



Dementia:

Understanding the Journey

Annual Report

April 1, 2021 – March 31, 2022



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Dementia Understanding the Journey Board, 2022



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Message from the Chair

It has been a great year for our program. Thank you all for being a part of it as we still learn to adapt to this new normal. We continue to focus on our strategic plan and have been moving forward with our goals.

Over the last 30 years, this course has educated well over 20,000 participants on dementia care. We have made 7 revisions during that time, our last revision being in 2016. To keep with current research and best practices, this year we will be preparing for our 8th revision to the manual as well as the facilitator's manual. Our core goal is to improve dementia care through education.

Throughout the last 2 years, the course was offered online and went very well. Over the next few years, we will be building on the online platform so we can broaden our reach.

2022-2023 is a year of changing faces on our board executive. We want to express our gratitude and thanks to Pam Fowler for her tremendous commitment to this course. Her leadership and guidance have taken the course to where it is today. She will be missed, and we wish her all the best in her semi-retirement! We would also like to say thank you to Lynn Peters for her exceptional service to ensure our courses and daily operations ran smoothly.

In saying this, we had new additions to the team. We were pleased to welcome Shauna Huntley, Program Assistant last fall. To support our transition, Board Member Marlene Fairhurst-Vaughan began in January 2022 as interim course administrator. She will continue as interim administrator until Cailleagh Sharples joins us in May 2022. We look forward to Cailleagh's leadership and guidance as we continue to move our strategic plan forward.

We are seeing an increased need for dementia education and our course is available for all health care workers, and families to add to their learning/toolbox. We look forward to a year of growth and building on our valued partnerships.

Again, thank you to everyone involved in dementia care education.

Jody MacDonald, RN

DUTJ Board Chair



About Us

In 1991, an ambitious and dedicated group of individuals involved in long term care gathered 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, dietitians, 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.

Accomplishing Our Goals

As part of our strategic planning process, the Dementia: Understanding the Journey Society follows the mission, vision, and values below. 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.

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

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!



Sacha Nadeau – Alzheimer Society Nova Scotia



Karen Briand – St. Francis Xavier



Caitlin Manley – Mental Health and Addictions Program, NSHA

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!



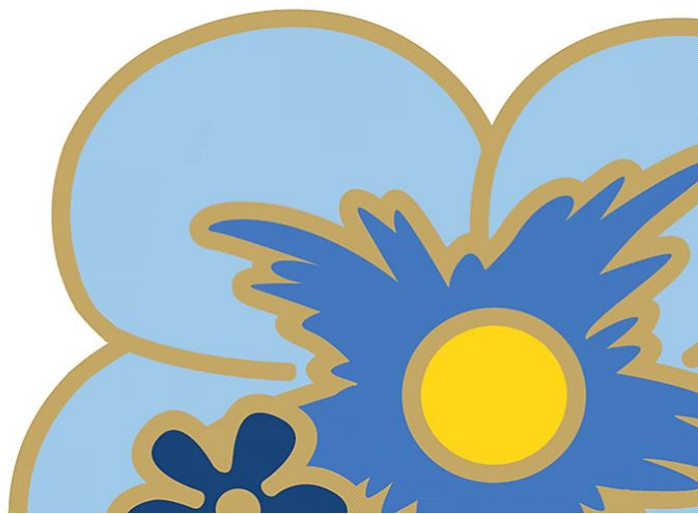
Linda Bird – Alzheimer Society Nova Scotia



Lisa Doucet – Dalhousie School of Nursing



Sarah Krieger-Frost – Seniors Mental Health



Our Year in Review

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 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.

Recognizing the mission, vision, and values, the Board has been working on meeting the strategic direction (Focus Areas) established in 2020.

Strategic Direction focus areas include:

1. Closing the gap between education offerings and the practice setting culture.
2. Enhancing Curriculum Design
3. Advocate for system change and person-centred care culture throughout education.

These focus areas will be addressed over a 5-year period. For this fiscal year, we focused on the first focus area.

Closing the gap between education & practice

This area targets awareness of education being delivered in relation to dementia, collaborating with programs to strengthen overall dementia education including DUTJ, and promoting the relevant role DUTJ plays in educating and connections to practice.

A scan of complementary offerings was completed in the spring with the purpose of informing the Board of alternate education being delivered. Now the Board can invite other programs to collaborate, explore synergies, and areas of compliment.

