

# Dementia:

## Understanding the Journey

**Annual Report**

**April 1, 2018 – March 31, 2019**



## Our Mission

To promote a person-centred approach to providing care and services for persons living with dementia through ongoing development, promotion, and administration of Dementia: Understanding the Journey.

## Vision

Enhancing care for persons living with dementia through quality education.

## Values:

**Integrity:** We make informed decisions and ensure the course is current, relevant, and of the highest quality.

**Innovation:** We are progressive and flexible; we proactively identify and respond to emerging education needs.

**Life-long learning and growth:** We are ambassadors for accessible quality education pertaining to dementia.

**Collaborative:** We invite input from partners and a variety of stakeholders provincially and nationally, with a goal of enhancing dementia education for all.



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## Our Mission, Vision, Values

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## About Us

In 1991, an ambitious and dedicated group of individuals involved in long term care gathered together in Pictou County to form the Alzheimer Disease and Related Dementia Advisory Committee (ARDAC). In 2006, this group incorporated as a Society under the name Nova Scotia Alzheimer Disease and Other Dementia Care Course. With the 7th Edition, the group changed its incorporated name to Dementia: Understanding the Journey Society.

The educational goal of the founding committee was to develop a provincially recognized course to address the needs of persons living with dementia; based on the philosophy that persons with dementia have the same basic needs for security, shelter, nutrition, and affection as other adults, and have the same rights to have these basic needs met.

Over the years, the Board of Directors has been comprised of a variety of dedicated individuals from a number of backgrounds; including physicians, nurses, recreation and occupational therapists, dieticians, educators, administrators, and family members.

The group continues to change but their focus remains the same, to promote a person-centred approach to providing care and services for persons living with dementia through the ongoing development, promotion, and administration of Dementia: Understanding the Journey.

The efforts of the Board are further enhanced by strong relationships with health care employers and employer associations, the Department of Health and Wellness, the Alzheimer Society of Nova Scotia, the Nova Scotia Centre on Aging, post-secondary education institutions, and Veterans' Services Canada. Together we seek to maintain and build upon the success of our course.

**1991**  
ADODCC Course  
Developed

**1993**  
Endorsement by  
key provincial  
stakeholders

**1996**  
Course adapted  
for delivery by  
distance

**1997**  
Impact Study  
complete

**2000**  
Compulsory  
component of the  
CCA Program

**2002**  
Revised Course  
released

**2003**  
HANS Managing  
Body of the  
Course

**2006**  
Committee  
incorporated as a  
Society

**2008**  
Revised Course  
released

**2009**  
Compulsory  
component of the  
Practical Nursing  
Program

## Message from the Chair

What a year this has been for Dementia: Understanding the Journey! It has been a time of growth, expansion and exploration. This year we focused on the development and release of an update to the facilitators manual, expanded the course into new educational programs, and began the process of strategic planning.

One of our key values is Innovation:

*“We are progressive and flexible; we proactively identify and respond to emerging education needs.”*

With the goal to promote consistent education, we have overhauled the facilitator’s manual; incorporating enhanced facilitator tools, including standardized PowerPoints. Recognizing the growing need for flexible learning opportunities, the Board continues to incorporate creative learning solutions by delivering the orientation to the new facilitators manual exclusively via Skype.

With growth and expansion comes the exciting necessity of establishing new goals for Dementia: Understanding the Journey. The Board engaged Wayne Marsh, a strategic planning professional, to lead a comprehensive strategic planning exercise.

I would like to take this opportunity to thank the members of the Board; their hard work and ingenuity remains the backbone behind the success and continued improvement of this course.

On behalf of the Dementia: Understanding the Journey Society, I would also like to express our thanks and gratitude to all the dedicated facilitators who deliver this education. Also the program administration Pam Shipley and Barb Salkin who provide exceptional service and manage the day-to-day activities of the program.

Jody MacDonald, Chair

**2012**

New Mission, Vision and Values established

**2013**

Course is delivered online for the first time

**2014**

Dalhousie makes ADODCC mandatory for first year nursing students

**2016**

7th Edition released with the new name Dementia: Understanding the Journey. Component of the Cape Breton University nursing program

**2018**

Facilitator’s manual update released.

**2019**

Component of the St. FX University nursing program..

