

Glossary of Terms

Advance Care Planning

A way to help you think about, talk about and document wishes for health care in the event that you become incapable of consenting to or refusing treatment or other care.

You may never need your advance care plan - but if you do, you'll be glad that it's there and that you have had these conversations, to make sure that your voice is heard when you cannot speak for yourself.

Agent

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

Goals of Care Designation (GOC)

A medical order used to describe and communicate the general aim or focus of care including the preferred location of that care.

Although advance care planning conversations don't always result in determining goal of care designation, they make sure your voice is heard when you cannot speak for yourself.

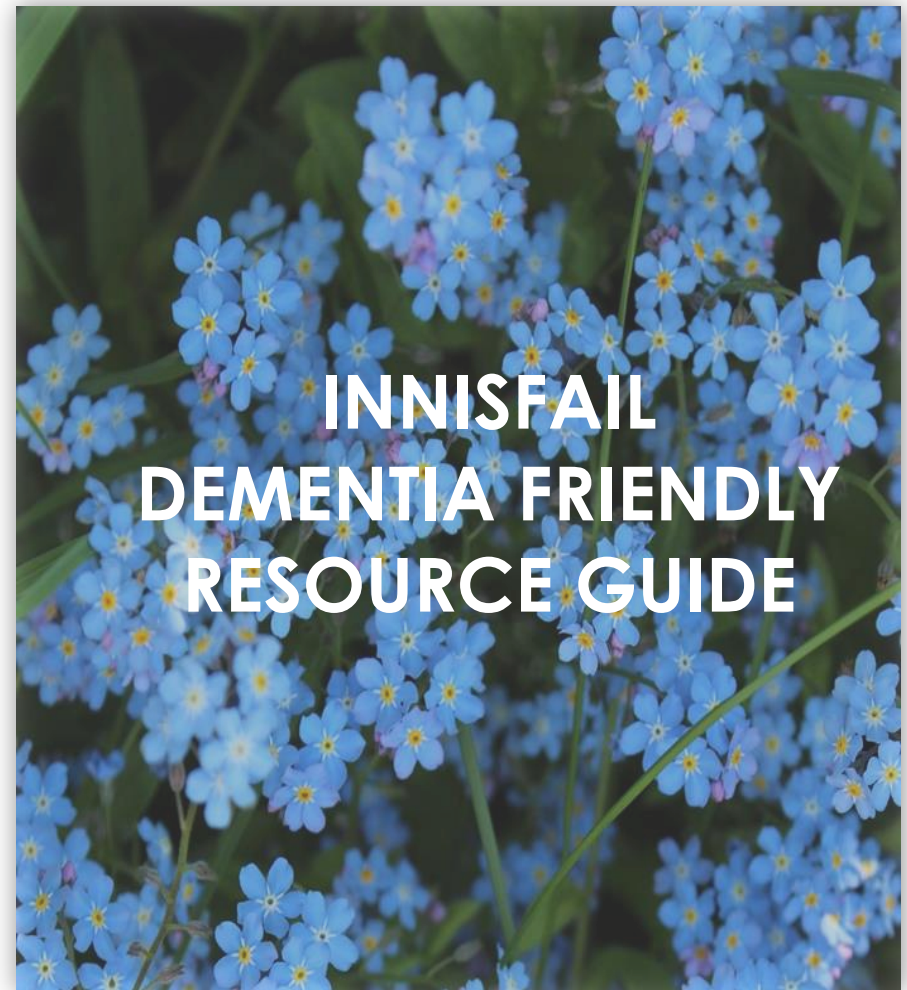
Green Sleeve

A folder containing an individual's Goals of Care Designation Order.

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") in the event that you no longer have the ability to make decisions around your health care needs.

Revised August 2023





Dementia Resource Guide

Who we are:

The [Community Partners in Action](#) is a multi-organizational coalition that engages other community stakeholders to seek out and implement grassroots solutions for rural communities.

The Innisfail Community Partners in Action (CPIA) mission is connecting people and community for living well. The society builds on community strengths which targets outcomes that reflect the whole person, including their community.

