

PiDC

Partnerships  
in Dementia Care

Enhancing Dementia Care for Everyone



# PiDC Alliance Connection Newsletter

PROVIDING UPDATES • COMMUNICATING FINDINGS • SHARING RESOURCES • CONNECTING PARTNERS

## *Imagining and Creating Ideal Relational Caring Experiences for All*

In October 2016 the Partnerships in Dementia Care Alliance presented *Imagining and Creating Ideal Relational Caring Experiences for All* at the 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology Meeting.

The Partnerships in Dementia Care Alliance has identified **Seven Dimensions of Quality Care** that care homes can use to rate their culture change progress.



Caring experiences are at their best when...	Possible indicators
Caring experiences are at their best when there is <b>nurturing reciprocal and meaningful relationships</b>	<ul style="list-style-type: none"> <li>• Everyone is known by and referred to by their name</li> <li>• Regular opportunities are provided for building relationships between older persons, family members, staff and other community members</li> <li>• Individuals are engaged and present when interacting with others</li> <li>• Staff are seen doing things other than care tasks with older persons</li> <li>• Love, affection, touch and trust in each other is observed</li> <li>• Judgement-free language is used rather than labels</li> <li>• Partnerships are inclusive, authentic, and collaborative; they celebrate teamwork</li> </ul>
Caring experiences are at their best when everyone feels <b>valued, appreciated and recognized</b>	<ul style="list-style-type: none"> <li>• Older persons, family members, staff, and other care partners are all valued equally</li> <li>• All are involved in decision-making and in contributing to the group/organization</li> <li>• The group/organization uses a range of ways to visibly recognize and celebrate the contributions of older persons, family members, staff and other partners</li> </ul>
Caring experiences are at their best when there is <b>flexible, consistent, life-affirming and person-centred care</b>	<ul style="list-style-type: none"> <li>• Individuals have freedom to choose; preferences and choices are respected</li> <li>• Each person's culture, abilities and talents are known and supported</li> <li>• Care is provided flexibly</li> <li>• Staff have information they need to provide care in this manner</li> <li>• Staff have opportunities to create own schedules as a team</li> <li>• Staff are supported in making decisions in the moment</li> </ul>

Caring experiences are at their best when...	Possible indicators
Caring experiences are at their best when there are <b>meaningful, inclusive and engaging activities</b>	<ul style="list-style-type: none"> <li>• All feel a sense of purpose and remain connected through meaningful, inclusive, and engaging activities</li> <li>• Activities are varied: planned and spontaneous; group and individual; indoor and outdoor and in the broader community</li> <li>• Activities that are valued by individuals are known and accommodated; often prioritized over care tasks</li> <li>• All have a role in planning, implementing and facilitating activities</li> </ul>
Caring experiences are at their best when living spaces and environments are <b>safe, accessible, and feel/are like home</b>	<ul style="list-style-type: none"> <li>• Outdoor spaces (gardens, bird feeders) are accessible</li> <li>• Indoor spaces are aesthetically pleasing and homelike; they do not feel like an institution</li> <li>• There is lots of natural light</li> <li>• Multi-purpose spaces are accessible</li> <li>• Everyone feels welcome</li> <li>• There is space for large group meals and gatherings (e.g. special family meals during the holidays, communal meals, or mourning)</li> <li>• Everyone feels safe and secure</li> <li>• There is a sense of joint ownership over spaces</li> <li>• All are included in decisions about décor</li> <li>• Privacy and private spaces are respected</li> </ul>
Caring experiences are at their best when there is <b>humour, laughter, and fun</b>	<ul style="list-style-type: none"> <li>• There are spontaneous laughter and smiles everywhere</li> <li>• Older persons, family members, and staff have fun together and feel joyful, happy, and loving</li> <li>• There are opportunities to celebrate both small and significant milestones</li> <li>• People experience a sense of comfort and peace</li> <li>• Staff indicate they have fun in their jobs</li> </ul>
Caring experiences are at their best when there is <b>education, knowledge and support</b>	<ul style="list-style-type: none"> <li>• There are regular and diverse opportunities for education</li> <li>• New learning is provided for all</li> <li>• There are opportunities to share wisdom, experience and knowledge in interdisciplinary teams</li> <li>• People have an increased sense of confidence in their roles</li> <li>• People are open to change</li> <li>• People are willing to contribute</li> <li>• People apply learning to practice</li> </ul>



We have recently added new Design and Delivery content to our online culture change toolkit.

To view the toolkit please visit:

[uwaterloo.ca/pidc/culture-change-living-toolkit](http://uwaterloo.ca/pidc/culture-change-living-toolkit)

If you are just getting started with your culture change journey, and would like learn about how persons with dementia can be involved in the process, or if you would like to share the benefits of culture change, please visit the following to view our Getting Started with Culture Change guide.

