



Dementia:

Understanding the Journey

Annual Report

April 1, 2019– March 31, 2020







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About Us

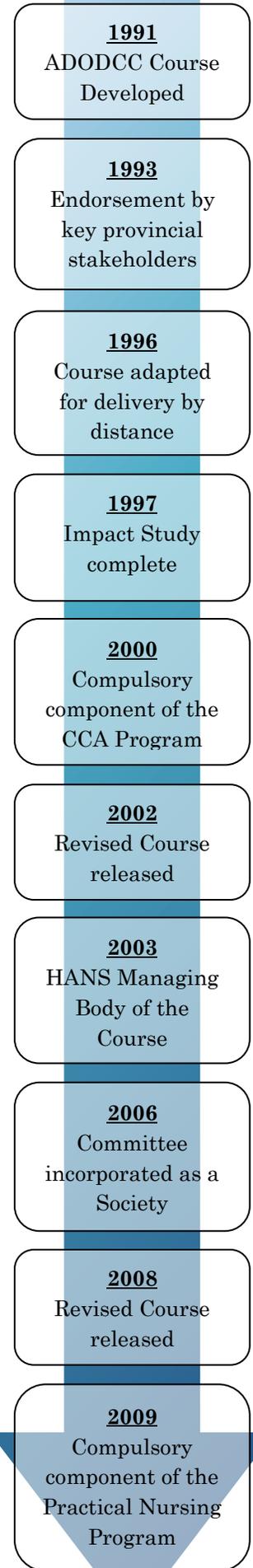
In 1991, an ambitious and dedicated group of individuals involved in long term care gathered together in Pictou County to form the Alzheimer Disease and Related Dementia Advisory Committee (ADRDAC). In 2006, this group incorporated as a Society under the name Nova Scotia Alzheimer Disease and Other Dementia 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.





Message from the Chair

Thank you for another exciting year for Dementia: Understanding the Journey! This year has been a time of reflection and improvement; we have focused on strategic planning, assessing our accomplishments, and looking towards the future and new goals.

The strategic planning process has brought us a wonderful opportunity to reflect on how far the course has come. From its humble grassroots beginning in 1991 to currently over 20,000 learners, the course has celebrated many milestones along the way. Throughout the almost 30 years the course has been running, we have celebrated becoming a component in the CCA, PN, and RN programs, 7 revisions, advances in facilitator tools and much more! Throughout this evolution, DUTJ Society has continued to work on our core goal, improving dementia care through education.

I want to thank all those who have helped us grow along the way. As we move forward creating new goals for the program, we recognize we would not be here without the support of board members, facilitators, delivering organizations, program administration, and learners, past and present!

In the face of Covid19, over the past several months the board and facilitators have moved quickly to establish online solutions. We have developed online tools and administrative processes to ensure learners are able to gain their certificate during this time.

We look forward with excitement to next year when we will begin action on our new goals; building on the program's legacy of consistent dementia education for all, with a new focus on ingenuity, delivery standards and expansion.

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

As part of our strategic planning process, the Dementia: Understanding the Journey Society revised the mission, vision and values. It is important to the Board that we continue emphasizing our primary objective of providing quality dementia education while embracing the future and expanding our reach. With the help of strategic planning facilitator Wayne Marsh, the Board is excited to unveil our new mission, vision, and values:

