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*Enhancing Life*

**Advancing Community-Based  
Dementia Initiatives:  
Identifying Impactful Strategies &  
Interventions using the Dementia  
Interventions Playbook**

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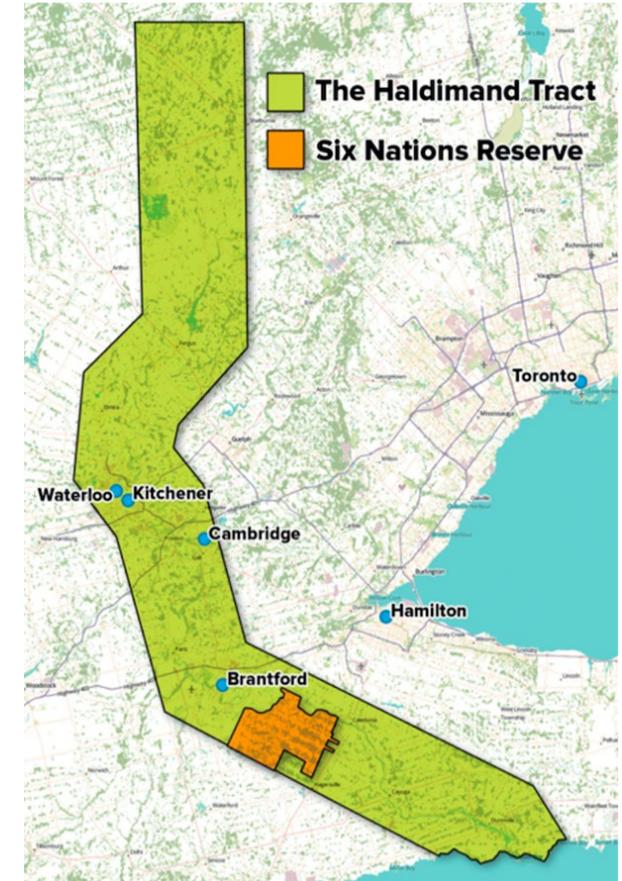
March 28, 2024



# Land Acknowledgement

The Schlegel-UW Research Institute for Aging (RIA) acknowledges that we are on the traditional territory of the **Attawandaron, Anishinaabe, and Haudenosaunee** peoples.

The RIA is situated on the Haldimand Tract, the land promised to the Six Nations that includes six miles on each side of the Grand River.



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# About the Schlegel-UW Research Institute for Aging

The Schlegel-UW Research Institute for Aging (RIA) is a charitable, non-profit organization.

**Vision** A world where research is driving innovation to enrich the journey of aging

**Mission** To enhance the quality of life and care of older adults through partnerships in research, education and practice

**Values** Excellence, Relevance, Collaboration, Transparency, Inclusion

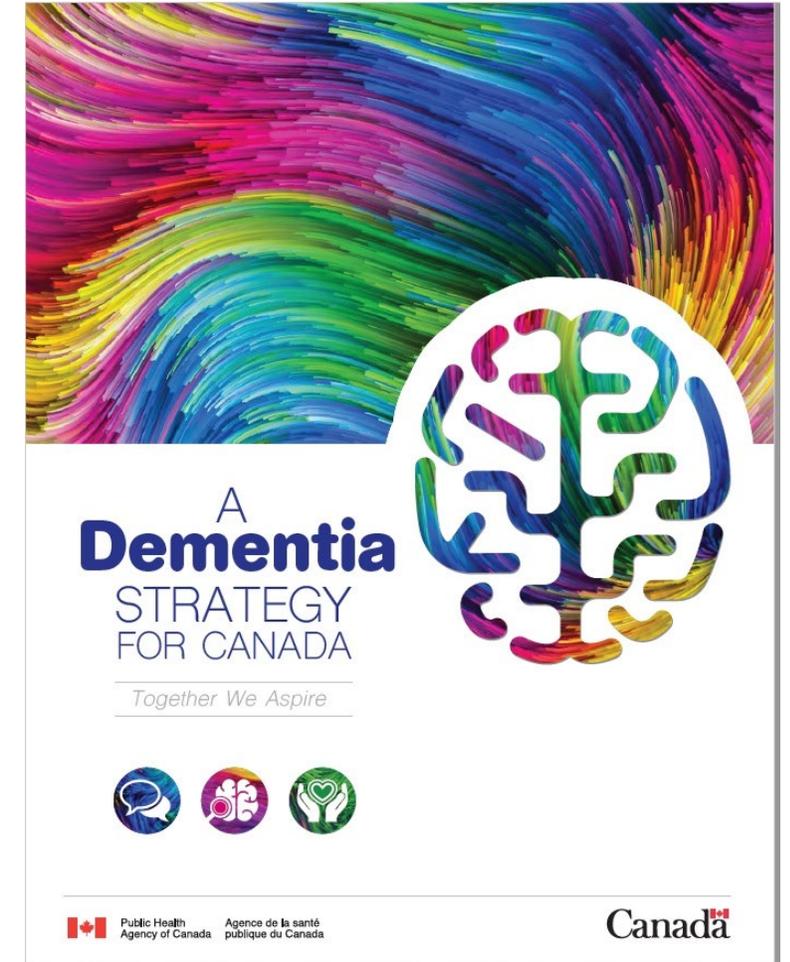


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# Canada's National Dementia Strategy: Objectives

