

# KnowledgeBITE

PSYCHOGERIATRIC NEWS AND INFORMATION FOR PRIMARY CARE PRACTITIONERS



**Editor's remarks:** This is the 17<sup>th</sup> issue of the PRC-PC Newsletter, providing quick tips and useful information to fit your fast-paced work environment and to help you in the care of patients with dementia. It is that time of the year again and holidays are approaching. For most of us these are happy times of shopping, planning some time off and maybe even slowing down for a bit. However, for caregivers of people with dementia the Holidays can be a time of stress due to increased demands and changes in schedule. People with dementia may have trouble participating in family events and large gatherings in the same way they used to and may experience an increased sense of loss during the holidays as they face these challenges. In addition, as day programs and community services close down for the holidays, caregivers may struggle to find alternative solutions to survive the holidays without the supports they usually rely on. In this issue, we will provide some suggestions on how we can help our caregivers prepare so they too can enjoy the holidays (Einat Danieli – OT.Reg. Ont; PRC-PC). A special thank you to Sarah Gillespie –Mental Heal Clinicians at the Reitman Centre and the Reitman Centre staff, Mount Sinai Hospital, for their input to this newsfeed.

## GOOD TO KNOW ABOUT

Baycrest Dementia Helpline – provides support for caregivers who are caring for someone with dementia at home or in a nursing home. This is a new service that provides general resource information and helps caregivers link with peer support volunteers who are caregivers with lived experience to accompany them on their journey. **416-785-2500 ext. 2236**

## TIP OF THE MONTH

10 Holiday Survival TIPS from the Alzheimer's Association that you can share with caregivers and family members of patients with dementia -[Link](#)

\*\*Some spiritual organizations and institutions organize special programs during the holidays for those who have experienced loss or long for a moment of quiet in this busy season.

## OUR DEMENTIA 'TOOLBOX'

Alzheimer's Association Holiday Survival Tips for caregivers [Link](#)

## WORKSHOPS, CONFERENCES AND ARTICLES OF INTEREST:

\* We are hosting a [Gentle Persuasion Approach Training \(GPA\)](#) workshop for primary care in the TC-LHIN on Dec. 15<sup>th</sup> from 8:30am-4pm. If you are interested in participating, there are a few spots available. Please contact your PRC-PC by Dec. 8th at: [edanieli@mtsinai.on.ca](mailto:edanieli@mtsinai.on.ca) if you wish to participate. The cost is \$18 plus tax for the GPA booklet.

\* **Let caregivers know:** the Alzheimer's Society is hosting a webinar regarding strategies for Celebrating Special Occasions on Dec. 9 from 2-3pm - [Link](#)

## STORIES FROM THE PRC-PC CONSULT SERVICE

*Mrs. P is planning to visit her daughter who lives in a distant province. She is looking forward to spending some quality time with her daughter but unfortunately Mr. P who has dementia is too frail to join her this year and she is afraid she won't be able to go.*

*Mr. G has been caring for his wife who has dementia. Mrs. G is very frail and needs close medical attention. He is anxious about not having someone to contact through the holidays in case something happens that he may not know how to handle.*

*Ms. J is caring for her mother who has dementia. In addition, Ms. J also holds a full time job. Her mother is attending a day program 5 days a week. The program will be closed over the holidays and she needs to find someone to care for her mother during that time.*

*Mrs. R has always hosted a family dinner during the holidays. Now with Mr. R's dementia progressing over the past year she is not sure if she can do it. She feels overwhelmed and unsure of how this will effect Mr. R. Mr. R has been very agitated recently and can no longer tolerate a lot of noise and stimulation.*

### How can we help?!

1. Initiate a discussion with caregivers of your patients with dementia about their plans for the holidays
2. Support the caregivers in being realistic about the demands they place on themselves and their limitations.
3. Encourage caregivers to prepare in advance and make a concrete plan.
4. Check medication prescriptions to make sure the patient has sufficient medication to last through the holidays
5. Explore the caregiver's social network, including neighbours and friends they might be able to reach out to for extra support.
6. Encourage them to contact their CCAC Care Coordinator, if applicable, to discuss alternative options of care such as a short term stay in a long term care facility.
7. Offer alternative numbers they can call for medical emergencies and or other types of crisis. For example:
  - [Tele-Health Ontario](#) - 1-866-797-0000 for medical advice and support
  - Crisis Outreach Service for Seniors (COSS) – 416-640-1459 – for non-medical crisis
  - Caller Assurance Program – for emotional support and resource information **416-408-4357**
  - Provide information on Medical Home Visiting Programs if a non-emergency visit is needed during the holidays, especially for home bound patients -[Link](#)

For additional information, support, resources or case-based consultation, please contact your PRC-PC directly at: 416-586-4800 ext. 5251 or [edanieli@mtsinai.on.ca](mailto:edanieli@mtsinai.on.ca) or visit our website at [www.mountsinai.ca/reitman/prc-pc](http://www.mountsinai.ca/reitman/prc-pc)