## Accomplishing Our Goals

*Continuously improve Dementia: Understanding the Journey to meet the needs of health care clients and providers.*

### Evolving the Facilitator's Manual

After a period of growth and development for the learner's manual, this year the Board turned their attention to the continued development of the facilitation process and tools to enhance the consistency of education.

In January 2018, the Board contracted with Marlene Fairhurst-Vaughan to overhaul the facilitators manual incorporating enhanced facilitator tools. The new manual, will direct a stronger consistency in the education delivered across the province with the goal to improve the care provided by graduates of the course.

To promote consistent education the facilitators manual continues to embrace the concept of multidisciplinary audiences with varying degrees of experience with dementia care; however, key changes include:



- ❖ Speaking notes for each mini-lecture incorporating the key learning points/messages
- ❖ Alignment of teaching resources to each mini-lecture and key learning points/messages
- ❖ Standardized Power Points for each session
  - Emphasizes key learning points/messages
  - Aligns resources to each mini-lecture and key learning points/messages
  - Resource links embedded in slides
  - Aligns Power Point note section to the manual's speaking notes
  - Incorporates consistent Dementia: Understanding the Journey imaging
- ❖ Facilitation/teaching expectations and guides
- ❖ Marking rubric for the project
- ❖ Protocols for the selection/use of additional resources during course delivery

This update was piloted by five facilitators who worked with Marlene and course administration to provide feedback on the new materials. Based on the positive results,

Marlene developed and delivered an orientation session for current facilitators to learn about the new updates. Facilitators received a copy of the updated manual upon registering for the orientation.

This mandatory orientation was delivered exclusively via Skype to 70 facilitators, over 3 sessions. Feedback from the orientation sessions was very positive, facilitators felt the Skype sessions worked very well and the changes to the manual were well received.



Overall the slides are GREAT! Very nice, look great and matches the manual.



Wonderfully delivered content – well collaborated and condensed to make it easy to understand.



Presenter was very clear, concise, & information flowed well

### **Facilitator Orientations**

Jody MacDonald, Dementia: Understanding the Journey Society Chair, hosted a facilitator orientation session in Sydney on September 14, 2018. As a result, 4 new facilitators are certified to deliver the 7<sup>th</sup> Edition. The orientation session featured a review of new materials and activities for getting to know the new manuals, as well as a review of administrative procedures.

### **Strategic Planning**

In the fall of 2018 the Dementia: Understanding the Journey Board engaged with Wayne Marsh, Independent Facilitation Services to lead the Board through a strategic planning process with the goal of revising, if necessary, the Mission, Vision, Values, setting long term strategic goals, and short-term operational goals.

### **Looking Ahead**

We look forward to the new and exciting directions strategic planning will take us. We will continue to focus on the development of the facilitation process and tools, including a revamp of the facilitator's orientation session. Orientation sessions have been planned for new facilitators in May and June of 2019.

## *Expand participation in Dementia: Understanding the Journey*

The course has been a component of the Continuing Care Assistant program since 2000, the Practical Nursing program since 2009, the Dalhousie School of Nursing since 2014, Cape Breton University Nursing Program since 2016, and most recently part of the St. FX Nursing program as of 2019. As a component of these programs, consistent foundational knowledge is incorporated across three key members of the care team. The benefit to those we serve will be immense as more and more care partners have the same knowledge and understanding in the provision of dementia care.

### Conferences

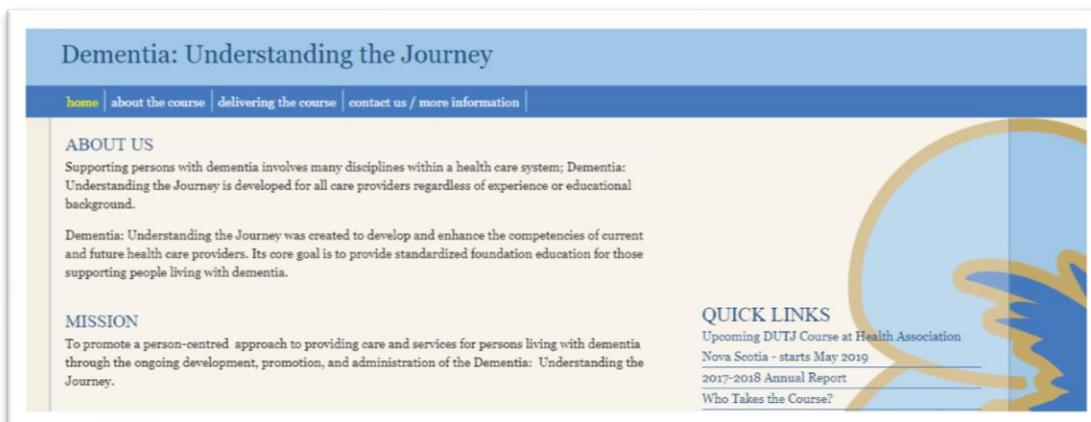
To promote the course, Dementia: Understanding the Journey has been a sponsor and/or exhibitor at the following events throughout the 2017/2018 year:

