



Family Transition program

ONE-YEAR REVIEW
NOVEMBER 6, 2019



Looking back

- ▶ **Family Transition Program participants:** Over the past year, we supported 40 participants along with their family and caregivers.
- ▶ **Family Transition Program staff:** A team of 4 dedicated staff members invested 1,755 hours in the development of the program and in providing support to individuals and their families.
- ▶ **Key accomplishments of the Family Transition Program**
 - *January 2018* – Developed the idea for the program
 - *June 2018* – Gained Oxford County Council approval
 - *October 2018* – Met with the Alzheimer's Society to develop participant referrals
 - *January 2019* – Presentation at Canadian Psychiatry Association conference
 - *May-August 2019* – Met with Ontario MPPs to promote the program
 - *June 2019* – Featured in CTV Kitchener story
 - *August 2019* – Program application accepted by the Mental Health Commission of Canada to attend the Spark Research Training Program
 - *September 2019* – Met with the Ministry of Long-Term Care to present on the Family Transition Program

Initial results

Participants and caregivers in the Family Transition Program are invited to complete assessments at the beginning and end of their program participation. These assessments help us understand the impact and outcomes of the program and the journey of those living with dementia.

Below are some initial results from participants who have been a part of the program and have now transitioned into long-term care.

Individuals waiting for long-term care

- ▶ Average **anxiety** scores decreased
- ▶ Average **depression** scores decreased
- ▶ Average **cognition** scores remained stable
- ▶ **Quality of life** scores improved or remained stable

Caregivers

- ▶ Improved caregiver strain scores in the areas of relationships, health, activity and mastery
- ▶ 91% of participants showed an increase in quality of life and 9% remained stable

What is the Family Transition Program?

The Family Transition Program is designed for individuals on the wait list for long-term care. The purpose is to support individuals and their caregivers to **help ease the transition** before move-in day. They are invited to our host facility Woodingford Lodge Woodstock to become familiar with the experiences and programs offered in a long-term care setting. The program helps **reduce stress, depression, and responsive behaviours** in those living with dementia that can be associated with transitions. The program also **supports the caregiver** through the change. It involves the **support** of Oxford County community **partners**; ensuring client information is shared and appropriate services are in place.

What is a “responsive behaviour”?

“Responsive behaviours” are the actions and words, in **response** to something, of a person living with dementia. These behaviours communicate **meaning, needs and concerns**. To understand them, we need to consider physical, emotional, social, environmental or other influencing factors. (*Alzheimer Society of Ontario, 2017*)

Vision



We hope to see the Family Transition Program continue to expand within Woodingford Lodge and Oxford County to be included in all long-term care homes. The goal is to transform the admissions process into long-term care, and ease transitions through a supportive model. Our goal for the second year of this pilot project is to bring the program to our homes in Tillsonburg and Ingersoll to provide even greater access and support to our Oxford County community.

Thank you to our partners for their continued support of the Family Transition Program:

- ▶ Dr. Shabbir Amanullah – Geriatric Psychiatrist, Woodstock Hospital
- ▶ Dr. Barry Roth – Medical Director, Woodingford Lodge
- ▶ Sandra Howe – Social Worker, Woodingford Lodge
- ▶ Tina Gray – PSW, Woodingford Lodge
- ▶ Alzheimer's Society of Oxford County
- ▶ Woodstock General Hospital
- ▶ Oxford County Community Partners

Quick statistics

More than **402,000** seniors are living with dementia in Canada. Annually, there are approximately **76,000** new cases of dementia diagnosed in Canada. About **2/3** of Canadian seniors living with dementia are **women** (*Government of Canada, 2017*). Caregivers of seniors living with dementia are more likely to provide **more hours** of informal and unpaid care and **experience distress** than caregivers of other seniors (*CIHI, 2016*).

Upcoming event

Family Transition Program Caregiver Support Group

Dates:

November 19 & 26
December 3, 10, & 18

Time:

10:00 - 11:30 a.m.

Location:

Woodingford Lodge Woodstock,
Special Events Centre

Contact:

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*FTP participant artwork created at a
Woodingford Lodge program*

Did you know?

Caring for someone with dementia can result in stress, isolation and risk of psychological & physical health problems. Health Quality Ontario (2018) recommends that caregivers are regularly assessed and offered supports. Caregiving does not end with long-term care. People with dementia and their caregivers should be actively involved in transitions. (*HQO, 2016*)

Helpful Resources

Local information and services

<https://alzheimer.ca/en/oxford>

Practical caregiving tips

<https://alzheimer.ca/en/Home/Living-with-dementia/Caring-for-someone>

Free online or in-person caregiving trainings and resources

<https://www.dementiacarers.ca/>

Overview of long-term care in Ontario

<https://www.ontario.ca/page/about-long-term-care>

For more information

Visit:

<https://www.oxfordcounty.ca/familytransition>

Contact:

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