Mission: *To embrace Dementia education as a tool to enhance quality of life*

Vision: *Excellent dementia care for all*

Values: *Innovation that fuels transformation*

Life-long learning that is person-centered, evidence-informed and current

Dynamic relationships built on collaboration

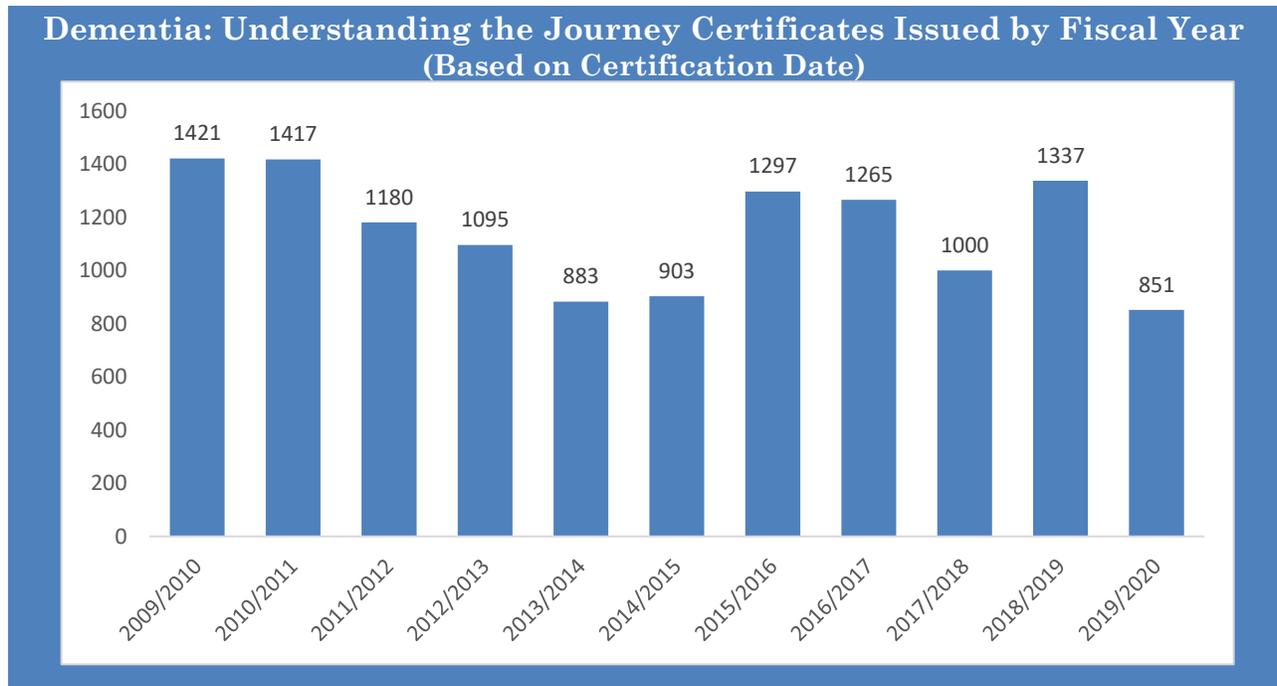




Our Year in Review

Course Delivery and Statistics

For the fiscal year April 1, 2019 to March 31, 2020, 33 organizations delivered 58 courses which resulted in a total of 851 certificates issued. There were three courses hosted by the Dementia: Understanding the Journey Society at Health Association Nova Scotia resulting in 24 learners receiving certificates. The table below represents certificates issued over the past 10 years:



Facilitator Orientation

After developing the new facilitator orientation session last year, three facilitator orientation sessions were delivered this year. Jody MacDonald facilitated one session in Sydney and Marlene Fairhurst-Vaughan facilitated two sessions in Bedford for a total of 31 new facilitators. The orientation sessions featured a review of new materials and activities to get to know the manuals, as well as a review of administrative procedures. Evaluations were very positive:

The content and materials are very well developed and easy to use. The “scavenger hunt” activity was fantastic as it really allowed us to use the materials and understand how the Facilitator manual, power point, and Student manual work well together. Fantastic training session and I feel very confident in delivering the program. - Thank You.

Very conducive to learning. Thanks so much!!



Looking Ahead

We look forward to the new and exciting direction our strategic planning will take us. This year we will continue to develop our new goals which include further development of the facilitation process and standards.

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.

Conferences

To promote the course, Dementia: Understanding the Journey has been a sponsor and/or exhibitor at the following events throughout the 2019/2020 year:

- ❖ Northwood's Research Symposium on June 14, 2019: *Research in Aging, Continuing Care and Beyond*
- ❖ The 18th Annual CCA Stakeholders Forum on May 9, 2019
- ❖ Alzheimer Society of Nova Scotia 30th provincial conference: *Celebrating Personhood*, October 21 & 22, 2019 (lunch sponsor and booth exhibitor)

