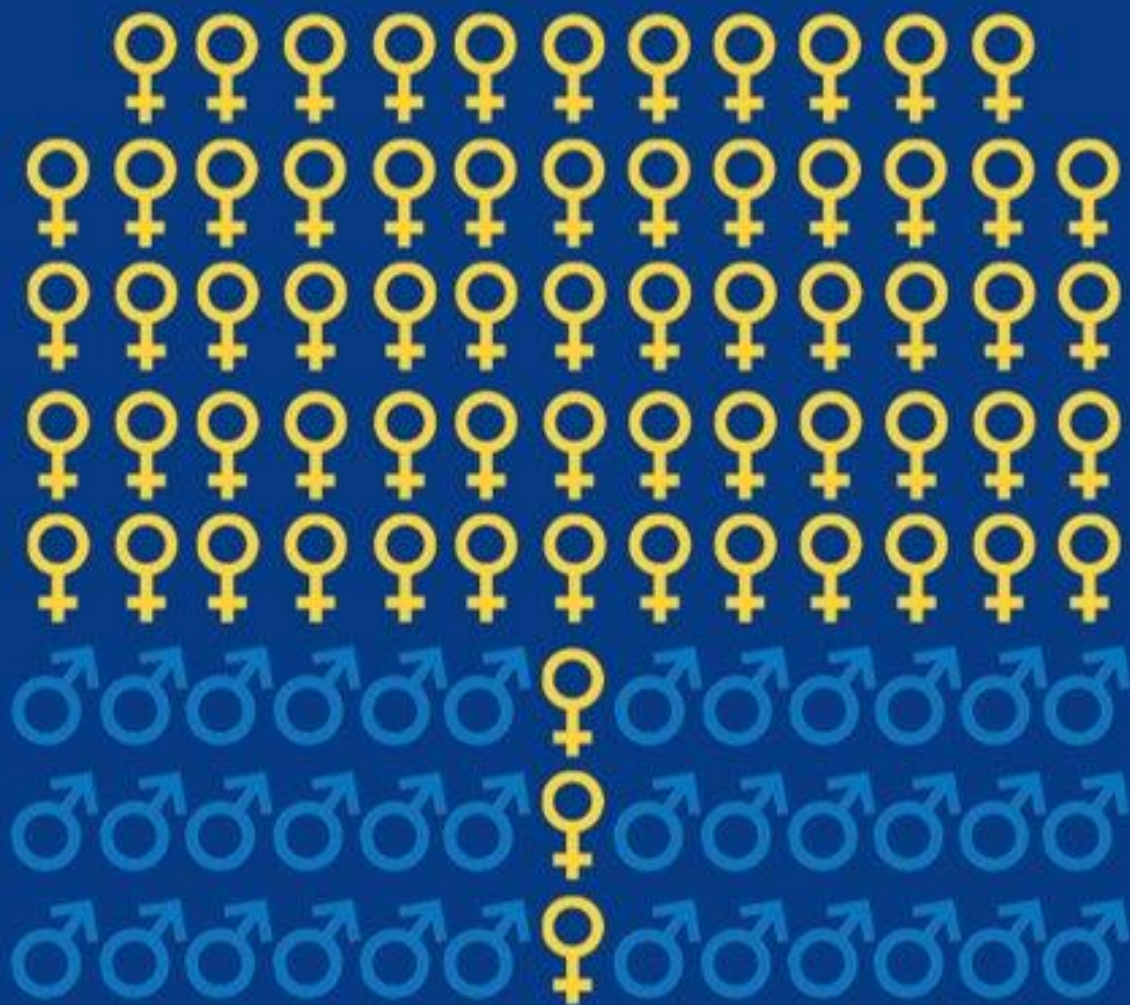
What is Dementia?

- **Myth:** Dementia is just a part of getting older. So when I grow old, I'll get it too.
- **Myth:** Dementia only affects older people.
- **Myth:** People with dementia can't understand what's going on around them.
- **Myth:** We have a cure for dementia.
- **Myth:** People with dementia become violent and aggressive.