- ❖ Northwood's Research Symposium on June 15, 2018: *Research in Aging, Continuing Care and Beyond*
- ❖ The 18th Annual CCA Stakeholders Forum on May 4, 2018
- ❖ Alzheimer Society of Nova Scotia 29th provincial conference: *Championing Change in Dementia Care*, October 22 & 23, 2018 (lunch sponsor and booth exhibitor)



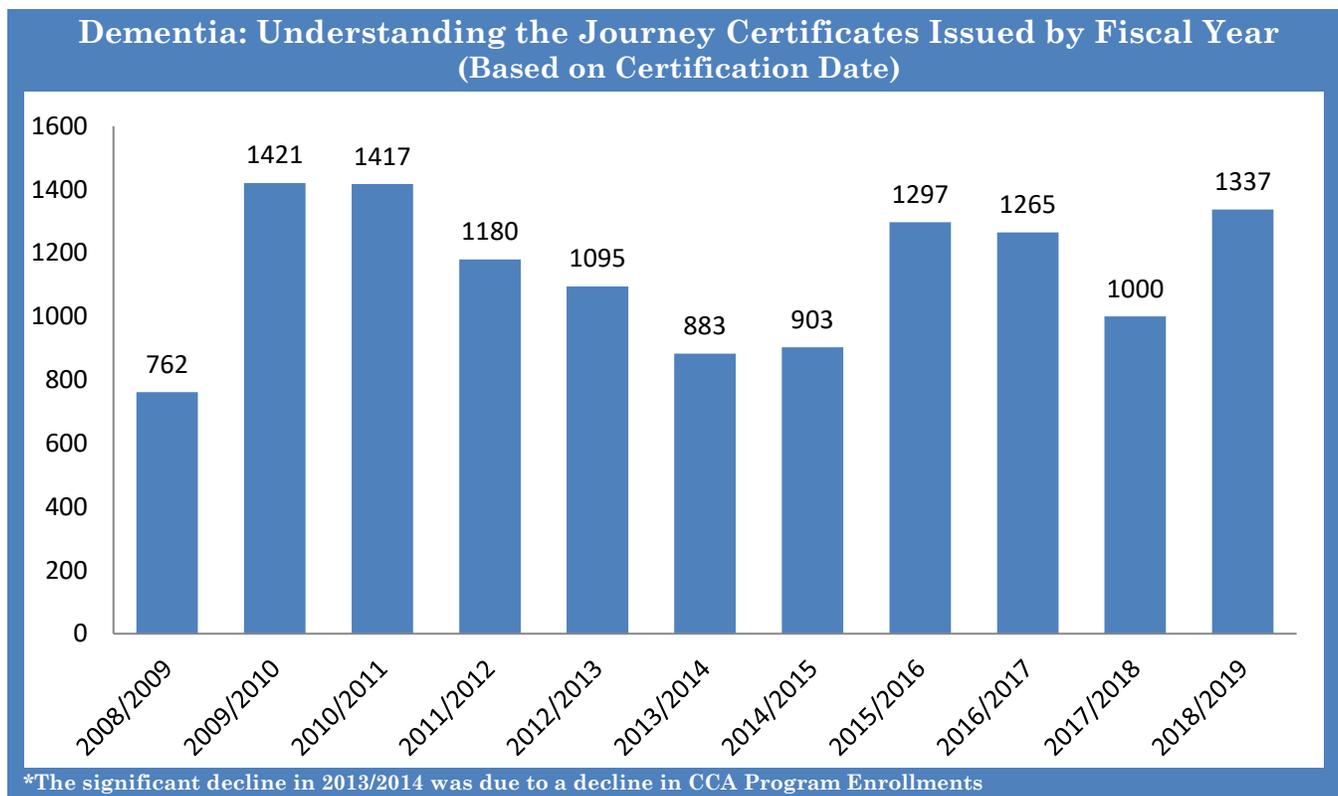
### New Website Launch

The Dementia: Understanding the Journey Society launched an updated website to correspond with the new 7<sup>th</sup> Edition materials. The website: [www.dementiaedu.ca](http://www.dementiaedu.ca) now features a complete resource section for facilitators, links to upcoming courses and comprehensive information on the course history and components.



