

# LACOMBE DEMENTIA FRIENDLY RESOURCE GUIDE



*Alzheimer Society*

ALBERTA AND  
NORTHWEST TERRITORIES

# Dementia Resource Guide

## Who We Are

**Dementia Friendly Lacombe** is a group of passionate people who live and work in and around Lacombe, who believe we all have a role to play to make Lacombe a more dementia friendly community.

**A dementia friendly community is one in which people impacted by dementia, and their caregivers can feel included, safe and supported in the places where they work, live and socialize.**

Dementia is a general term for a group of disorders caused by physical changes in an individual's brain. Alzheimer Disease is the most common type of dementia. Dementia is not part of normal aging. It can also affect individuals under the age of 65.

Find out more at: <https://alzheimer.ca/en/ab>.



# Glossary of Terms

## **Advance Care Planning**

A process which encourages people to reflect and think about their values regarding clinically indicated future health care choices; explore medical information that is relevant to their health concerns; communicate wishes and values to their loved ones, their alternate decision-maker and their health care team; and record those choices.

## **Agent**

A person designated in a Personal Directive to make Personal Decisions on behalf of the individual.

## **Goals of Care Designation (GCD)**

Are medical orders that describe the general and sometimes specific focus of an individual's desired care approach, harmonized with what is medically appropriate to provide. They also create awareness of an individual's care choices in relation to the care sector they are living in or being cared for.

## **Green Sleeve**

A folder containing an individual's Goals of Care Designation Order, along with an Advance Care Planning/Goals Care Designation Tracking Record, for the patient to own and produce at relevant health care encounters.

## **Personal Directive (PD)**

A legal document that you create while you are capable of making your own decisions. It allows you to name a decision maker (called an "agent") and provide written instructions in the event that you no longer have the ability to make decisions around your health care needs.

# Wolf Creek Primary Care Network (PCN)

## *Healthy Aging Program*

The Healthy Aging Program is a comprehensive geriatric assessment designed to determine a person's medical, psychological and functional capabilities in order to develop an integrated and coordinated plan to guide immediate and long term treatment decisions and follow up care. We specialize in the many factors that affect health, memory and thinking as one ages.

### *What can you expect?*

- Emphasis on person-centered care
- Considers the needs of involved family and care partners
- Specialty nurse provides a comprehensive evaluation of existing medical, functional and social needs of individuals
- Assists with connecting individuals to other community services and supports to maximize overall health and well-being

Your physician may refer you to the specialty nurse for an assessment or you may request an assessment by calling one of the Lacombe's Medical Clinics.

# Alberta Health Services (AHS)

## ***Need Dementia Advice?***

### **Support is just a phone call away**

Dementia Advice responds to the immediate needs of persons with dementia living in community settings and their care partners, who require health related advice, education, information on community resources, and emotional support for events that occur during the course of dementia.

***Dial 811 to get Dementia Advice, and to find services nearby.***

### ***To learn more:***

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)  
Search 'Dementia Advice'

### ***Specific services include:***

- Short term psychosocial support
- Dementia related education
- Facilitates linkages to community resources
- Referrals to services such as Alzheimer Society and Home Care

For other ways to contact AHS go to:  
[www.ahs.ca/healthlink](http://www.ahs.ca/healthlink).

Please visit the Alberta Health Services Website for more information [www.albertahealthservices.ca](http://www.albertahealthservices.ca).





## **Lacombe AHS Services**

Home care is a health service that supports your wellness and independence. The goal is to help you remain safe and independent in your own home or care setting for as long as possible.

### ***Who is eligible for Home Care?***

Anyone living in Alberta with a valid health care can receive home care services as long as their needs can be safely met in the home.

### **Lacombe Home Care:**

403-782-3218

### **Lacombe Hospital:**

403-782-3336

# Specialized Geriatric Services (SGS)

Offers service to older adults who have had a recent or still undiagnosed reason for a decline in their health or level of function.

The Seniors Health Clinic provides assessments for adults usually over the age 75.

## **Referral needed**

A doctor's referral is required. Assessment is done by the SGS team.

## **Red Deer Regional Hospital Centre Ambulatory Annex**

### **Address**

3942 50A Avenue  
Red Deer, Alberta  
T4N 4E7  
Phone: 403-348-8815  
Fax: 403-309-2802

This service is open to all citizens in Central Alberta.

# Addiction & Community Mental Health (AHS)

The Seniors Mental Health Program provides specialized services for Albertans, with dementia, mood and or thought disorders and other chronic psychiatric illness.

