

## Poster Presentations

### **First Link-Your First Step to Living Well with Dementia**

*Laurie Grande, BA, BSW, RSW- Alzheimer Society of Alberta & Northwest Territories*

*Vedna McGill, RSW- First Link, Lethbridge*

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More than 46,000 Albertans are living with Alzheimer's disease and other dementias, and over the next 25 years, that figure is expected to reach more than 100,000. First Link provides an early intervention service that facilitates proactive contact and continued support to individuals and families affected by the disease. Through healthcare partnerships and interagency collaboration, First Link connects clients and care partners with effective resources and an engaged support community.

### **Understanding the Transportation Needs of Seniors and Persons with Disabilities-Results from the 2015 Capital Region Board Transportation Needs**

*Bonnie Dobbs, PhD, Director, The Medically At -Risk Driver Centre (MARD), University of Alberta*

*Tara Pidborochynski, MSc, Research Coordinator, MARD, University of Alberta*

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Transportation mobility is critical for the safety and mobility of seniors and persons with disabilities. Lack of access to responsive forms of transportation often results in reduced access to health care and to other community-based services and may result in an inability to "age in place". Learn about the results from a Transportation Needs Assessment for a sub-region (County of Lamont and the Town of Redwater) of the Alberta Capital Region completed in 2014-15. The Transportation Needs Assessment assessed the need for alternate transportation for seniors, specialized transportation for PWD, and inter-municipal transit services in the region.

### **The Wainwright and District Handivan Society - Two Years Later**

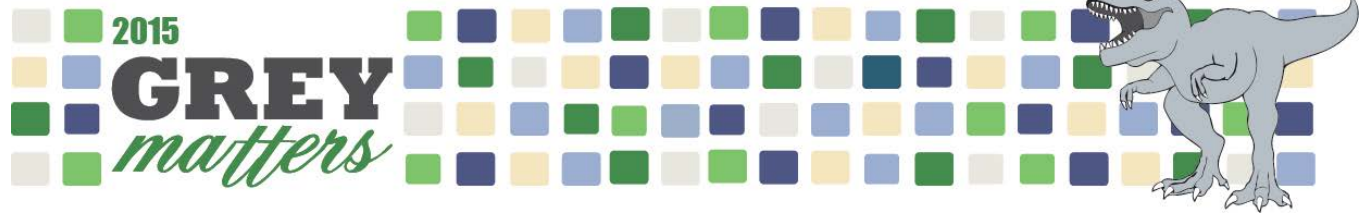
*Bernie Buzik, BA, BEd, Chairperson, Wainwright and District Handivan Society (WDHS)*

*Bonnie Dobbs, PhD, Director, The Medically At -Risk Driver Centre (MARD), University of Alberta*

*Tara Pidborochynski, MSc, Research Coordinator, MARD, University of Alberta*

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The Wainwright and District Handivan Society, launched in the fall of 2013, provides transportation services to persons unable to drive due to medical conditions and for those with disabilities. The WDHS has two vehicles: a minivan is equipped for 2 wheelchairs and 3 additional passengers, and a bus that holds 4 wheelchairs and 8 other passengers. Since its inception, the number of rides provided per month has increased five-fold, from an average of 24 rides in each of the first 3 months following inception of services to 103 rides per month in the first 2 months of 2015. Results from Customer Satisfaction Surveys are very positive; Visit this poster to learn about the development and uptake of this service in a rural Alberta community.



### **Driving Cessation Support Groups (DCSGs) for Patients with Dementia and Caregivers**

*Bonnie Dobbs, PhD, Director, The Medically At -Risk Driver Centre (MARD), University of Alberta*

*Tara Pidborochynski, MSc, Research Coordinator, MARD, University of Alberta*

*Lorraine Jack, MScGNC, Geriatric Nurse Specialist, St. Albert & Sturgeon Primary Care Network*

*Tami Brodeur, RPN, Psychiatric Nurse, St. Albert & Sturgeon Primary Care Network*

*Param Bhardwaj, MSc, Research Assistant, MARD, University of Alberta*

*Oksana Babenko, PhD, Statistician, MARD, University of Alberta*

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Because of the progressive nature of the illness, all individuals with a dementia such as Alzheimer's disease will eventually become unsafe to drive at some point in their illness. However, there are no community-based programs available to directly assist individuals with dementia and their caregivers in coping with driving cessation. To address this need, specialized Driving Cessation Support Groups (DCSGs) were developed at the University of Alberta and implemented in the St. Albert and Sturgeon Primary Care Network. The groups are held once a week for 12-14 weeks, with patients and caregivers meeting concurrently and independently. This poster session will give further details about results of the DCSGs and provide information about how to implement the DCSGs in a community-based setting.

