

# KnowledgeBITE

PSYCHOGERIATRIC NEWS AND INFORMATION FOR PRIMARY CARE PRACTITIONERS



**Editor's remarks:** *This is the second issue of the Psychogeriatric Resource Consultant for Primary Care (PRC-PC) Newsfeed providing quick tips and useful information to fit your fast-paced work environment and to help you in the care of patients with dementia. This issue focuses on the complexity of frailty and issues of caregiver support together with providing culturally-sensitive care.*

2<sup>nd</sup> edition May, 2013

## GOOD TO KNOW ABOUT

The [Reitman centre](#) is a centre devoted to the comprehensive care of caregivers of family members dealing with dementia at home. It offers a full array of therapeutic and support programs in individual, group and family formats and a specially designed program for carers who are at high risk of decompensation. A concurrent group for care recipients is available. Call 416-586-4800 ext. 5192. A similar program is offered for members of the Chinese community at the [Wellness centre](#) in Scarborough 416-291-3883.

## TIP OF THE MONTH

Here are 3 screening questions you can ask a caregiver to assess burden:

1. What are your biggest challenges right now?
2. How do you feel you are managing/coping with the demands?
3. Do you feel like you have enough support?

**\*\* Caregivers are also a population in need of care and are more vulnerable to physical and psychological strain due to their caregiving tasks. The key to manage dementia at home is a well supported and skilled caregiver.**

## OUR DEMENTIA 'TOOLBOX'

1. A caregiver support guide for primary care is available.
2. We are currently developing culturally sensitive resource guides. **Now available:** the Chinese Community focused resource guide.

Contact your PRC-PC for a copy of both tools at 416-586-4800 ext.5251; [prc-pc@mtsinai.on.ca](mailto:prc-pc@mtsinai.on.ca)

## WORKSHOPS, CONFERENCES AND ARTICLES OF INTEREST:

- Trauma & Older Adults- May 15, email: [susan.wild@westpark.org](mailto:susan.wild@westpark.org)
- Managing Hoarding in the Community - May 28, 2013 \$125 ([Link](#))
- Refining Dementia Intervention: The caregiver- patient dyad as the unit of care /Sadavoy J., Wesson V.(2012)- Canadian Geriatric Society Journal of CME, V.2/2. [Link](#)
- Back to the future: home-based primary care for older homebound Canadians/Nowaczynski M., Sinha S., Stall N. (2013) [Link](#)

## STORIES FROM THE PRC-PC CONSULT LINE

**Situation:** *In a Family Health Team (FHT) Case Rounds the case of the following elderly couple came up. The couple is living on their own and their son who is their main support lives an hour away. The wife has a heart condition and is becoming physically frail and the husband is demonstrates cognitive and functional decline on top of other medical issues and has become increasingly dependant on his wife.*

**Background:** *The couple is new to Canada and speaks mostly Mandarin. The wife has been physically supporting her husband to the clinic due to his condition; both of them are resisting outside assistance and expect the son to take over their care. The son is struggling between his own family and work duties and the care of his parents and has been losing many working hours.*

**The FHT concerns are:** How can we support this couple and improve their situation and how can we support the son?

### **Assessment: Suggestions that came out from the discussion:**

1. A clearer picture regarding the couple's level of function and medical condition and functional abilities is needed. Due to their frailty the team offered to provide a FHT Occupational Therapist and physician home visit to further assess their medical condition, level of function and their needs. It was felt that the couple will feel more comfortable with someone from the team coming in rather than an external service.
2. It was discussed that there is a need to involve culturally sensitive resources in supporting the family.
3. A need for caregiver support was identified.

### **Recommendations:**

1. PRC-PC will provide a culturally sensitive directory of resources that focuses on the Chinese community. This information will support the discussion with the family.
2. PRC-PC shared with the team the **Advance Care Planning Guide** published by the government of Ontario available free of charge in English, French and Chinese. Can be ordered at: **1-888-910-1999**.
3. A family meeting with the FHT Social Worker and family physician to discuss prognosis, implications, care options and setting realistic goals.
4. A later transition to home-based primary care should be considered along with the recruitment of culturally sensitive family supports.
5. Referral for caregiver support to the [Wellness Centre](#) (Care Giver Support, Chinese community focused service) and [Alzheimer Society of Toronto- First Link Program](#).

For additional information, support, resources or case based consultation please contact your PRC-PC at: 416-585-4800 ext. 5251 or [prc-pc@mtsinai.on.ca](mailto:prc-pc@mtsinai.on.ca)