- **20,000** people in Saskatchewan are living with dementia
- Dementia cases are projected to grow in Saskatchewan by **142%** over the next 30 years
- **3 out of 4** Canadian know someone living with dementia
- **1 in 4** people can name at least 3 signs of dementia
- **87%** of caregivers wish that more people understood the realities of caring for someone with dementia



BY THE NUMBERS



Of those living
with dementia
aged 65 +

65%

are women

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Dementia

Alzheimer's disease

Vascular dementia

Lewy body dementia

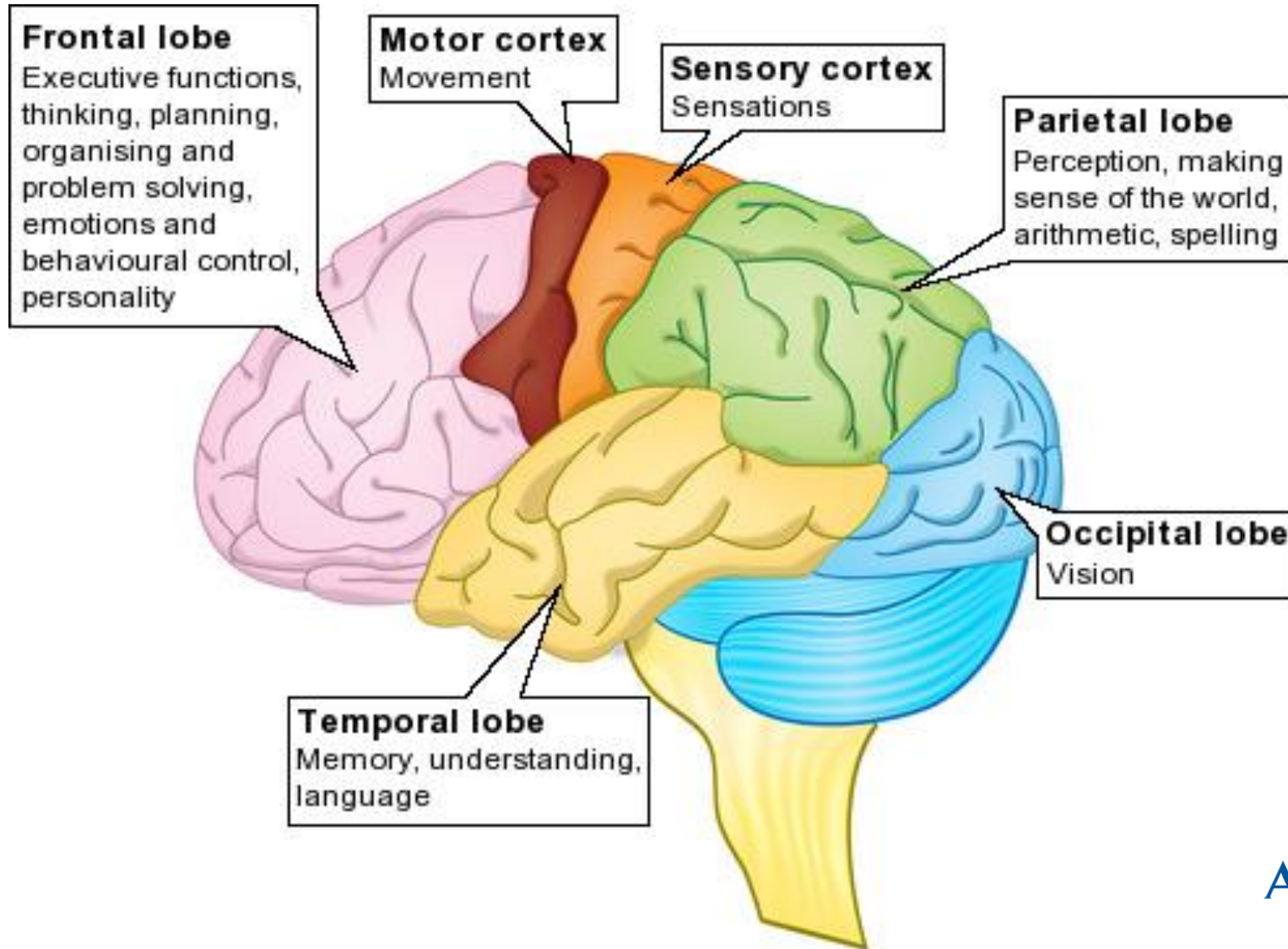
Frontotemporal dementia

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Dementia & The Brain



Causes of Dementia

Acute Reversible Causes of Dementia	Chronic Irreversible Causes of Dementia
Drug interactions	Alzheimer's Disease
Infection/fever	Vascular Dementia
Depression	Frontotemporal Dementia
Dehydration	Dementia with Lewy Bodies
Stress	Parkinson's Disease
Tumors	Alcohol-Related Dementia
Vitamin B12 Deficiency	Acquired Brain Injury