## **Seniors Outreach Nurses**

Provide specialized mental health and cognitive assessment, consultation and education to assist seniors to remain in their home communities for as long as appropriate and/or possible. The nurses meet seniors where they live (own home, lodges, designated supportive living sites, long term care, and acute care).

## **Referral Needed**

Referrals are accepted from community physicians, health care providers, family members, and other concerned community members.

## **Lacombe Mental Health:**

403-782-3413

## **Mental Health Help Line:**

Toll free 1-877-303-2642

## **Health Link Alberta:**

Toll Free 1-866-408-LINK (5465)



# Support for Caregivers

## Alzheimer's Society of Alberta and Northwest Territories

The **Alzheimer Society** provides services and support at the time of diagnosis and throughout the duration of the disease. Individuals and their families are linked to learning, services and support as early as possible in the disease process.

It is often difficult for individuals and families affected by dementia to ask for help. Many families are told about the Alzheimer Society and dementia care services, but will not actually make the phone call until a crisis occurs.

The **First Link** program removes this barrier to support by ensuring that individuals and families are referred directly to First Link at the time of diagnosis or as soon as possible after a diagnosis is made.

Formal referral comes from physicians and other health-care providers (i.e. allied health professionals), diagnostic and treatment services, and community service providers.

Individuals can also connect with First Link by calling **403-342-0448** to self-refer.

## **How the First Link<sup>®</sup> program works**

Once a referral is made, the First Link Coordinator contacts the person with dementia and/or family members, linking them to Alzheimer Society services and other programs and services within their community.

Connecting people living with Alzheimer's disease and other dementias and their families to support and information early in the disease is important as it helps them develop competency and resiliency in facing their journey with dementia. The Alzheimer Society helps with planning, support and information, education, and provides access to support services and dementia-specific expertise.

## **Programs and services in Lacombe supported by the Alzheimer's Society of Red Deer and Central Alberta:**

**Asante Café:** an online gathering place for people with dementia and their care partners. Please visit: [www.asantcafe.ca](http://www.asantcafe.ca)

**Seeds of Hope Family Learning Series:** an education program for care-partners of person's living with Dementia at all stages of the disease. Professional speakers discuss a variety of topics in a small group setting.

**Lacombe Coffee Club:** Offers space and time for care partners and people with memory issues to come and enjoy a cup of coffee & conversation. Meetings take place on the second Wednesday of every month from 1:30 pm to 3:00 pm

**Contact:** 403-342-0448 (ext. 706)

**Drop-in Care Partner Support Group:** Connect with other Care Partners who are going through similar situations. This is a chance to talk about what is going well, or not so well, as you navigate your loved one's dementia journey. Meetings take place on the second Monday of every month from 1 pm to 3 pm.

**Contact:** 403-342-0448 (ext. 706)

**Minds in Motion®:** Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

**Contact:** 403-342-0448 (ext. 706)



# Caregiver Stress Checklist

Retrieved from <https://alzheimer.ca/en/ab>

Stress Checklist	Never	Sometimes	Often
<b>Loss of sleep</b> <ul style="list-style-type: none"><li>• Are you experiencing difficulty getting to sleep?</li><li>• Do you wake up in the middle of the night?</li><li>• Do you have stressful dreams?</li></ul>			
<b>Personal health</b> <ul style="list-style-type: none"><li>• Have you gained/lost weight recently without intending to?</li><li>• Do you get ill more often than you used to?</li><li>• Have you developed chronic health problems (e.g., backache, headaches, high blood pressure)?</li></ul>			

<b>Stress Checklist</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
<b>Emotional health</b> <ul style="list-style-type: none"> <li>• Do minor upsets make you cry, angry or unusually irritated?</li> <li>• Are you having difficulty controlling your temper?</li> <li>• Do you feel pressure to hold things together?</li> <li>• Are you feeling hopeless about your current situation?</li> </ul>			
<b>Loss of interests</b> <ul style="list-style-type: none"> <li>• Have you given up hobbies or interests that you once enjoyed?</li> <li>• Are you spending less time with others?</li> </ul>			

***If you answered "sometimes" or "often" to many of the questions above, you may need to seek help to care for yourself. Even with the help of support services, providing care to a person with Alzheimer's disease can be overwhelming. No matter how close you may be to the person, you may want to consider including others in the caregiving role.***

## Counselling and Support

**24/7 Mental Health Help Line:** 1-877-303-2642

**Dementia Talk Canada** is a Canadian online support community for family and friends that are caring for people living with dementia, their families, care partners and friends can gather and share information. <https://discussions.dementiatalk.org>

### **Caregivers Alberta**

Caregiver Phone Support Group: Join us by phone on the first Wednesday of each month to connect with other caregivers across Alberta to gain knowledge, practical tools, feel supported and understood. Call Edmonton Senior's Centre Without Walls: 780-395-2626 to register!