[uwaterloo.ca/pidc/getting-started-culture-change](http://uwaterloo.ca/pidc/getting-started-culture-change)

## Giving a Voice to Seniors through Music

### ***Rewind*** by Paige Morrissey

Paige Morrissey is an accredited music therapist working with Heartsparks Music Therapy in Halifax, Nova Scotia. She holds a Bachelor of Music Therapy from Acadia University, where she also developed her passion for song-writing.

Paige wrote *Rewind* by combining two things very important to her: song writing and music therapy. *Rewind* was written to give a voice to seniors, particularly persons living with Alzheimer's disease and other related dementias. It was written to challenge negative stereotypes that persist about seniors, especially persons living with dementia. Music and lyrics are used to express an important message: that people living with dementia remain whole people, with abilities, hopes and dreams.

The song was inspired by Paige's experience of Alzheimer's in her family, as well as her experience with the many persons with dementia she works with in her music therapy practice. *Rewind* was brought to life through many conversations and musical moments while working with people living with dementia. Paige strives to find the beauty and passion within each person with dementia and uses music to do so. Through this song, she hopes to help others see and acknowledge this beauty. Musical memory remains long after so many other abilities desert our minds; it was only fitting to express these thoughts through a song. **Listen to *Rewind*:** <https://clyp.it/mgvuzt0n>

<b>I can still remember falling in love for the first time.</b>	<b>So, why do you treat me differently?</b>
<b>It was mid-November and the stars filled the sky.</b>	<b>It is just another time, so let's rewind.</b>
<b>Some things have changed like ebb and flow of tide,</b>	<b>I may forget little things before me,</b>
<b>But other things remain like who I am inside.</b>	<b>But it's always clear when you ignore me.</b>
<b>I am still who I used to be</b>	<b>I'm not as weak as you believe; looks can be deceiving.</b>
<b>With the same hope, same name, same eyes.</b>	<b>I've learned a lot throughout my life,</b>
<b>So, why do you treat me differently?</b>	<b>Don't you believe me?</b>
<b>It is just another time, so let's rewind.</b>	<b>But now I'm all alone; I'm a long way from home;</b>
<b>The concept is skewed; the way that we're viewed.</b>	<b>I'm losing control but you should know...</b>
<b>With a little more experience, I'm just like you.</b>	<b>I am still who I used to be</b>
<b>As numbers go up intelligence goes down,</b>	<b>With the same hope, same name, same eyes.</b>
<b>Well that's where you're wrong; there's knowledge all around.</b>	<b>So, why do you treat me differently?</b>
<b>As you grow older you'll begin to understand</b>	<b>It is just another time...</b>
<b>All the things I'm telling you: I am who I am.</b>	<b>I am still who I used to be</b>
<b>I am still who I used to be</b>	<b>With the same hope, same name, same eyes.</b>
<b>With the same hope, same name, same eyes.</b>	<b>So, why do you treat me differently?</b>
<b>So let's rewind.</b>	<b>It is just another time, so let's rewind.</b>
	<b>So let's rewind.</b>

# Cracked new light on dementia Spring Tour 2017



## Al Green Theatre

750 Spadina Ave, Toronto, ON M5S 2J2

**April 18th 2017 | 2:00 pm - 3:30 pm**

**April 19th 2017 | 7:00 pm - 8:30 pm**

**April 20th 2017 | 7:00 pm - 8:30 pm**

**Tickets:** \$10.00 + convenience fee + HST

[snapd.at/pew3x7e](http://snapd.at/pew3x7e)

*Cracked follows persons with dementia and their families on their unique journeys with dementia, from diagnosis through to their new lives in a long-term care home. The families grapple with what the diagnosis means, if and how the diagnosis changes their relationships and how they struggle to be with each other in the present where the persons with dementia call them to be.*



## Living Fully: White Paper Released

**Next Steps for the Canadian culture change movement.** Culture change leaders from across Canada, the United States and Australia gathered in Edmonton, Alberta last March following the second [Walk with Me conference](#) to identify areas of focus for the culture change movement. It was agreed that “living fully”, rather than “aging well” should be the goal of the movement. The panel then discussed barriers that prevent us from living fully as we age.

Three themes emerged from the discussion: marginalization/segregation of older persons from the community; the prevailing view of aging as a medical condition and as a deficit; and the negative stereotyping of older persons as lesser-than their previous selves.