Possible Signs of Dementia



Abilities

Memory changes that affect day-to-day abilities

Difficulty doing familiar tasks

Disorientation in time and place

Misplacing things



Behaviour

Impaired judgement

Changes in mood, personality, and behaviour

Loss of initiative

Changes in sight or motion



Communication

Changes in language and communication

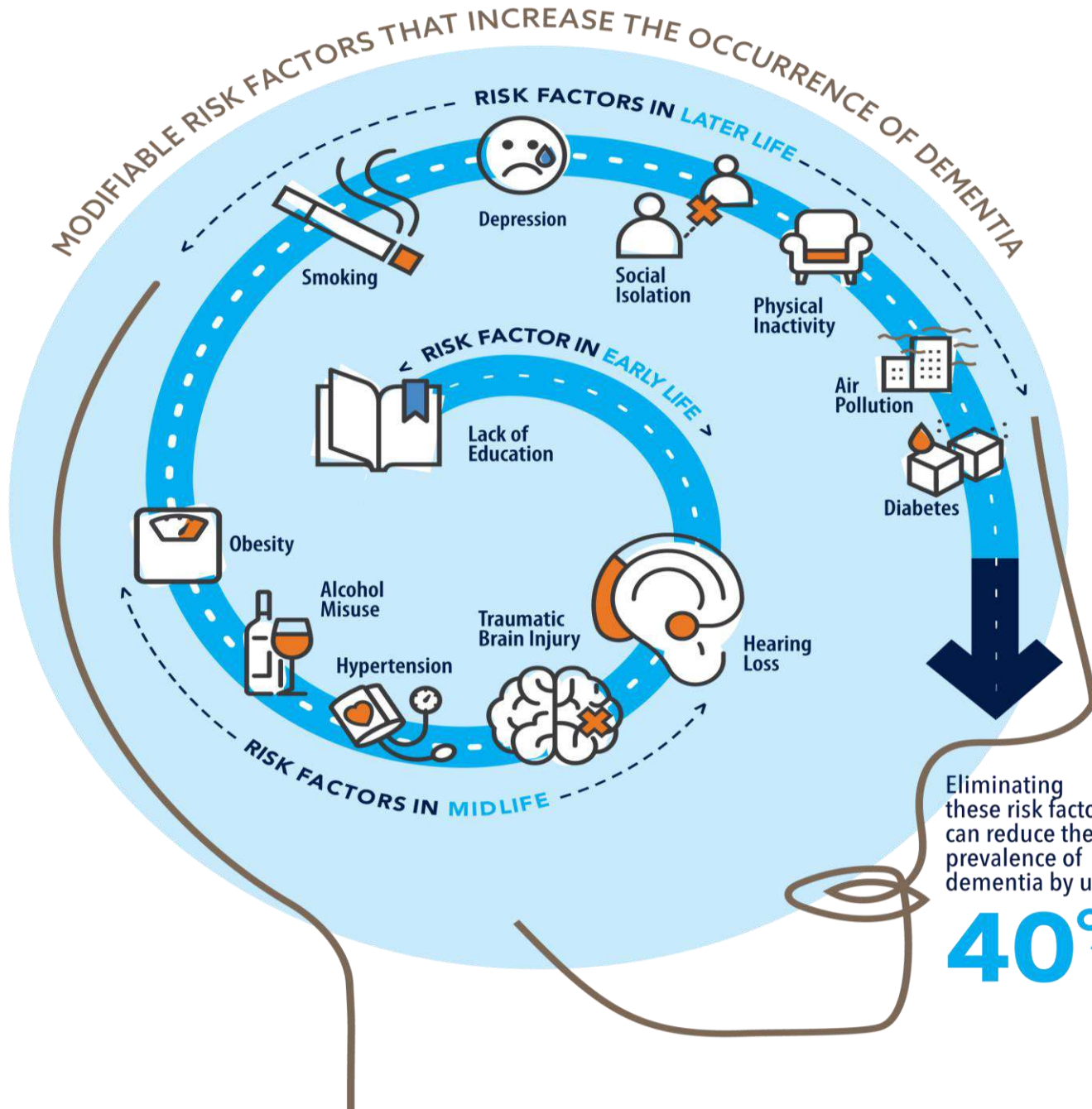
Problems with abstract thinking



Effects of Dementia

Changes to interpersonal & intrapersonal life:

- Changes in family structure and roles.
- Changes in roles and responsibilities in community.
- Changes to dynamics in romantic relationships.
- Changes to dynamics in platonic relationships.
- Changes in understanding and perception of self.