Using the information about what is currently offered will improve our overall marketing strategy and assist us in refining tools to increasing enrollments and diversifying learners.

A part of this focus area is to support leaders to understand the fundamentals of the program, the connection between education and practice for a culture of safety and the need to continue learning and practicing after taking the DUTJ Program.

The DUTJ Program supports the delivery of the program to a variety of organizations both in the education and care setting. Delivering to a variety of learners requires we continue to focus on delivering the program with integrity,

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

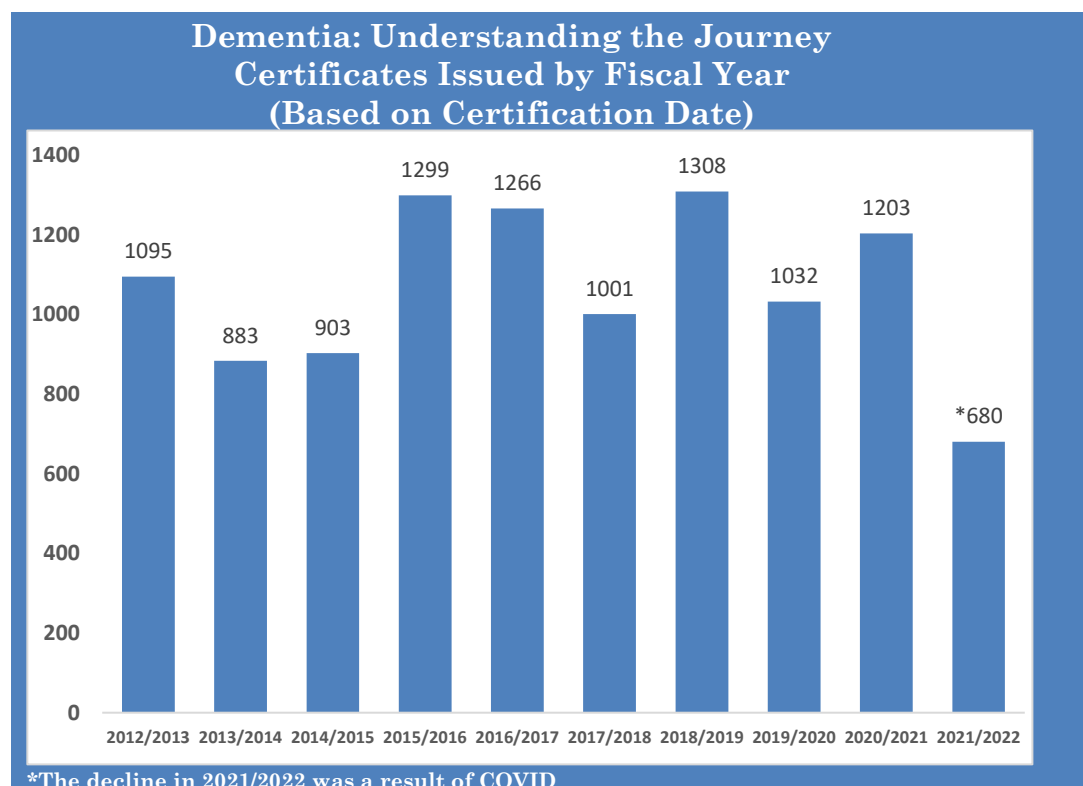
2008
Revised Course
released

2009
Compulsory
component of the
Practical Nursing
Program

adapting to changes and innovations in person-centred approach, and improving our ability to deliver programs by increasing facilitators.

Course Delivery and Statistics

For the fiscal year April 1, 2021, to March 31, 2022, 23 organizations delivered 37 courses which resulted in a total of 680 certificates issued. The table below represents certificates issued over the past 10 years:



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.

As noted in the chart below, between 2017 and 2022, the role type most often noted taking the course are nursing and CCA students. In addition to health professionals and students taking the course, industry and family are noted as well.

