



## NOTES FROM ICCER

It's hard to believe that the first month of 2020 is already over! The deep freeze we encountered for most of the month made for an interesting experience. We hope that that part of the winter is over and done with, and that there's no bad weather to prevent our speakers and participants from getting to *Responsive Behaviours Symposium VIII* on February 19! Emily and I are excited that the Edmonton site "sold out" within the first 10 days of registration being open.

ICCER is very pleased that our proposal (*Creating Conversations: A Dementia Activity Toolkit to Reduce Social Isolation*) to AHS's Community Initiatives Grant for People Affected by Dementia was accepted for funding. We officially started the project in December. The Creating Conversations Toolkit project will revise (Canadianize) an activity toolkit developed in Scotland for persons with dementia, then pilot and evaluate it in Alberta. The purpose of the toolkit is to increase communication and reduce social isolation for persons with dementia by providing activities to increase conversation and interaction between persons with dementia and between the caregiver and individual with dementia. As the toolkit has a gardening theme, we will also be introducing a gardening-based activity to provide a fun, multi-sensory experience for the persons with dementia that includes physical, cognitive, emotional, and social elements.

Sandra Woodhead Lyons, PHEc  
Executive Director, ICCER

**Individuals not associated with an ICCER organizational or associate membership can join the ICCER network for \$150/year.**

If you are employed by one of ICCER's member organizations or associate members, you are already considered a member and are eligible for the related benefits! Individual memberships run April 1<sup>st</sup> to March 31<sup>st</sup> of each year. Please note that refunds will not be provided under any circumstance. All payments will be through our automated payment system.

[Click here for more information on individual membership!](#)

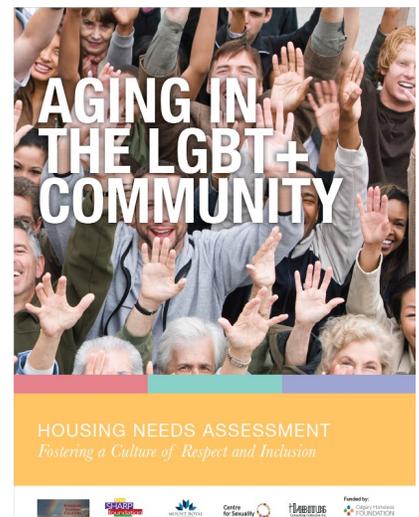
## REGISTER NOW!

### Webinar: Aging & LGBT+: Housing Fears & Considerations

ICCER is pleased to offer a webinar, *Aging & LGBT+: Housing Fears & Considerations*, on **February 13, 2020 @ 10:00—11:00 AM MST** with speakers Amanda Weightman and Rocky Wallbaum.

**About the webinar:** This peer-led study involved a survey of LGBT+ seniors and interviews with community stakeholders in Calgary and surrounding area. Findings show that LGBT+ seniors have concerns about facing discrimination and stigma from caregivers and fellow residents if required to move into a care home setting. Results also suggested that efforts to identify and include LGBT+ people must incorporate awareness of the intricacies of diversity, safety, and previous trauma. Interviews revealed that community members and service providers are prepared to act on these issues with the goal of creating inclusive and diverse communities to support people to age safely in place.

**The presentation will include the key findings of the study, as well as lived experience examples, and time for questions and discussion.**



Continued on next page...

## REGISTER NOW! CONT'D

### Our speakers:

- Amanda Weightman (MA, Lead Researcher) is a Principal Researcher at Habitus Consulting Collective and the Project Coordinator of Calgary LGBT+ Seniors Housing Needs Assessment (on behalf of the SHARP Foundation). Her work is focused on supporting community groups and non-profit agencies to use research to better understand community needs, find innovative solutions to complex social problems, and demonstrate impact.
- Rocky Wallbaum (Peer Research Team Member) retired after 20+ years as a college instructor and moved to Calgary to live with his younger partner. The two have been together for 10 years. Rocky got involved with the LGBT+ seniors when he worked with Elder Service Corps, and presented films and panels showing how LGBT+ seniors were being forced to go back into the closet when entering care facilities. Rocky volunteers with the Calgary Men's Chorus, AHS' provincial training program for facilities which employ AHS staff members, and helped found the Rainbow Elders Calgary (REC).