40% of dementias are preventable

Eliminating these risk factors can reduce the prevalence of dementia by up to

40%

Question

Can you recall any situations where you may have interacted with someone living with dementia?

A woman with long grey hair and glasses is smiling while talking on a mobile phone. She is wearing a light-colored shirt and has her hand on her chest. The background is a blurred office or home setting.

Support Changes Everything

Dementia Helpline 1-877-949-4141

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Benefits of an Early Diagnosis

“Diagnosis provides access to evidence-based
treatment, care, and support.”

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First Link® Direct Referral Form

Forward this form by fax 1-866-746-1507 or email: firstlinkreferral@alzheimer.sk.ca

* Referred person(s) consent(s) to a referral to the Alzheimer Society of Saskatchewan

Referral for: Person with Dementia Caregiver/Family Member/Support Person Both

Contact (Select One) in: 1 week 2 weeks 4 weeks

Date of referral (DD/MM/YY): _____

Referral Source – Name (Clinic Name/Agency)	Address, Phone, Fax & Email
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Person with Dementia:

Name: _____ Date of Birth (DD/MM/YY): _____

Address: _____ Phone: _____

Date of Diagnosis (DD/MM/YY) _____ May leave a voicemail message Yes No

Living Situation: Alone With Family In Facility

Diagnosis:

<input type="checkbox"/> Alzheimer's Disease	<input type="checkbox"/> Dementia with Lewy Bodies	<input type="checkbox"/> Frontotemporal Dementia
<input type="checkbox"/> Mild Cognitive Impairment	<input type="checkbox"/> Mixed Dementia	<input type="checkbox"/> Vascular Dementia
<input type="checkbox"/> Currently Being Assessed	<input type="checkbox"/> Without Diagnosis	<input type="checkbox"/> Other: _____

Current Services Accessed/Pending

Caregiver / Family Member / Support Person:

Name: _____ Date of Birth (DD/MM/YY): _____

Address: _____ Phone: _____

May leave a voicemail message Yes No

Reason for Referral:

<input type="checkbox"/> Changes in Behaviour	<input type="checkbox"/> Information/Education	<input type="checkbox"/> Recent Diagnosis
<input type="checkbox"/> Emotional Support	<input type="checkbox"/> Living Situation/Transition	<input type="checkbox"/> Social Isolation
<input type="checkbox"/> Finding Community Supports	<input type="checkbox"/> Meaningful Activity	<input type="checkbox"/> Safety Issues
<input type="checkbox"/> Other (Explain): _____		

Known Risks: Yes No (If yes, select all that apply)

<input type="checkbox"/> Behavioural changes	<input type="checkbox"/> Family dynamics	<input type="checkbox"/> Losing their way/wandering
<input type="checkbox"/> Caregiver Fatigue/burn out	<input type="checkbox"/> Isolation	<input type="checkbox"/> Physical Safety
<input type="checkbox"/> Comorbid diagnosis	<input type="checkbox"/> Limited/no Support	<input type="checkbox"/> Self-neglect
<input type="checkbox"/> Environmental Concerns	<input type="checkbox"/> Living Alone	<input type="checkbox"/> Other (Explain)

Submit

“We refer clients to the Alzheimer Society First Link Program as it is a valuable resource to our families and individuals with Alzheimer’s. It provides them with additional support, a chance to connect with others, and education and specialize in information regarding Alzheimer’s.”