## Course Delivery and Statistics

For the fiscal year April 1, 2018 to March 31, 2019, 33 organizations delivered 66 courses which resulted in a total of 1,337 certificates issued. There were three courses hosted by the Dementia: Understanding the Journey Society at Health Association Nova Scotia resulting in 29 learners receiving certificates. The table below represents certificates issued over the past 10 years:



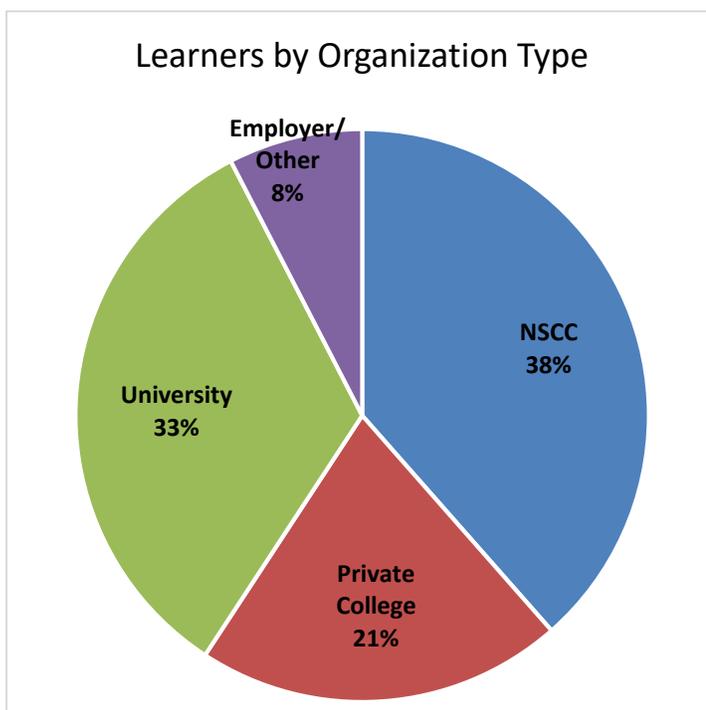
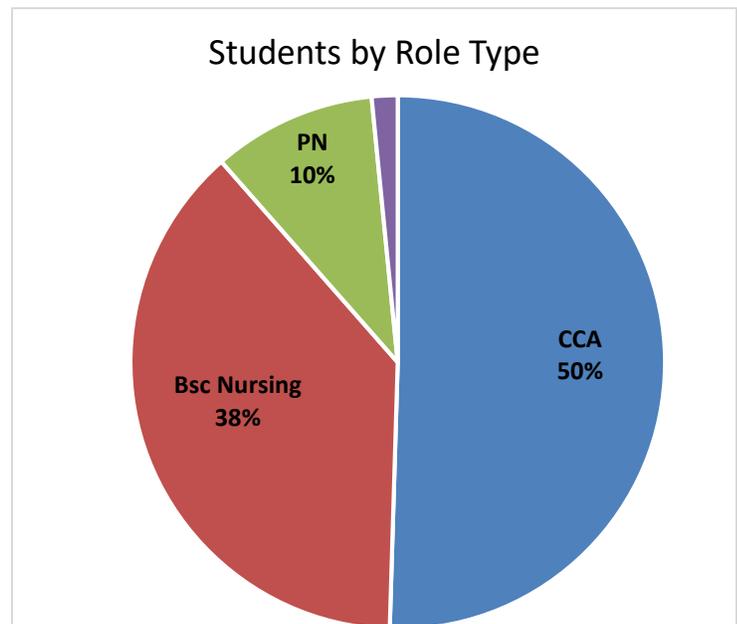
## Looking Ahead

The 2018/2019 year saw a growth in participants, with the number of certificates issued being the highest since 2010/2011. The Dementia: Understanding the Journey Society will continue to focus on expanding the course into different organizations and education programs.