### **Addressing Seniors' Oral Health in Long-Term Care Settings**

*Sharon Compton, MA, BSc, DipDH, Professor and Director, Dental Hygiene Program*

*Minn Yoon, PhD*

*Arlynn Brodie, PhD candidate*

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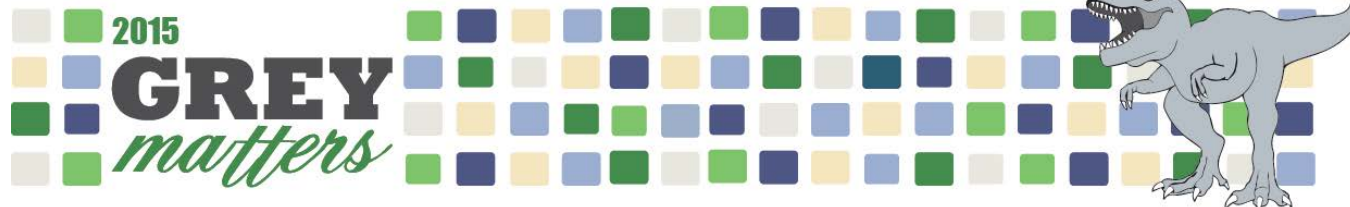
It is well documented that many seniors residing in long-term care settings have poor oral health. To address this disparity, the University of Alberta Dental Hygiene program implemented an undergraduate student practicum in 2011. With guidance and direction from their clinical professor, students provide daily mouth care for residents; conduct oral health (OH) assessments; provide selective treatment; provide resident specific OH care instructions to health care aides and other staff involved in the resident's oral care; and, provide a summary of recommendations for follow-up care and treatment. Additionally, in-service educational sessions are also provided to all long-term care staff.

### **Helping Hands Home Support Services Ltd-The Next Step**

*Jessica Leman, BScN-Regional Manager*

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Most of us will have to accept and deal with the unique challenges involved with loving and caring for ageing parents at some point in our lives. This poster session will explore the new roles of adult children of aging parents and the evolution of responsibility to encouraging and supporting parents as they come to terms with escalating health concerns, their reluctant dependence on outside help, and in some cases the difficult decision of moving to a safer environment.



### **Chemicals, Our Home and Our Health: Keeping our Homes Healthy**

*Tanis Topolnisky, MSc, Human Ecology-Senior Risk Communication and Public Involvement Officer*

*Christina Fok, Regional Radiation Specialist*

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Do we know what goes into the products we use each day? Are there health risks or hazards we should be aware of and how can I reduce the risks to myself and those in my care? Chemicals are part of everyday life, essential to our economy and they are found in the most mundane places. Because of this we may be exposed without knowing. Adapting a preventive approach can limit exposure and improve individuals' health. This poster session will help you identify sources of exposure to chemical substances and provide strategies to minimize health risks.

### **Network of Excellence in Seniors' Health and Wellness: One Year of Funding Innovative Programs**

*Melissa Johnson, MSc*

*Network of Excellence in Seniors' Health and Wellness*

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The Covenant Health Network of Excellence in Seniors Health and Wellness was established in 2013 to partner with provincial and community service providers in building a province where every Albertan has the support they need to age well. An Innovation Fund provides seed-funding to initiatives that enable high-impact change in the seniors' health and wellness system. Learn more about the Fund and talk with two of the 2014 Innovation Fund project awardees about their projects' preliminary results.

### **The Way In Network-A Collaboration That Works**

*Louise Griep, BA, MA Gender Analysis-Network Facilitator*

*Liza Chan, BA, PG Diploma Management, RSW-Executive Director*

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The Way In Network is an interagency collaboration of four non-profit agencies in Calgary working together to maximize access to available services, programs and supports for older adults living in the community. The Way In Network will explore their successes and challenges of serving a larger more diverse population in Calgary. This poster will describe the costs and benefits of a network and of **this** Network, along with the time and resources it takes to make a Network develop and function.