If you have further inquiries about the Community Partners in Action and how you can be part of this community project, please contact us through the The Community Partners in Action:

Email: Cpartnersia@gmail.com

Website: <https://corealberta.ca/>

You-Tube:

<https://www.youtube.com/@CommunityPartnersInAction>

Innisfail Recreation (pickle ball, yoga):
403- 227-3376 ext.217

Innisfail Horseshoe Club: 403-227-6507

Innisfail Bowling Lanes: 403-227-5342

Movers & Groovers: 825-221-0435

Taoist Tai Chi: 403-240-4566

Innisfail and District Historical Village:
403-227-2906
www.innisfailhistory.ca

Innisfail Community Contact

For information on community programming that people living with Dementia and their care partner can access please contact:

Email: Cpartnersia@gmail.com

Website: <https://corealberta.ca/>

Website: <https://wolfcreekpcn.com/resources/>



Innisfail Community Programs

Memory Café: Cpartnersia@gmail.com

Falls Prevention Program:

Referrals through Wolf Creek PCN Geriatric Nurse:
Medical Clinic: 403-227-3356

Golf “fore” All:

Cpartnersia@gmail.com

Innisfail Men’s Shed:

MensShed.Innisfail@gmail.com

Innisfail Senior Drop-In Society

(Lundgren Centre): 403-227-6601

Innisfail Public Library: 403-227-4407

Innisfail Aquatics Centre: 403-227-2924

Henday Association for

Lifelong Learning: 403-227-2866

Royal Canadian Legion Branch 104: 403- 227-3622

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-centred 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 the Innisfail clinic.



**Other Services
available in the PCN by
referral are:**

Behavioral Therapist
Foot Care Nurse
Exercise Specialist

Programs & Classes:

Anxiety to Calm
Journey through Grief
Happiness the Basics
Moving on with Persistent Pain
Relationships in Motion
My Way to Health

Website:

<https://wolfcreekpcn.com/programs-and-classes/>

Innisfail Medical Clinic
Phone: 403-227-3356
Fax: 403-227-2702

**For other phone in
opportunities:**

**Dementia Advice- Alberta Health
Services-**

Clients can be referred to the 'Dementia Advice' service by calling 811, a 24 hours, 7 days a week telephone service. Clients can also self-refer by calling Health Link at 811.

Resource Library- Our resource library has a variety of books on many different topic and issues that may arise throughout the journey. Located at the Innisfail Library

Senior's Centre Without Walls:

780-395-2626

www.seniorcenterwithoutwalls.ca



Counselling and Support:

Seniors Advocate: 1-844-644-0682

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

Red Deer Native Friendship Society: 403-340-0020

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

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

Canadian Hard of Hearing Association:
780-428-6622

Caregivers Alberta:

We strive to empower caregivers and promote their well-being by providing group and one-on-one supports, increasing community capacity to better support caregivers, and advocate on behalf of caregivers.

Phone: 780-453-5088

Toll-free: 1-877-453-5088

Email: office@caregiversalberta.ca

Website: <https://www.caregiversalberta.ca/>

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 near you.

To learn more.

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

Please visit the Alberta Health Services Website for more information www.albertahealthservices.ca



Innisfail 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.

Home Care:

403-227-7810 or toll free: 1-855-371-4122

Innisfail Hospital: 403-227-7800

The Continence Product Advisor – This website is designed to give users, carers and healthcare professionals detailed, essential information about products for bladder, bowel, and toileting problems. Derived from the International Consultation on Incontinence systematic reviews by academic and clinical continence experts from around the world.

www.continenceproductadvisor.org

In-Home Care Services

Helping Hands Home Support: 403-346- 7777

Comfort Keepers Home Care: 587-802-3365

Nurse Next Door: 403-506-3304

Family Services of Central Alberta:
403-343-6400

Golden Circle Outreach Services:

Phone: 403- 343 -6074

Website: www.goldencircle.ca

Email: info@goldencircle.ca

Transportation:

Prairie Bus Lines:

Pace Bus call centre: 403-227-0677

Innisfail Associated Cab: 403-227-2272



Legal/Advocacy

Office of the Public Guardian & Trustee (OPGT):

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.