**This webinar is *free* for ICCER organizational, associate, and individual members. The cost is \$15/site for non-ICCER members to attend!**

[Click here for more information and to register!](#)

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## Responsive Behaviours Symposium VIII

**When?** Our 8<sup>th</sup> annual Responsive Behaviours Symposium will be held on **February 19, 2020**.

**What?** This year's event will focus on a few issues that often lead to behaviours in continuing care: sleep, pain, and incontinence, and strategies to manage them.

**Who?** This event is suitable for all levels of staff, as well as faculty, students, and family members involved in continuing care.

**Where?** Speakers will be presenting from both Edmonton and Calgary, as well as via webinar! Participants can attend at either host site, or via webinar.

See below for a summary of the presentations. More information about our knowledgeable speakers can be found on the next page!

- ***The Sleep Kit - Eve Baird & Janet Durkee-Lloyd*** - A non-pharmacological approach to improving the sleep quality of older adults who are living with dementia.
- ***Sleep & Dementia 101 - Dr. Cary A. Brown*** - Review of basic sleep physiology as it relates to the environment. This information will give participants an evidence-based foundation to use environmental modifications to improve sleep of older adults with dementia.
- ***Pain & Dementia: Myths & Realities - Dr. Cary A. Brown*** - Review of the relationship between pain and dementia, the enduring myths about pain in this population, and basic evaluation tools. Participants will also receive information about pragmatic strategies to reduce the risk of pain for those living with dementia.
- ***Toileting needs as responsive behaviours in older persons living with dementia - Dr. Kathleen Hunter*** - The concept of toileting needs as potential unmet needs triggering responsive behaviours will be explored. Recent research and best practices in continence care for persons living with dementia will be discussed, including practical strategies for staff to use in supporting residents and families.
- ***10 Paradigm Shifts about Responsive Behaviours & Pain - Verdeen Bueckert*** - Pain in older adults is multifactorial and is complicated by factors such as low mood and depression, immobility, and medication side-effects. Persons with dementia often express pain through responsive behaviours, resulting in potentially inappropriate prescribing of antipsychotics, benzodiazepines, sedatives, and antidepressants. The Pain & Mood Project promotes holistic and innovative approaches to improve comfort, mood and wellbeing of older adults in LTC and DSL.

## REGISTER NOW! CONT'D

Read more about our speakers for RBS VIII:



**Dr. Cary A. Brown** has a professional degree in OT and received her PhD in primary care/medical sociology from the University of Liverpool in the UK. Currently she is a professor in the Faculty of Rehabilitation Medicine at the University of Alberta. Cary has practiced as an OT, department supervisor, and academic in Canada, Saudi Arabia, and the UK. Her research program focuses on chronic pain, non-pharmacological interventions for sleep deficiency, and knowledge translation.



**Eve Baird** is a Bachelor of Social Work student at St. Thomas University, where she also completed a Bachelor of Arts in Gerontology in 2016. Eve worked in LTC for 3 years as an Activity Director specifically with persons living with dementia. She received the SPARK grant from the Centre for Aging and Brain Health Innovation and the New Brunswick Health Research Foundation in 2018 and facilitated a research project on The Sleep Kit.



**Dr. Janet Durkee-Lloyd** has a wide range of experience in both studying and working in the field of aging. Her research interests include investigating the information seeking behaviours of older adults. These findings are used to inform policy makers on how to design 'age friendly' access to services and programs in the province. In addition, she has been an active member of the research team studying non-pharmacological approaches to improving the sleep quality of persons with dementia.