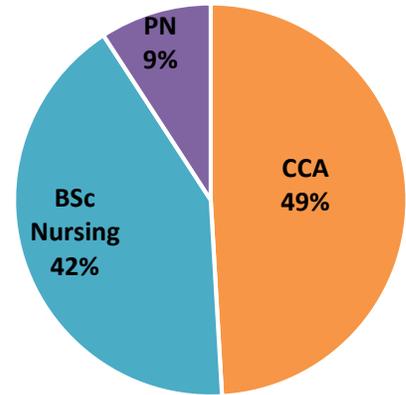




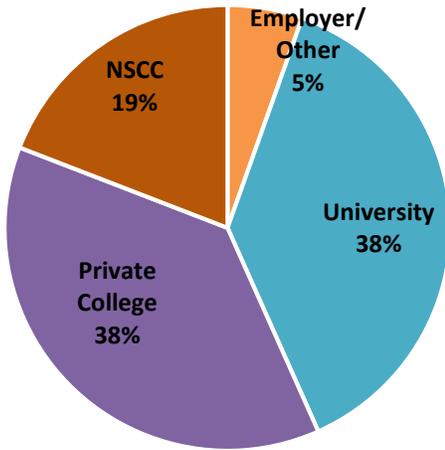
Collect and use evidence to evaluate the effectiveness of the education and care practices the course advocates for

Upon completing the course, learners submit an Information Form which asks them 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 2019/2020, 96% of learners were students, with 49% of those students in the CCA program, 42% in the BSc Nursing program, and 9% in the PN program.

Students by Role Type



Learners by Organization Type

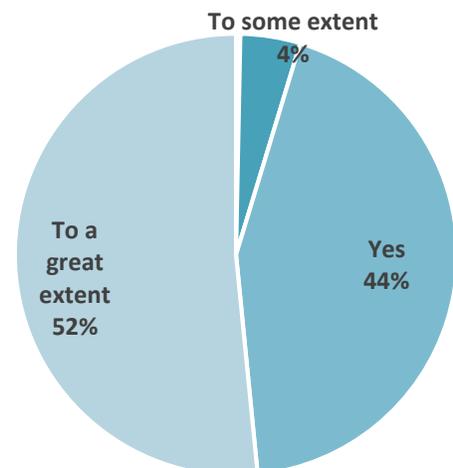


We are also able to identify the organization type and location through which the learner has taken the course. The chart to the right indicates the percentage of certificates issued from various organizations. Most learners attended the course through an education institution with 19% from NSCC, 38% from a university and 38% 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!

Did the course improve your knowledge and skills ?





Learner Feedback

It was an amazing course. I learned a lot. The instructor was a great teacher, delivered the learning material in a great way! I definitely will look at dementia in a different way!

This course made me understand that the essence of person remains despite the disease. Also taught me how to build relationships, trust and rapport. The person first, disease second.

Everyone who works with dementia people should do this course...family members, friends, caregivers, nurses, doctors, etc.

I have not been affected by having someone I know have dementia, but after this course, I have a whole new insight, and knowledge and respect for individuals and all involved with coping and managing dementia. This course was very informative! Thank you.

I felt this course educated myself in understanding individuals with dementia are still a person with thoughts, feelings & needs and how to care & help these individuals.





Board of Directors and Administration

<i>Name and Contact Information</i>	<i>Representing/Term Ending</i>
<i>Marie Barnes</i> <i>Email: thebarnes@eastlink.ca</i>	Member at Large June 30, 2022
<i>Linda Bird</i> <i>Email: linda.bird@asns.ca</i>	Alzheimer Society Nova Scotia Appointed
<i>Lillian Cochrane</i> <i>Email : lcochrane@peopleworx.ca</i>	Education Institution March 31, 2019
<i>Lisa Doucet</i> <i>Email: lisa.doucet@dal.ca</i>	Education Institution March 31, 2021
<i>Roberta Duchesne</i> <i>Email: roberta.duchesne@nshealth.ca</i>	Acute Care June 30, 2022
<i>Marlene Fairhurst-Vaughan</i> <i>Email: mfvaughan@maritimebusinesscollege.com</i>	Family Support March 31, 2021
<i>Paul Fieldhouse</i> <i>Email : paul.fieldhouse@nshealth.ca</i>	Challenging Behaviours Appointed
<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>Karen Huntley-Comeau</i> <i>Email: karen@dchsa.ca</i>	Continuing Care (Home Care) November 31, 2022
<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>Vacant</i>	Department of Health and Wellness Appointed
<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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Fax: (902) 832-8505
Email: pam.shipley@healthassociation.ns.ca



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

- ✦ *Roberta Duchesne – Acute Care*
- ✦ *Marie Barnes – Member at Large*
- ✦ *Karen Huntley-Comeau – Continuing Care Home Support*



Recognizing Past Board Members

A special *Thank You* to the following member 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!

✿ *Janice Chalmers – Continuing Care*