

## **Westview Health Centre and AHS Westview Home Living 'Westview Dementia Community Support Collaboration'**

### **Final Report**

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#### **EXECUTIVE SUMMARY**

This project's intent was to increase awareness, provide information and develop strategies to assist the Spruce Grove, Stony Plain and Parkland County communities to be welcoming to persons living with dementia. Persons living with dementia and their families were interviewed about what they identified as their needs to be an active participant in their community. They identified what has worked well, what barriers exist and what would enhance their ability to access community resources. Three key areas were identified through this process 1) Physical and Recreational activities; 2) Transportation; and 3) Respite options. Community partners were also identified through this information gathering, as well, and they were invited to become involved through the opportunity to receive education about dementia and discussions on how they could contribute to a dementia friendly community.

The following initiatives have developed from the project:

- Establishment of Minds in Motion program at Tri-leisure Centre;
- Early adopter for the Brenda Stafford Foundation;
- Growth of project Steering Committee to include care partners;
- Resource Bags in place at the Stony Plain and Spruce Grove libraries and resource list at Wabamun library;
- Development of resources for intergenerational activities.

#### **INNOVATION IMPLEMENTATION**

There were two primary innovations that were part of this project. The first was to implement a co-design methodology to address community needs for people living with dementia (PLWD) and their caregivers. The second innovation is the development of community awareness and support for PLWD and their caregivers. The co-design method gathered information from 4 PLWD and their families about how they saw their community being able to support them. This information was intended to set the priorities for involving community businesses and services in supporting PLWD and their caregivers. The participants talked about what activities they had previously participated in and what they would like to have available to them now. Through these interviews three priorities were identified: recreational/physical activities, transportation services and respite options.

In the second aspect of the project 36 community businesses and services in the 3 communities of Parkland County, Stony Plain and Spruce Grove were visited. The objectives of this contact was to ascertain what level of awareness about the needs of PLWD and their caregivers existed in these communities, provide some basic information about PLWD and to raise the awareness of the concept of a Dementia Friendly Community. Information about dementia generally and the project specifically was provided to during these visits. These visits generated discussions on what resources already existed in the community, what could be developed and what needed to be coordinated. These activities were carried out by the 2 project coordinators.

Through the identification of the 3 priorities and the discussions with community partners an opportunity to implement a strategy arose in the form of the Minds In Motion program. This is a physical/recreational program developed by the B.C. Alzheimer's society which incorporates physical activity, cognitive exercises and socialization for both the PLWD and their caregiver. This program ran at the Tri-Leisure Centre in Spruce Grove in February 2018.

A town hall meeting was held Oct 30, 2017 with community businesses, services, caregivers and PCN representatives. The 3 priorities were outlined and ideas were generated as how the community could address these needs. Many existing resources were identified and the concept of a coordinating organization arose from the group.

The following are initiatives that have grown out of the work of this project:

- In partnership with the Brenda Stafford Foundation this project has been identified as an early adopter of their dementia friendly community resources
- The three municipal councils have asked for presentations on the project
- Exploratory discussions have occurred with Alberta Parenting for the Future on the development of an Intergenerational activity;
- Libraries in the 3 communities have gathered resources on dementia and caregiving;
- Exploration of developing a communication link with PCN to ensure they have information about community resources;

Recruitment of a caregiver who has volunteered to be on the steering committee for the project.

### **IMPACT FOR PEOPLE LIVING WITH DEMENTIA**

Provision of Minds in Motion program will provide physical, recreational, social activities for persons living with dementia and their caregivers.

Educational and support resources related to dementia available at the Stony Plain, Spruce Grove, and Wabamun libraries

Awareness of Dementia Friendly Community was increased in the 3 communities. This is evidenced by the increasing number of groups requesting presentations and the interest expressed at the Town Hall meeting.

Discussions with community groups, PCN and the Municipal councils about the establishment of a Dementia Friendly Community coordinating council to link resources and support initiatives.