2012
New Mission, Vision and Values established

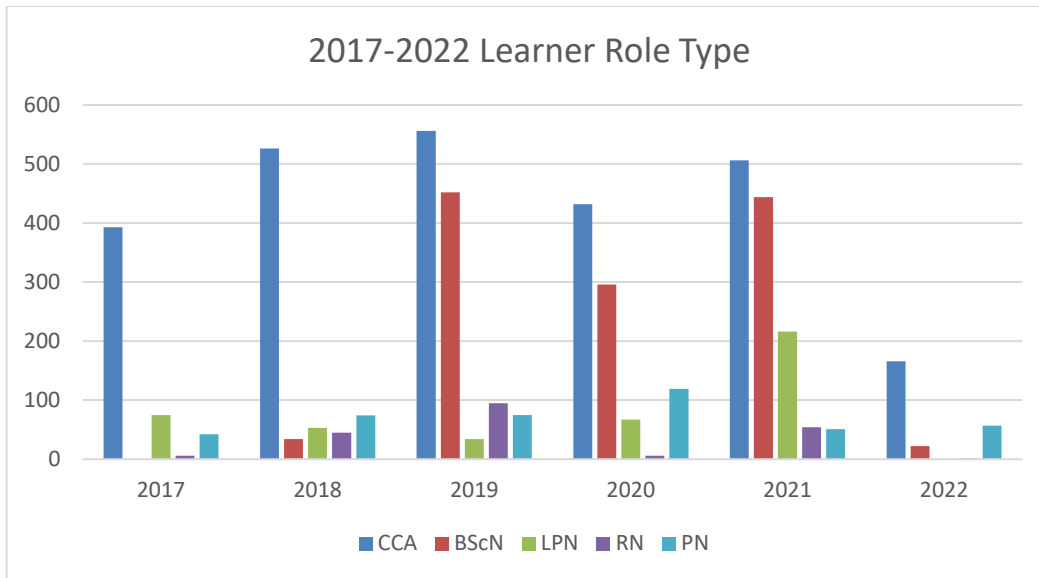
2013
Course is delivered online for the first time

2014
Dalhousie makes ADODCC mandatory for first year nursing learners

2016
7th Edition released with the new name Dementia: Understanding the Journey. Component of the Cape Breton University nursing program

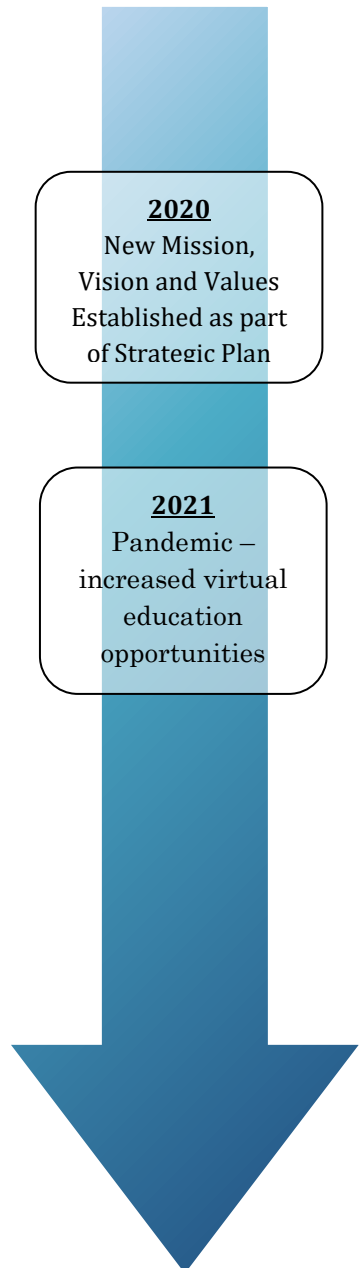
2018
Facilitator's manual update released.

2019
Component of the St. FX University nursing program.



2020
New Mission, Vision and Values Established as part of Strategic Plan

2021
Pandemic – increased virtual education opportunities



The DUTJ Program relies heavily on health education programs such as the CCA Program, the Practical Nursing (PN) Program, and the Nursing Degree (BScN) Programs. In 2021/22, deliveries were faced with continued pressure because of COVID-19 to socially distance, wear masks and limit attendance/seating capacity. Despite these pressures, facilitators educated 680 learners. To achieve this number was not easy, facilitators had to be innovative, opportunistic, and passionate to engage and retain learners. The pandemic increased pressure on learners to work more and longer hours; having learners engaged with the learning required adept facilitation and keen awareness of the pressures they were under.