### **Caregiver Advisor Line**

The Caregiver Advisor is someone you can talk to one-on-one. They will be a listening ear, help you navigate the system, find resources and advocate for yourself. Phone: 1-877-453-5088 (toll-free) or email: [advisor@caregiveralberta.ca](mailto:advisor@caregiveralberta.ca)



# Family & Community Support Services (FCSS)

**Lacombe and District FCSS** is a non-profit organization dedicated to the strengthening and enhancing of family and community life by offering locally based preventative and supportive services, promoting volunteerism and coordinating partnerships within the community. 403-782-6637, [www.lacombefcss.net](http://www.lacombefcss.net)

## Local Programming Supported by FCSS

### Opening Minds Through Art (OMA)

Is an intergenerational art program for people living with dementia that is aimed at promoting social engagement, autonomy, and dignity through the experience of creative self-expression.

### Hot Meals on Wheels and Frozen Meals on Wheels

Helps to maintain independence with nutritious meals delivered right to the home by caring volunteers.

### Philips Lifeline

*"Your direct line to safe, independent living"*

Lifeline is an easy-to use personal response service that allows you to summon help any time, day or night. There are a variety of buttons to choose from to suit your lifestyle including those with fall detection and those that offer assistance anywhere you are all across Canada.

### **Home Support**

Available to those needing assistance to manage household duties due to age, disability, illness or recent hospitalization.

### **Compass for the Caregiver**

A support program for those who are providing care for family members. Facilitated by Lacombe FCSS and the Wolf Creek PCN. For more information call:

Lacombe FCSS: 403-782-6637

Wolf Creek PCN: 403-782-1408; ask for the seniors nurse

### **Seniors Outreach**

Drop into Lacombe FCSS to access many resources for seniors. The Seniors Services Coordinator can help you find local resources and assist with navigating provincial and federal government applications and benefits.

### **Programs and Leisure Subsidy**

Qualifying Adults 55 years and older are able to receive \$100.00 towards local community programs, memberships, leisure and lifelong learning activities. Criteria is based on the Alberta Seniors Benefits eligibility.

### **Community Outreach**

A voluntary program to support adults and families by accessing community resources to address low income, inadequate housing, family/relationship changes, basic needs, skill development or other issues.

**Contact Lacombe FCSS at 403-782-6637 to book an appointment, apply for programs or to learn more about available community resources.**

# In-Home Care Services

**Helping Hands:** 403-346-7777

**Nurse Next Door:** 403-506-3304

**Comfort Keepers:** 403-347-3730

**Retire at Home:** 587-797-1714

**Family Services of Central Alberta:** 403-343-6400

**FCSS Home Support:** 403-782-6637

## Transportation

**Connex Bus (FCSS):** 403-786-9000

Available to seniors and others unable to access regular transportation because of age, cost or disability.

**Volunteer Link:** 403-786-0110

**Golden Circle Transportation:** 403-343-6074

For medical appointments in Alberta.

**Good Guy Cab Co.:** 403-597-1692

**East Central Express:** 587-282-8294

## Lacombe Community Programs

**Aging Well Group** for light exercise and cognitive stimulation. Contact the PCN Exercise Specialist: 403-782-1408

**Lacombe Kozy Korner Drop-in Center:** 403-782-6216

**Lacombe Public Library:** 403-782-3433

**Lacombe Kinsmen Aquatics Center:** 403-782-1278

**Burman University Gwen Bader Fitness:** 403-782-2822

**Seniors Centre Without Walls Call-In Program to reduce social isolation:**  
[www.seniorcentrewithoutwalls.ca](http://www.seniorcentrewithoutwalls.ca)

## Government Support Programs

**Federal:** 1-800-277-9914

**Canadian Pension Plan (CPP)  
Guaranteed Income Supplement (GIS)  
Old Age Security (OAS)**

**Alberta Seniors Financial Support:** 1-877-644-9992

**Alberta Aids to Daily Living:** 310-0000

**Canada Revenue Agency (CRA):** 1-800-959-8281

**National Do Not Call List:** 1-866-580-3625



# Parkinson Association of Alberta

## What we do

- One-on-One/Family Support Counselling
- Support Groups
- Education

## Information & Resources:

- Printed & Downloadable Resources
- Ask the Experts: online feature gives you the opportunity to ask our experts medical questions about day-to-day management of Parkinson's
- Aware in Care Kits: this physical tool is designed to protect, prepare and empower people with Parkinson's before, during and after a hospital visit
- Community Resources: Client service staff can connect you to a myriad of resources available in YOUR community