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](tel:403-340-5165)
Fax: 403-340-7131

www.alberta.ca/office-public-guardian-trustee.aspx

Community Legal Clinic – Central Alberta:
403-314-9129

Legal Aid Alberta: 1-866-845-3425

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](tel: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.

Central Zone Offices:

Sylvan Lake/Innisfail/Bowden: Sylvan lake community Health Centre
403-887-6777

Mental Health Help Line:

Toll free 1-877-303-2642

Health Link Alberta:

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

Seniors Abuse Helpline:

(780) 454-8888

Red Deer Outreach Centre: 403-347-2480

Elder Advocates of Alberta: 780-438-8314

Red Deer Helping Elder Abuse Reduction (H.E.A.R.) Resource Information Line:

1-877-454-2580 OR 403-346-6076

Family Violence Information Line: Toll Free: 310-1818

Central Alberta Sexual Assault Centre: 403-340-1124

Addictions Help Line: 1-866-332-2322

Emergency/24 Hour:

Police, Fire, Ambulance: 9-1-1

Hope for Wellness Help Line

(Immediate help to all indigenous people)

1-855-242-3310

Poison Control: 1-800-332-1414

Victim Assistance Program: 780-427-7217/ Toll-free: 310-0000

Golden Circle: Central Alberta Elders Abuse

Emergency Shelter 24 hour line: 1-877-454-6076

or local: 403-346-6076



Family & Community Support Services (FCSS)

FCSS provides information to adults, seniors and families seeking resources for various local and government programs. Referrals are made to other agencies that provide a variety of programs and services (i.e. financial assistance, housing, counselling, etc.)

To book an appointment, or to call for information and referral services, call 403-227-3376 Ext. 225 or 233.

Federal Government Programs

1-800-277-9914

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

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

Alzheimer's Society of Alberta and Northwest Territories

<https://alzheimer.ca/ab/alberta-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.

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

**Alzheimer Society of Calgary
1- 403-290-0110**

www.alzheimercalgary.ca/



How the First Link® program works

Once a referral is made, the First Link Coordinator contacts the person with dementia and 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 supported by the Alzheimer's Society of Red Deer and Central Alberta:

**Innisfail Alzheimer's Society
Care Partner Support Group:**
403-342-0448 ext. 701

Asante Café: an online gathering place for people with dementia and their care partners. Please visit: www.asantcafe.ca

It's Not Right! Neighbours, Friends & Families for Older Adults (INR)

It's not Right is a movement of social change created to stop abuse and neglect of older adults. Research has shown that most often it is bystanders – neighbours, friends, family and co-workers – who are closest to abusive situations and can see what is happening. They know that something isn't right, but don't know what to do. The Program teaches people of all ages to recognize warning signs and how to respond safely and effectively.

INR provides a wide variety of audiences in discussions and practice on how neighbours, friends and family members can learn to recognize and respond to warning signs of abuse and neglect in the lives of older adults they know. These are the bystanders to abusive situations who often know that something isn't right, but often don't know what to do to help. We all have a vital role to play in creating a peaceful, supportive and just society. Learn about the little things YOU can do to make a BIG difference in someone's life.

If you are interested in attending a presentation, please contact:

FCSS Community Support & Age Friendly Facilitator
403-227-3376 ext. 225



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 you or someone you know is being abused.

Seniors Services Outreach Worker:
403-887-1137 (ext. 222)

Open:

Monday-Friday
8:00 am – 4:00 pm

Victim Services: 403-887-3333
Available 24 hours a day/7 days a week

Victim Services:
Innisfail, Penhold & Spruce View: 403-227-8555

Alberta Supports: 1-877-644-9992

Elder Abuse: 1-877-454-2580

MedicAlert Safely Home

It is personal information and a hotline number engraved on a MedicAlert 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

#5, 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

MedicAlert

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



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

info@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