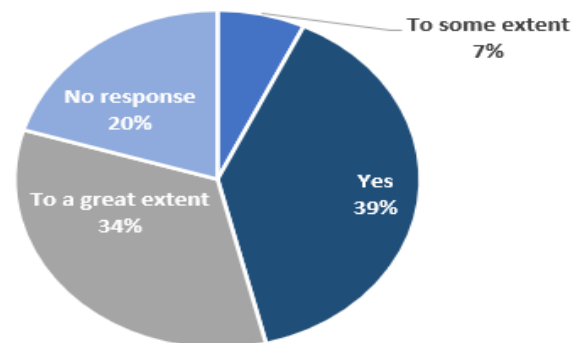
This year saw long-standing industry experts retire and new industry experts join the system. To support this change over in staffing, DUTJ hosted a virtual facilitator orientation session.

Learner Feedback

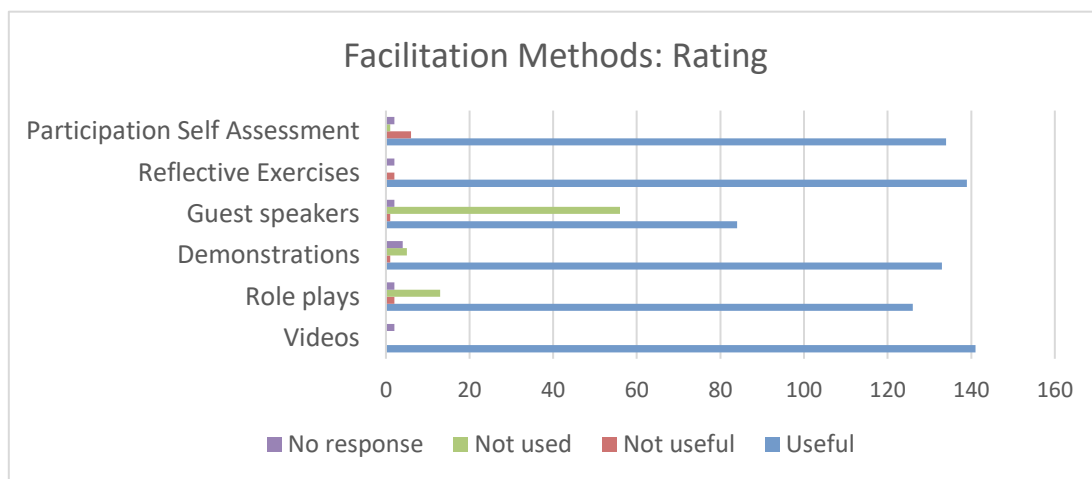
DUTJ Board was particularly interested in understanding if COVID-19 impacted the adoption of new or improved knowledge and skills for learners.

Over the years, feedback consistently provided by learners for the DUTJ course is positive. COVID-19 does not appear to have negatively impacted the adoption of new or improved knowledge and skills for learners, as noted in the chart to the right.

Did the course Improve your Knowledge and Skills?



As noted in the chart below, the robust facilitation methods provided as a part of the course to support didactic learning has been identified as useful by learners.



Learner Feedback: Comments

Thank you for this course! We cannot do this work without it!

... Loved learning all the ways to help improve person in care quality of life.

The final project made me reflect on all the different ways we need to address the needs of persons with dementia ...

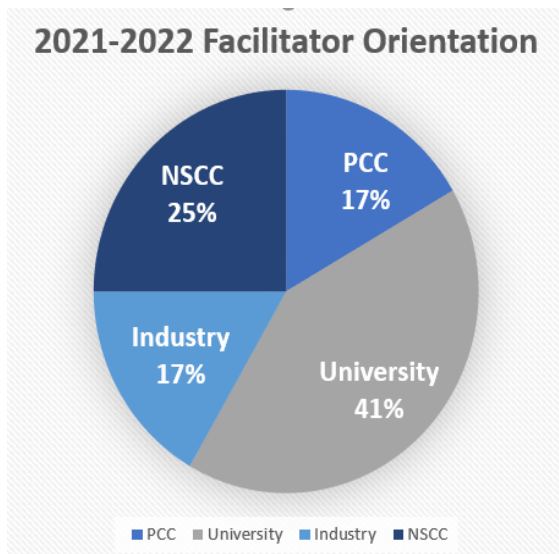
Loved the learning and how it was delivered... Very hands on, easy to remember

This course is an eye opening experience ... I love it and I recommend it for all healthcare providers.