## Programs:

- Physical programs
- Speech/voice
- Cognitive
- Social

**General Inquiries:** 1-800-561-1911  
PD Helpline: Toll free 1-877-243-9992  
[infor@parkinsonassociation.ca](mailto:infor@parkinsonassociation.ca)

**Red Deer Region:** 403-346-4463

# Indigenous Cognition & Aging Awareness Research Exchange

Dr. Kristen Jacklin founded the Indigenous Cognition & Aging Awareness Research Exchange (I-CAARE) in 2015. The goals of I-CAARE are to (1) explore and promote healthy aging with Indigenous peoples, and (2) raise awareness about cognitive health in Indigenous communities.

Team 20 has two focus areas: rural and Indigenous. The Indigenous team is the only team within the CCNA investigating neurodegenerative diseases in Indigenous communities. For this, we have received partner funding from the **Institute of Aboriginal Peoples Health** at CIHR to research quality of life for Indigenous people affected by age-related dementia.

**Information is available online including Aging Well**

For more information please visit  
<https://www.i-caare.ca/>

## Local Contact Information

**Red Deer Native Friendship Society:** 403-340-0020

**Hope for Wellness Help Line**

(Immediate help to all indigenous people):  
1-855-242-3310

**AHS Indigenous Health Program:** Red Deer Regional Hospital Centre: 403-358-4369

# Legal/Advocacy

## **Office of the Public Guardian & Trustee (OPGT)**

403-340-5165

The OPGT teaches about planning for the future in case of loss of capacity due to illness or injury. There are tools available such as Personal directives and Enduring power of Attorney. Also helps families understand ways to manage another's affairs with support from the OPGT office.

### ***This includes:***

- Supported decision making
- Co-decision-making
- Trusteeship
- Adult guardianship
- Specific decision-making

## **For More Information Contact**

203 Provincial Building, 4920 51 Street  
Red Deer, Alberta T4N 6K8  
Phone: 403-340-5165  
Fax: 403-340-7131

[www.alberta.ca/office-public-guardian-trustee.aspx](http://www.alberta.ca/office-public-guardian-trustee.aspx)

## **Community Legal Clinic – Central Alberta:**

1-877-314-9129 or 403-314-9129

**Legal Aid:** 403-340-7730

# Elder Abuse

## *Do you or anyone you know:*

- Feel that you've been taken advantage of?
- Feel unsafe at home?
- Need to talk to someone?

Resources are available to help if you or someone you know is being abused.

## **Emergency/24 Hour**

**Police, Fire, Ambulance:** 9-1-1

**Victim Services Lacombe:** 403-782-3279 (ext. 152)

**Central Alberta 24-hour Resource Line for Elder Abuse:**  
1-877-454-2580

**Alberta Supports:** 1-877-644-9992

**24-hour Seniors Abuse Helpline:** (780) 454-8888

**Central Alberta Women's Shelter (CAWES):**  
1-888-346-5643 or 403-346-5643

**Office of the Seniors Advocate:** 1-780-422-1812

**Family Violence Information Line:** 310-1818

**Poison Control:** 1-800-332-1414

**Golden Circle Resource Line:** 1-877-454-2580

## **For the Hearing Impaired:**

**Deaf and Hear Alberta:** 1-866-471-2805

**Canadian Hard of Hearing Association:** 780-428-6622



## Medic Alert Safely Home

It is personal information and a hotline number engraved on a Medic Alert bracelet worn full time by the person living with dementia. Should they ever go missing, police can quickly identify them by calling the emergency hotline number.

### For more Information or to make a referral contact:

#### Red Deer & Central Alberta

#1, 5550-45 Street

Red Deer, AB T4N 1L1

Phone 403-342-0448

Fax 403-986-3693

#### Office hours:

Monday to Friday 8:30am – 4:30pm

[www.alzheimer.ca/en/ab](http://www.alzheimer.ca/en/ab)

### Medic Alert

**Other options:** Contact your Lacombe pharmacy to inquire about ordering a medic alert bracelet.

## Other Services available in the PCN by referral:

Psychologists  
Chronic Disease Nurse  
Dietitian  
Foot Care Nurse  
Exercise Specialist

### **Medcombe Walk-in Clinic**

Phone: 403-782-1408

Fax: 403-782-5431

### **Family Medical Associates Clinic**

Phone: 403-782-3351

Fax: 403-782-5201

### **Mainstreet Medical Services**

Phone: 403-782-6717

Fax: 403-782-4240