## *Collect and use evidence to evaluate the effectiveness of the education and the care practices the course advocates for*

Dementia: Understanding the Journey administration has undergone significant changes with the introduction of a new database in 2017/2018. We are now able to track student and facilitator data quickly and efficiently, as well as produce comprehensive reports on multiple areas of course delivery.

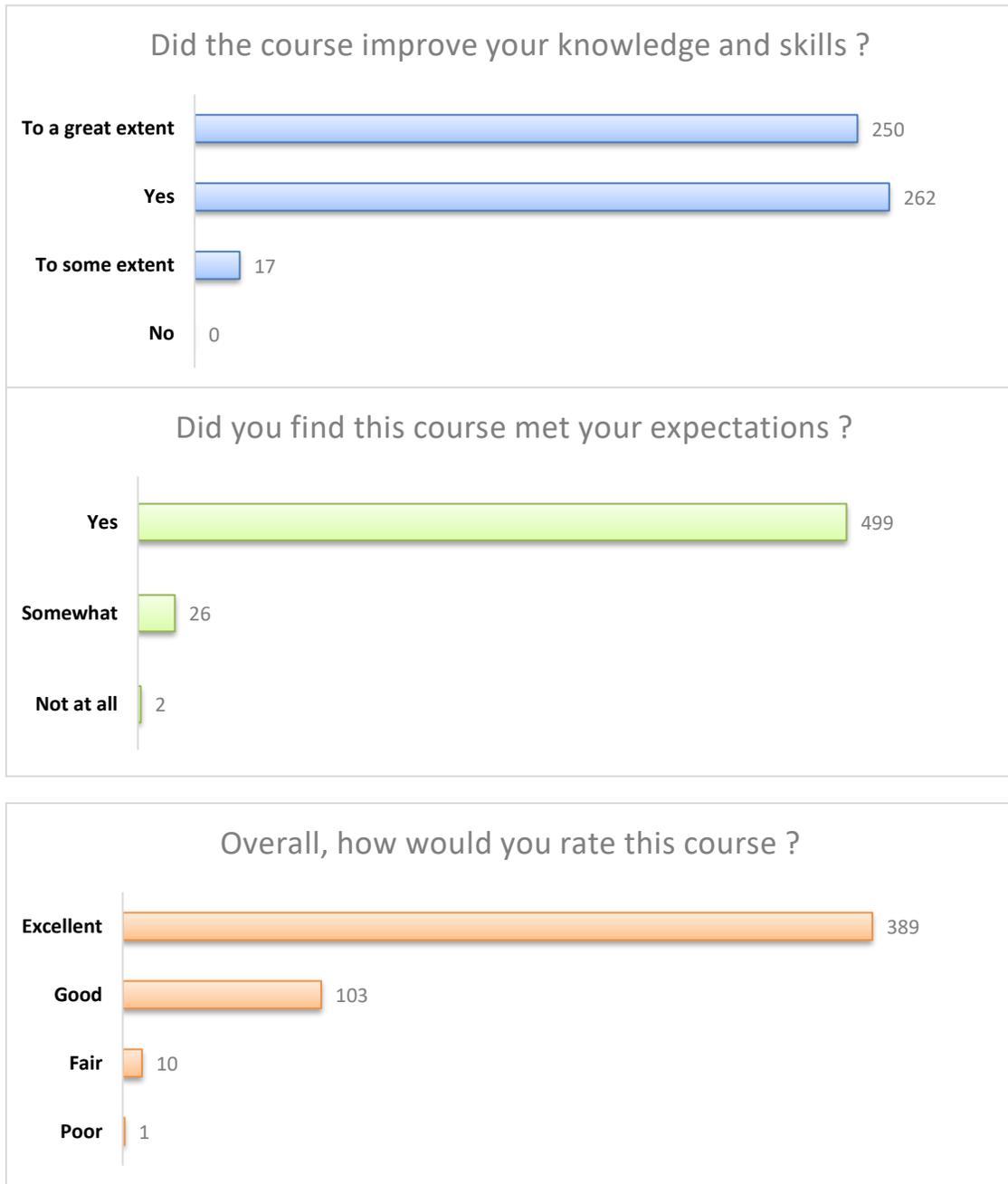
Upon completing the course, learners submit an Information Form which asks learners to indicate their role (student, health care professional, administration, etc.) and role type (CCA, LPN, RN, Dietary, etc.). This information helps us understand more about the learner population of the course and how it evolves over time. In 2018/2019, 88% of learners were students, with 50% of those students in the CCA program, 38% in the BSc Nursing program, and 10% in the PN program.



