



COMMUNITY PARTNERS IN ACTION

DEMENTIA FRIENDLY COMMUNITY INNISFAIL, ALBERTA

“The Weirder the Mix, The Better the Fix”

This is Innisfail’s story and is intended to guide rural organizations, groups and individuals who wish to create a dementia friendly community.

As an early adopter of the Brenda Stafford Foundation Dementia Friendly Toolkit , we encourage you to be open to identify and build on your community’s strengths and resources.

THE WEIRD MIX

The Community Partners in Action came together to promote and create a dementia friendly community in Innisfail. The partnership includes the Wolf Creek Primary Care Network, Alberta Health Services, Innisfail Family and Community Support Services and the Town of Innisfail.



What does it mean to be dementia friendly?

The Community Partners in Action describe a dementia-friendly Innisfail as:

- People living with dementia feel like they belong in the community of Innisfail
- A community with increased dementia awareness will help reduce dementia related stigma and myths
- Businesses and organizations are aware of and understand dementia so that people can continue to live well in the community with respect and dignity
- Community programs are inclusive, helpful and engaging

Highlights and Key Accomplishments:

Launch of Community Survey identified the opinions and concerns of citizens to lead the steering committee to develop action goals. This allowed opportunity for community development (ie. social isolation and stigma of dementia).



Personal Stories and Anecdotes painted a picture of what life is like for people living with dementia, their care partners and community members.

Dementia Friendly Business Education was provided to businesses and organizations to increase awareness of dementia and tips to assist people living with dementia.



Public Awareness and Community Events helped to engage the community, increase public awareness, and provide information regarding dementia related community resources.



Dementia Friendly Community Learning Series featured a variety of Alberta dementia specialists; talks were developed in relation to areas of interest identified in the community survey and in collaboration with citizens.



Engage First Responders as they were identified as a community-based strength. Dementia Resource Kits were introduced to Medavie ambulances, the local emergency department, home care, and other Innisfail emergency and support service organizations.

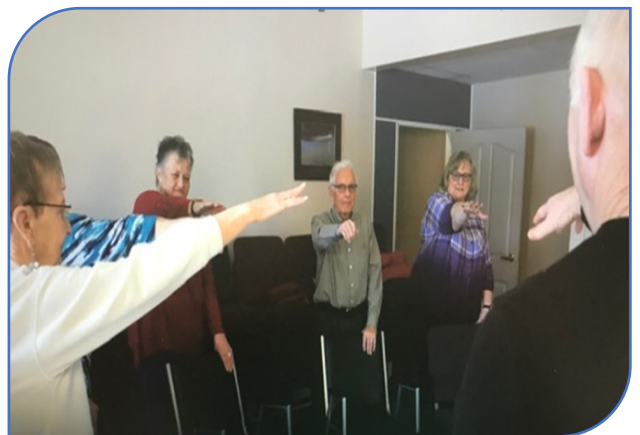
Community Program Development

Memory Cafes are safe and social gathering places for individuals living with dementia and their care partners to connect with others, participate in meaningful activities, and share experiences.

Falls Prevention Program for People Living with Dementia provides exercises to improve and maintain function in addition to psychosocial well-being. Participants have shown significant improvements in balance and strength which enhances their confidence to live safely within their community.

The Garden Club was a highlight of intergenerational activities between local families, individuals living with dementia, and care partners.

Innisfail Connects provides interactive phone or online social and health programming (examples: Healthy Moves, Digital Drop-In sessions, Java Break, Bingo, and Health Talk).



“It is nice to feel like I have hope and I am not the only one going through this journey. I am so excited that Innisfail is starting to understand how to support me and others with dementia when we need help”

-Person living with dementia, Innisfail

“For me, this project will help my Mom and Dad feel less lonely and be more active in community. They have done so much for our family and town.”

-Family member

“At one point we might have looked at dementia patients as maybe just restless and not really realize there was something else there as far as part of the disease process. This would give us another thing to be able to provide as we transport them, or the plan is to leave it with them so they would have to even use at home”

**-Medavie EMS responding to
Dementia Resource Kits**

“[Volunteering] allowed me to learn more about how dementia affects our community. It was a lovely project that I would continue to volunteer if needed!”

-Community Volunteer

“This is exactly the kind of community I want to live in! One that recognizes and includes all people!”

-Citizen of Innisfail

Contact “The Weird Mix” to find out more about Innisfail’s Dementia Friendly Community Initiative!

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