- Brandi Loverin BSW,RSW - Assessor
Coordinator –Home Care SHA



60% of people with dementia live in their community

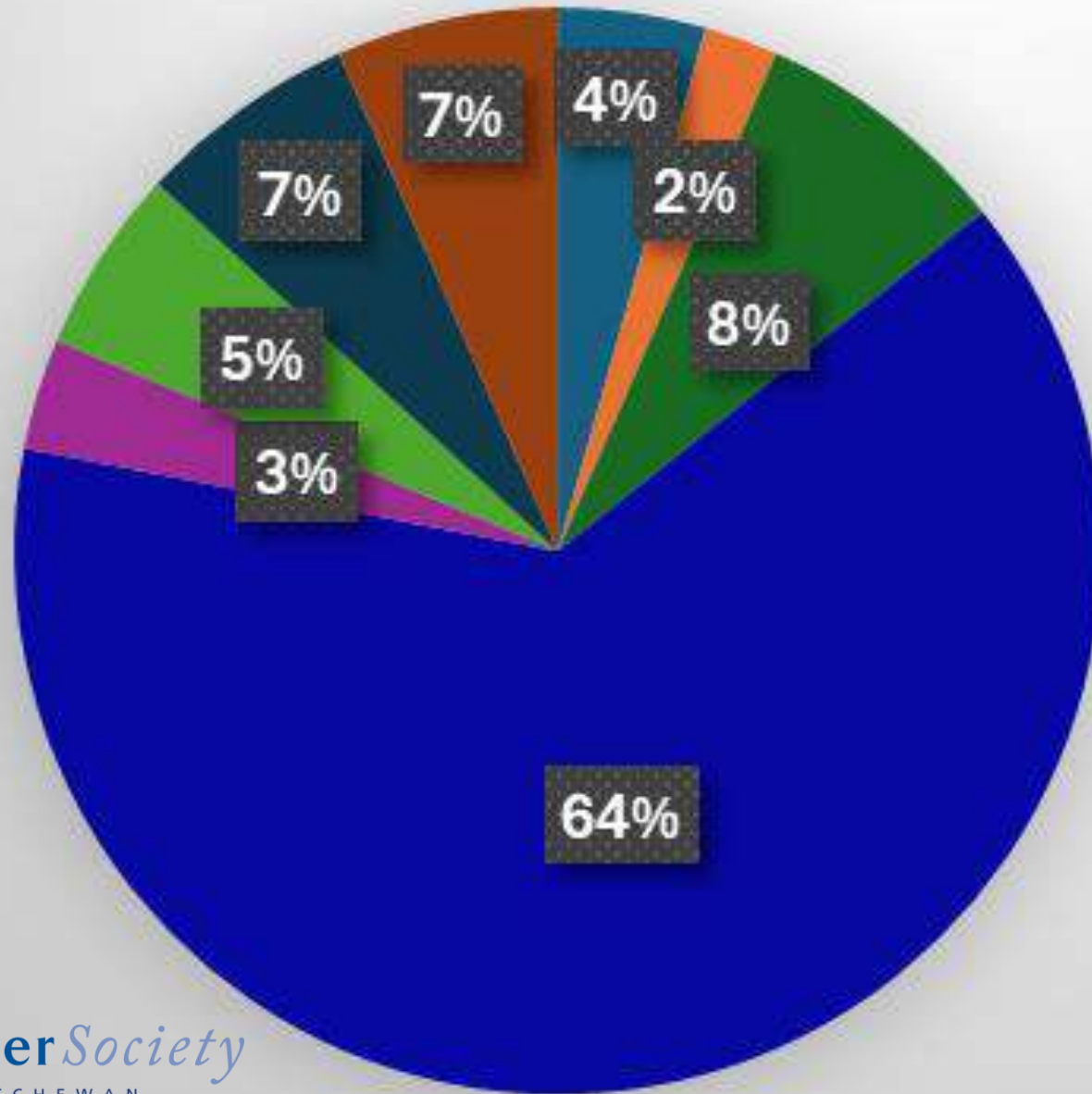


What are Dementia Friendly Communities?

Dementia-friendly communities are communities in which people living with dementia and their care partners are welcomed, included, supported, and cherished.

This is accomplished through changes to the social and physical environments in which people with dementia and their care partners live in, shop in, access services, and enjoy leisure activities.

Client Ethnicity



- African, White or European
- Black, White or European
- East Asian
- Indigenous (First Nation, Metis, Inuit)
- Mixed Race
- North African/ Middle East/ West Asian

Stay Connected to our Community

Contact:

Office: (306) 949-4141

Dementia Helpline: 1-877-949-4141

helpline@alzheimer.sk.ca



@AlzheimerSK



@alzheimer_
saskatchewan



@alheimersask



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