



NOTES FROM ICCER

Merry Christmas and Happy New Year to all!

It's hard to believe that 2019 is almost upon us. Emily and I have had another busy year with ICCER. We celebrated ICCER's 10th anniversary this October. We are now preparing for the next 10 years!

In 2018, ICCER held Networking Events in both Edmonton and Calgary in April, June, and October. We had great speakers and lively conversations at them all. We also had three Collaborative Practice Discussions for our member organizations in each city. ICCER members had a chance to discuss important issues and share resources. Our two education sessions, *Responsive Behaviours Symposium VI* with Kim Barthel, and *Palliative & End of Life Care in CC*, were very well received by audiences across Alberta.

ICCER is now gearing up for 2019. We will be starting the year with *Responsive Behaviours Symposium VII—Building Resilience: Caring for the Care Provider* on February 20th. We already have dates for the April and June Networking Events so mark your calendars now: April 8, 2019—Calgary; April 10, 2019—Edmonton; and June 4, 2019—Edmonton; June 10, 2019—Calgary. Topics and locations will be announced closer to the dates!

We'd also like to thank those who help Emily and I plan our events—ICCER's KT Subcommittee: Danielle Buchanan (Sherwood Care), Cherryll De La Cruz-Cabalo (Lifestyle Options), Angelica de Vera (Lifestyle Options), and Mohamed Abazinab (Bethany Care Society).

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER



Individuals not associated with an ICCER member organization can join the ICCER network for \$150/year!

If you are employed by one of ICCER's member organizations, you are already considered a member and are eligible for all member benefits! Individual memberships run April 1st to March 31st 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 details on what's included in an individual membership!](#)

SAVE THE DATE!

Responsive Behaviours Symposium 2019

ICCER is proud to announce its 7th Responsive Behaviours Symposium will be held on **February 20, 2019!**

Our theme for the event is *Building Resilience: Caring for the Care Provider*. Speakers will include Lynn Anderson and Rebecca Low (Faculty of Nursing, University of Alberta), who will speak about *Building Resiliency Through Mindfulness*, as well as Music Therapist Fleur Hughes discussing *Music and Mindfulness Tools for Self-Care*. We will also have ICCER Steering Committee member, Brigitte Berry (Extendicare), and her colleague, Lori Young, speaking about the *Use of...*

SAVE THE DATE! CONT'D

the Aggressive Behaviour Risk Assessment Tool in Long-Term Care. Darrell Lang (Carewest) and Lynne Moulton have recently joined the list of speakers! Darrell will present on psychological harm reduction, while Lynne will speak about how to build team resilience.

The session will have sites in both Edmonton and Calgary, as well as the option to register via Zoom webinar!

Stay tuned for more information and registration in early January!

SIGN-UP FOR FUTURE EVENT INVITATIONS!

If you would like to receive future email invitations to ICCER events, [click on the link](#) to be added to our distribution list!

[Click here to subscribe!](#)

ICCER Innovation Day 2019

On **April 3, 2019** ICCER will be hosting its first Innovation Day. This event is an opportunity for ICCER member organizations to show off the innovative ideas they've implemented at their sites/on campus, and how they've impacted continuing care practice or education. *Stay tuned for more information in the coming months!*

EVENTS OF INTEREST

2019 AAG & AGNA Dinner Event

Join AAG and AGNA on Thursday, January 24, 2019 from 5:30 to 8:00 PM at the University of Alberta Faculty Club. The theme of the dinner is *Dementia* with speakers Corinne Schalm (AH) presenting "Moving Forward of Alberta's Dementia Strategy and Action Plan," and Kacy Keyko (Edmonton South PCN) on "Moving for Memory." [More information and registration is available online.](#)

RECOGNIZING RENATE SAINSBURY

ICCER would like to congratulate one of its Steering Committee members, Renate Sainsbury (General Manager, Lifestyle Options Retirement Communities), on recently being recognized for two awards!

Renate was presented with the Early Onset Dementia Alberta Foundation (EODAF) Dementia Humanity Award in November. She was also awarded The Most Outstanding Retirement Community General Manager in the World in 2018 at the Global Over 50s Housing Healthcare Awards on November 8th in London.