My knowledge of dementia has greatly improved... patience and put the person first.

Facilitator Orientation

The Dementia: Understanding the Journey Board of Directors is committed to our mission, to embrace Dementia education as a tool to enhance quality of life. Due to the challenges COVID-19 presented, facilitators looked for innovative opportunities to improve access to the DUTJ course. These innovations included adapting classroom deliveries to a variety of virtual offerings. Virtual education has offered the opportunity to see groups come together provincially, nationally, and internationally. When COVID-19 restricted movement between provinces and countries, online education enabled participants to continue their studies regardless of their location, e.g., Ontario and Philippines.



In the fall of 2020, the Dementia: Understanding the Journey Society hosted a virtual facilitator orientation session. The orientation introduced 12 new facilitators to the course materials. Attendees came from a variety of settings¹, with universities having the highest number of participants (41%).

“Very well done and informative. I learned a lot of new things that I will be sure to carry with me throughout my career”

“Each session reinforced the importance of person-centered care”

The virtual session was facilitated by Marlene Fairhurst-Vaughan. It featured a review of course materials, activities to get to know the manuals, an introduction to the online facilitator’s toolkit and a review of administrative procedures. As a part of the evaluation, the newly orientated facilitators indicated the session was helpful and engaging.

Online Facilitator Toolkit

The online facilitator’s toolkit ensures learners in online delivery receive the same standardized quality education as they would through a traditional classroom method. The standard identifies the approach required by organizations and facilitators delivering the Dementia: Understanding the Journey course, in a virtual environment. For online delivery each session is divided into 3 phases – 1. prior to the session 2. during the session 3. following the session. There is also a detailed online guide to help facilitators plan their sessions. We look forward to further expansion of our online presence.

¹ NSCC – Nova Scotia Community College, PCC – Private Career College

Conferences

This year we sponsored and participated in an excellent virtual conference presented by Alzheimer's Society of Nova Scotia. As conferences return post-pandemic, we look forward to increasing our participation.

Looking Ahead

We look forward to the new and exciting direction our strategic planning will take us. This year we will focus on our collaborative partnerships, look at complementary educational offerings and start the process for a program review. The program review will include both the learner and facilitator manuals. Dementia: Understanding the Journey Society will continue to promote awareness by sponsoring and exhibiting at local events and conferences annually. In addition, we will be looking for innovative ways to support equitable uptake.



Board of Directors and Administration

<i>Name and Contact Information</i>	<i>Representing/Term Ending</i>
Sacha Nadeau Email: sacha.nadeau@asns.ca	Alzheimer Society Nova Scotia Appointed
Helen DeYoung Email: helend@futureworx.ca	Education Institution January 31, 2024
Karen Briand Email: kbriand@stfx.ca	Education Institution February, 2025
Roberta Duchesne Email: roberta.duchesne@nshealth.ca	Acute Care June 30, 2022
Marlene Fairhurst-Vaughan Email: marlenefvaughan@gmail.com	Vice-Chair/Family Support/Interim Course Administrator March 31, 2024
Paul Fieldhouse Email: paul.fieldhouse@nshealth.ca	Responsive Behaviours Appointed
Carrie Frazier Email: cfrazier@hvh.ca	Continuing Care March 31, 2022
Joanne Hughes Email: joanne.hughes@nshealth.ca	Member at Large March 31, 2024
Karen Huntley-Comeau Email: karen@dchsa.ca	Continuing Care (Home Care) November 31, 2022
Caitlin Manley Email: caitlin.manley@nshealth.ca	Mental Health Appointed
Jody MacDonald, Chair Email: jmacdonald@shannex.com	Chair / Continuing Care March 31, 2024
Vacant	Veterans Services
Vacant	Continuing Care
Vacant	Department of Seniors and Long-Term Care Appointed
Cailleagh Sharples Email: Cailleagh.sharples@healthassociation.ns.ca	Treasurer/Secretary/Course Administrator (May 9/22)
Shauna Huntley Email: shauna.huntley@healthassociation.ns.ca	Course Administration

Dementia: Understanding the Journey
2 Dartmouth Road Bedford, NS. B4A 2K7
Phone: (902) 832-8500 ext. 282
Fax: (902) 832-8505

Calls 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.