**Dr. Kathleen F. Hunter** is a Professor with the Faculty of Nursing, University of Alberta and Nurse Practitioner with specialization in gerontological and continence nursing. She also maintains a clinical practice at the Glenrose Continence Clinic. Research interests include: lower urinary tract symptoms in older adults and links to falls risk and cognitive impairment, as well as hospital care and transitions for older persons. Kathleen is an active member of the International Continence Society currently serving on the Scientific Committee. In May 2019, she was Co-Chair for the 2019 CGNA Biennial National Conference and is a long-term member the Alberta Gerontological Nurses Association.



**Verdeen Bueckert** is a Registered Nurse with a Masters in Leadership, and a passion for innovation and system improvement. She has supported the Appropriate Use of Anti-psychotics in LTC, the collaborative practice model of nursing care and Elder Friendly Care in hospitals, and provincial implementation of the Restraint as a Last Resort policy. Verdeen currently leads the Pain & Mood Project, sponsored by the Seniors Health Strategic Clinical Network.

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**Please note: *There are no seats left at Edmonton Clinic Health Academy!*** Please contact Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)) if you'd like to be added to the wait list.

**Registration is still available in Calgary (*only a few spots left!*) and via Zoom webinar.** We encourage those attending via webinar to watch with a group to promote discussion. **There is a cost of \$75/site for non-ICCER members to attend via webinar. There is no cost for ICCER organizational, associate, or individual members.**

[Click here for more information and to register for RBS VIII!](#)

## SAVE THE DATE!

### Innovation Day 2020

IC CER is excited to host its second annual Innovation Day on **April 1, 2020!** The event will be held at NorQuest College's Innovation Studio. This event is only open to IC CER members and is a chance for organizations to show and learn from each other's innovative ideas for programming, equipment, or activities. We hope to have a range of presentations, including posters, short oral presentations, and interactive booths from continuing care providers, post-secondary institutions and more! Start thinking about what you and your colleagues can share at the event. **If you are interested in presenting, please contact Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).**

### April Networking Events

The topic for the April 2020 Networking Events will be *Caregiver-Centred Care* with speakers Dr. Jasneet Parmar and Sharon Anderson. *More information to come!*

- **April 16, 2020—Edmonton**
- **April 20, 2020—Calgary**

### Walk with Me: Changing the Culture of Aging in Canada

Walk with Me 2021 will be held in **Calgary, AB** on **April 22-23, 2021**, co-hosted by the Schlegel-UW Research Institute for Aging and CapitalCare.

The biennial conference brings together older adults/residents, care providers, educators, policy makers, students and researchers from all over Canada to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

#### *Conference Objectives:*

- To showcase innovation in culture change specific to aging and long-term care in Canada
- To build partnerships and networks to support culture change in aging and long-term care in Canada
- To accelerate the culture change movement already underway across Canada

**Sponsorship and exhibitor opportunities are now available for the 2021 Conference!** There are 4 levels of sponsorship ranging from \$5,000 to \$25,000 with benefits associated with each. Exhibitors pay \$2,000 with the option of being a Concurrent Session Sponsor for \$750 (only 4 available).

#### *6 Reasons to Sponsor and Exhibit:*

- Showcase your products and services
- Build relationships and with existing customers and prospects
- Generate sales leads
- Build your brand and gain a competitive advantage
- Network with key decision makers and learn more about the issues they are facing
- Gain industry knowledge and position your company as an industry leader

**Please contact Sherry Schaefer ([sherry.schaefer@capitalcare.net](mailto:sherry.schaefer@capitalcare.net) or 780-448-2430) for more information!**



### SIGN-UP FOR FUTURE EVENT INVITATIONS!

If you would like to receive future email invitations to IC CER events, **click on the link** to be added to our distribution list!

**Click here to subscribe!**

## MEET OUR MEMBERS



Sarah Price is the Chief Service and Operations Officer of Service for Silvera for Seniors, the 3<sup>rd</sup> largest seniors housing management body in Alberta. Prior to joining Silvera in 2012, Sarah spent over 20 years in the field of dementia care advocacy, education and training in both Alberta and Ontario. She is the former President of the Canadian Coalition of Adult Day Services and was the first international serving board member for the National Adult Day Services Association—US.