MY TOOLS 4 CARE—IN CARE

Here's an update on a University of Alberta based study, *My Tools 4 Care—In Care: Supporting Family Caregivers of Persons Living with Dementia Residing in Long-Term Care* led by Dr. Wendy Duggleby. [You can read the full results paper here.](#)

Continued on next page...

MY TOOLS 4 CARE—IN CARE CONT'D

Background: For some families when their family member or friend living with dementia resides in LTC they experience feelings of grief, loss, and guilt, and encounter many challenges which can negatively affect their mental health. A group of family caregivers through the Alzheimer Society of Alberta/NWT approached the research team requesting a resource that could support them. With direct input from these caregivers, a web-based intervention entitled *My Tools 4 Care-In Care* (MT4C-In Care) was developed and then evaluated to determine if it was easy to use and helpful. MT4C-In Care is a self-administered interactive site consisting of four main sections.

- *Section 1: About Me* - interactive section allowing users to add text, pictures, and attachments. Contains info on transitions, inner strengths, hope, advocating with staff, goals of care, and end-of life decision making.
- *Section 2: Common Changes to Expect* - read-only section providing info on types of transitions caregivers can expect. Contains quotes from caregivers in previous research studies.
- *Section 3: Frequently Asked Questions* - read-only section containing questions suggested by participants in previous studies along with corresponding answers provided by experts and practitioners in the field.
- *Section 4: Resources* - interactive section listing provincial and national resources, links to relevant evidence-based websites, and information on relevant books, and brochures. Users can create own contact list of resources.

Findings: 37 caregivers in Alberta were asked to evaluate MT4C-In Care. They used it at their convenience for two months. Data was collected on the caregivers' hope, physical and mental health, self-efficacy and feelings of grief before accessing MT4C-In Care, and at one and two months. They were also interviewed at two months.

Caregivers were on average 63 years, majority were female, Caucasian, and either the spouse/life partner or adult child of the person with dementia. Statistical analysis revealed a significant increase in the hope of participants over time; as well as a decrease in their grief. Participants reported being satisfied with MT4C-In Care and found the site easy to use, feasible, and acceptable. Moreover, caregivers felt that MT4C-In Care helped them deal with the significant changes they were experiencing.

Conclusion: MT4C-In Care is easy to use and has potential to help family caregivers of persons living with dementia residing in long-term care. It can be publically accessed and is self-directed.

For more information: Please contact Wendy Duggleby, PhD, RN, Associate Dean Research and Nursing Research Chair Aging and Quality of Life Director Innovations in Seniors Care Research Unit Faculty of Nursing, University of Alberta. wendy.duttleby@ualberta.ca.

Acknowledgements: We would like to thank the family caregivers who participated in this study and the Canadian Frailty Network for funding. As well we would like to thank our partners: The Alzheimer Society of Alberta/NWT, ATMIST web-developers, Covenant Health Network of Excellence Seniors Health and Wellness, Faculty of Nursing and the Institute for Continuing Care Education and Research (ICCE).

Additional resources: MT4C-InCare is publicly available at www.mytools4careincare.ca or through the Alzheimer's Society Asant Café (www.asantcafe.ca).

JOIN OUR COMMUNITY OF PRACTICE

Music Care CoP

To help ICCER members become more aware of the music care options and resources available to them, we created a Community of Practice (CoP). **All ICCER members are welcome to participate in the CoP!**

Staff who are interested and willing to participate, please contact ICCER Program Coordinator, Emily Dymchuk (emily@iccer.ca). **The next Music Care CoP meeting will be held via teleconference in March 2019.**

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INTERESTING RESOURCES

The holiday season can bring stress to both residents and care providers. Here are a few resources that might be helpful:

- [Coping with Stress over the Christmas Period](#)—mind change
- [Coping with Stress and Grief at Christmas Time](#)—Gayle A. Roberts (CNP, MSN, RN), Trinity Hospital Twin City
- [Stress, depression and the holidays: Tips for coping](#)—Mayo Clinic

Each month we will highlight new research, policies, reports, etc. that are applicable to continuing care. If you come across materials you would like to share, please send them to Emily (emily@iccer.ca).

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