Potential strategies to advance the culture change movement in Canada over the next two to three years were discussed and four areas of focus and next steps were determined. The white paper from the 2016 Walk with Me post-conference event:

- Defines culture change and its values in the Canadian context;
- Summarizes the meeting, discussion and recommendations for advancing culture in Canada
- Summarizes next steps, including delivering the 3<sup>rd</sup> Walk With Me conference in Niagara Falls, ON March 5-6, 2018

**Get your free PDF copy of the white paper at:**  
<http://www.the-ria.ca/walkwithme/livingfully>



Re-Imagine Life with Dementia is bringing together the diverse dementia community for needed collective and interactions, learning experiences and inspiring conversations. All will gain new insights, perspectives and actionable takeaways from this conference. You won't want to miss it!

## PLENARY KEYNOTE SESSION

**Dr. Sherry Dupuis, PhD**

### “Promoting Personal Transformation & Social Change”

- ◆ Enhancing life through adaptive technologies
- ◆ Optimizing well-being for people with dementia
- ◆ Fostering creative expression and meaning through the Arts
- ◆ Engaging state and/or local communities for dementia friendliness
- ◆ Fostering life-affirming care partnering practices
- ◆ Advocating to change status quo

**Register at:**  
[daanow.org](http://daanow.org)



# PARTNERSHIPS IN DEMENTIA CARE (PIDC) ALLIANCE PARTNERS

## Culture Change Coalition Sites

[Bloomington Cove Care Community](#)  
[Huron County](#)  
[The Village of Wentworth Heights](#)  
[The Willowgrove](#)  
[Yee Hong Centre for Geriatric Care](#)

## Research Management Team

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Paul Holyoke, [Saint Elizabeth Health Centre](#)  
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## PiDC Alliance Partners

[Advocacy Centre for the Elderly](#)  
[Alzheimer Knowledge Exchange](#)  
[Alzheimer Outreach Services](#)  
[Alzheimer Society of Canada](#)  
[Alzheimer Society, Hamilton and Halton](#)  
[Alzheimer Society, Huron County](#)  
[Alzheimer Society, London and Middlesex](#)  
[Alzheimer Society of Ontario](#)  
[Alzheimer Society, Peel](#)  
[Alzheimer Society, York Region](#)  
[Canadian Coalition for Seniors' Mental Health](#)  
[Canadian Dementia Knowledge Translation Network](#)  
[Canadian Gerontological Nurses Association](#)  
[Chartwell Long Term Care Homes](#)  
[Concerned Friends of Ontario Citizens in Care Facilities](#)  
[Conestoga College Institute of Technology and Advanced Learning](#)  
[Dementia Advocacy and Support Network International](#)  
[Department of Psychiatry and Behavioural Neurosciences, McMaster University](#)  
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[Dotsa Bitove Wellness Academy](#)  
[Division of Geriatric Psychiatry](#)  
[McMaster University](#)

[Faculty of Applied Health Sciences, University of Waterloo](#)  
[Faculty of Health Sciences, McMaster University](#)  
[Faculty of Health Sciences, Western University](#)  
[Faculty of Nursing, University of Windsor](#)  
[Geriatric Psychiatry Program, Mount Sinai Hospital](#)  
[Hamilton Niagara Haldimand Brant LHIN](#)  
[Homewood Health Centre](#)  
[Java Music Club](#)  
[Local Health Integration Network - Central](#)  
[Long-Term and Continuing Care Association of Manitoba](#)  
[Ministry of Health and Long-Term Care](#)  
[Murray Alzheimer Research and Education Program](#)  
[National Initiative for the Care of the Elderly](#)  
[Office of the President, University of Windsor](#)  
[Office of the Vice-President, Research, University of Waterloo](#)  
[One Care](#)  
[Ontario Association of Non-Profit Homes and Services for Seniors](#)  
[Ontario Community Support Association](#)  
[Ontario Dementia Network](#)  
[Ontario Family Councils' Program](#)  
[Ontario Interdisciplinary Council of Aging and Health](#)  
[Ontario Long-Term Care Association](#)  
[Ontario PsychoGeriatric Association](#)  
[Ontario Seniors' Secretariat](#)  
[Regional Geriatric Program Central](#)  
[Registered Nurses' Association of Ontario](#)  
[Revera Incorporated](#)  
[Saint Elizabeth Health Care](#)  
[Schlegel-UW Research Institute for Aging](#)  
[School of Part-Time Studies, Algonquin College](#)  
[Seniors Health Research Transfer Network](#)  
[Sheridan Elder Research Centre, Sheridan College](#)  
[Sienna Senior Living](#)  
[South West Community Care Access Centre](#)  
[South West Local Health Integration Network](#)  
[Specialized Geriatric Services of Southwestern Ontario](#)  
[The Village of Wentworth Heights](#)  
[University of British Columbia](#)  
[Waterloo-Wellington LTCH Linkages](#)

# PiDC

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in Dementia Care

*Enhancing Dementia Care for Everyone*



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<https://www.youtube.com/channel/UCmkTwBXQx8WjYt1D7xOc9w>