Sarah leads a progressive senior leadership team at Silvera, focused on social innovation in the areas of active aging, diversity, dementia, mental health, and transitions. She is also leading the organization towards a research and evidence-informed approach to creating dynamic learning environments and innovative service delivery.

As the ICCER Steering Committee representative for Silvera, we asked Sarah a few questions about her involvement with ICCER so far.

### **What have you found most interesting about ICCER?**

Since joining ICCER in the spring of 2019, I am amazed by the number of research projects being facilitated and the breadth of education events offered by ICCER. Before joining, I was aware of the occasional educational program, however, now I am aware that events are taking place more regularly. I was interested to hear that a Calgary event had been cancelled due to low registration, but I think there's a way we can re-envision these events to have a provincial impact; therefore, Calgary's voice is critical in this discourse.

### **What would you tell others about ICCER?**

ICCER is a unique group in the province looking to improve the lives of Albertans living in continuing care and this includes lodge living. By participating in ICCER, Silvera is excited to offer more options to expand on the research into continuing care, leading to person-centred care and support options, and eventually policy changes for Albertans. In order to offer the broadest range of research and evidence-informed options, ICCER needs more partners to join in the pursuit of excellence in continuing care.

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## BECOME AN ASSOCIATE MEMBER OF ICCER

**Who is eligible for Associate Membership?** Organizations with an interest in supporting and improving continuing care in Alberta, but who are not continuing care provider organizations, post-secondary institutions, or regulatory bodies.

**What are the benefits of Associate Membership?** Benefits are similar to, but not as extensive as those for Organizational Members. Associate Members will not participate in the governance of ICCER but will receive...

- The opportunity to network and collaborate with like-minded organizations in both formal and informal ways;
- The ability for researchers and providers to discuss continuing care research needs;
- The opportunity for staff to join meaningful Communities of Practice (CoPs) in order to learn and collaborate;
- Limited free attendance to all ICCER events (unless a charge is required, in which case members pay a reduced fee);
- Pre-registration for major education events;
- Resources and information sent weekly;
- Members-only website that includes information and resources that most organizations would not otherwise be able to access; and
- The monthly e-Newsletter

[Click here to read more on ICCER's website!](#)

## JOIN OUR COMMUNITIES OF PRACTICE

ICCER started a Music Care Community of Practice (CoP) in fall 2016 and recently added a CoP for Educators and Best Practice Leads in continuing care, as well as a collaborative working group for various continuing care policies. All ICCER organizational and associate members are welcome to participate!

- **Music Care CoP**—To help members become more aware of the music care options and resources available to them, as well as discuss issues related to implementing music in care.
- **Continuing Care Educators CoP**—An opportunity for members to share resources, discuss strategies for integrating knowledge to practice, and explore the connection between curriculum and clinical education/practice. **The next meeting will be held via teleconference on March 2, 2020.**
- **Policy Working Group**—ICCER has started a collaborative working group for organizational members to work together on policies, procedures and forms in hopes of making the audit process easier and more consistent. The group will be starting with Continuing Care Health Service Standard #16. **The next meeting will be held via teleconference on March 4, 2020.**

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If you are from an ICCER member organization or associate member and are interested and willing to participate in one of these groups, please contact ICCER's Program Coordinator, Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).

## RESOURCES

- February is National Therapeutic Recreation Week. Check out the [Alberta Therapeutic Recreation Association \(ATRA\) website](#) to learn more about Recreation Therapy.
- Are you a care partner, or know a resident's family member, that is struggling to cope? Check out [My Tools 4 Care](#)—a website intended to support care partners of persons with dementia; or [My Tools 4 Care—In Care](#), which was developed for caregivers of persons with dementia living in 24 hour care facilities.

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