We are also able to identify the organization type and location through which the learner has taken the course. The chart to the right indicates the percentage of certificates issued from different organization types. Most learners attended the course through an education institution with 38% from NSCC, 33% from a University and 21% from a private college.

## Learner Evaluations

Upon completing the course, learners are asked to submit an anonymous evaluation to DUTJ course administration. These evaluations are compiled to ensure continuous quality control. Below are the results from three of the questions on the evaluation. As the charts indicate, the feedback from learners is resoundingly positive!



## Learner Feedback

I have learned a great deal through this course. I have learned to be more compassionate, understanding the needs of an individual with dementia and will use my knowledge to my best ability.

I learned so much about the range of dementia, that all behaviour has meaning. I learned how a health team works together to care of individuals with dementia. I learned enough to fill 100 pages. Loved it all.

The course helped me gain knowledge on how to help with people with dementia, how to give them a person-centered care, and that they are still the same person as they are before.



[My] knowledge and skills were improved with this course. It opened my eyes up to a whole new way of thinking about dementia.

[The Course] has opened my mind and has educated me. I feel much more content and at ease moving forward into my career as a CCA. Thank you.

I really enjoyed doing this course. Back home, we don't have or know about dementia, so coming to Canada and doing this course and now providing care for individual with this illness is a joy for me. It is a joy for me to go to work and communicate with my residents and assist them.

## Board of Directors and Administration

<i>Name and Contact Information</i>	<i>Representing/Term Ending</i>
<i>Linda Bird</i> <i>Email: linda.bird@asns.ca</i>	Alzheimer Society Nova Scotia Appointed
<i>Janice Chalmers</i> <i>Email: JChalmers@nwood.ns.ca</i>	Continuing Care March 31, 2021
<i>Lillian Cochrane</i> <i>Email : lcochrane@peopleworx.ca</i>	Education Institution March 31, 2019
<i>Joanne Collins</i> <i>Email: Joanne.Collins@novascotia.ca</i>	Department of Health and Wellness Appointed
<i>Lisa Doucet</i> <i>Email: lisa.doucet@dal.ca</i>	Education Institution March 31, 2021
<i>Paul Fieldhouse</i> <i>Email : paul.fieldhouse@nshealth.ca</i>	Challenging Behaviours Appointed
<i>Marlene Fairhurst-Vaughan</i> <i>Email: mfvvaughan@maritimebusinesscollege.com</i>	Family Support March 31, 2021
<i>Carrie Frazier</i> <i>Email: cfrazier@hvh.ca</i>	Continuing Care March 31, 2022
<i>Joanne Hughes</i> <i>Email: jhughes@nwood.ns.ca</i>	Continuing Care March 31, 2021
<i>Sarah Krieger-Frost</i> <i>Email: Sarah.Krieger-Frost@nshealth.ca</i>	Vice Chair / Mental Health March 31, 2021
<i>Jody MacDonald, Chair</i> <i>Email: jmacdonald@shannex.com</i>	Chair / Continuing Care March 31, 2021
<i>Marie McPhee</i> <i>Email: marie.mcphee@nshealth.ca</i>	Acute March 31, 2020
<i>Pam Shipley</i> <i>Email: pam.shipley@healthassociation.ns.ca</i>	Course Administrator Ex-officio
<i>Barb Salkin</i> <i>Email: barbara.salkin@healthassociation.ns.ca</i>	Course Administration

Call for nominations are issued when positions are available. Nominations to fill vacancies on the Board are accepted from individuals as well as designated organizations. The Board makes the final selection of membership using a selection matrix.

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# WELCOME

## WELCOME

### Welcoming New Board Members

A special *Welcome* to the following members who have just started a 3-year term on the Board. We look forward to your contribution to the Dementia: Understanding the Journey Society and working with you over the next few years

- ✦ *Carrie Frazier – Continuing Care*
- ✦ *Lisa Doucet – Education Institution*



### Recognizing Past Board Members

A special *Thank You* to the following members who left this year for their dedication and support while serving on the Dementia: Understanding the Journey Society, Board of Directors. Best of luck in your future endeavors!

- ✦ *M. Cecilia Webb – Veterans' Services*
- ✦ *Joanne Collins – Department of Health and Wellness*
- ✦ *Patricia Bilski – Member at Large*