1. Prevent dementia
2. Advance therapies and find a cure
3. Improve the quality of life of people living with dementia and care partners



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# Canada's National Dementia Strategy: Dementia Community Investment

In 2018, the Public Health Agency of Canada launched the Dementia Community Investment (DCI) to fund community-based projects (DCI projects) to:

- Develop and implement tools, resources, programs, and other interventions to enhance the well-being of people with dementia and their care partners,
- Increase knowledge about dementia and its risk and protective factors



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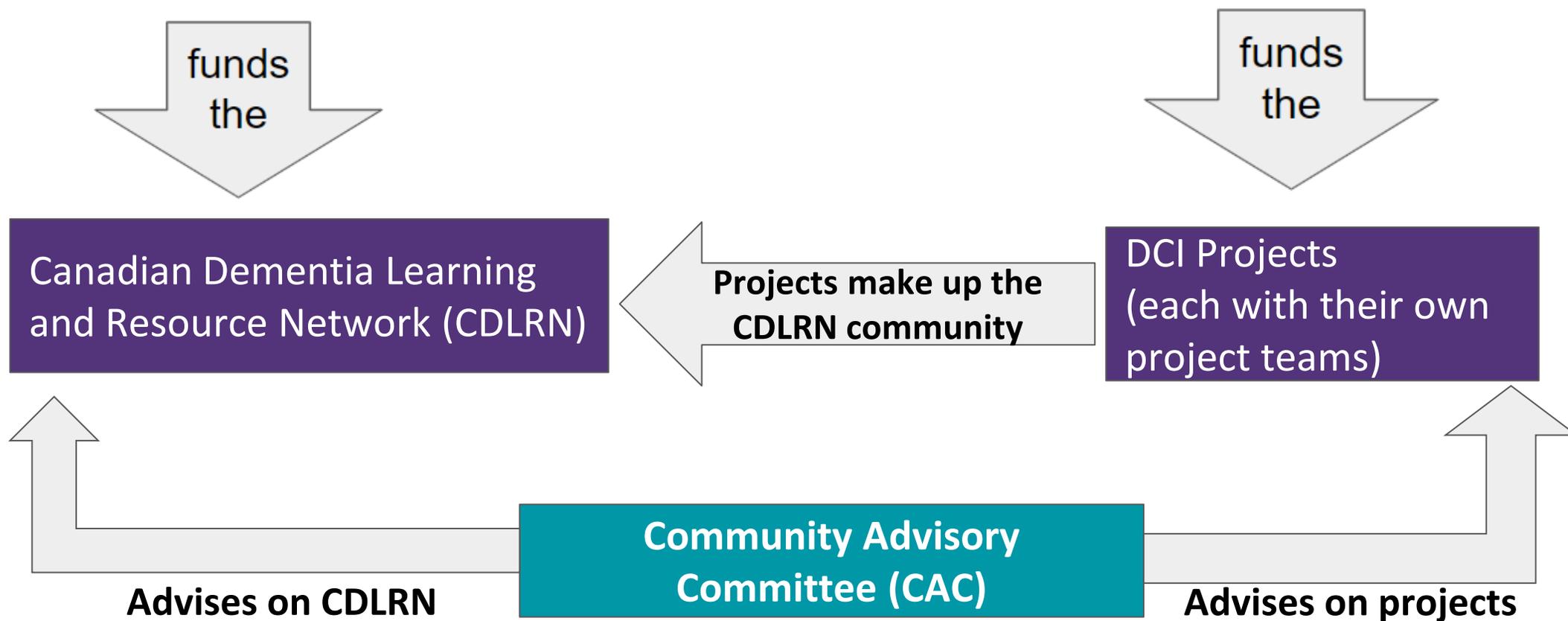
# About the Canadian Dementia Learning and Resource Network

Funded by the **Dementia Community Investment**, the Canadian Dementia Learning and Resource Network (CDLRN) is a knowledge hub that facilitates collaboration between the DCI projects across Canada and amplifies their successes.

Led by the Schlegel-UW Research Institute for Aging (RIA), CDLRN is supported by a staff and research team at the RIA and is guided by a Community Advisory Committee.



# Dementia Community Investment (DCI)



# Canadian Dementia Learning and Resource Network (CDLRN)

As a knowledge hub, CDLRN brings together people involved in DCI projects (researchers, practitioners, project teams, people with lived experience of dementia) to provide support and opportunities for:

- Capacity building
- Education & knowledge sharing events
- Collaboration across DCI projects



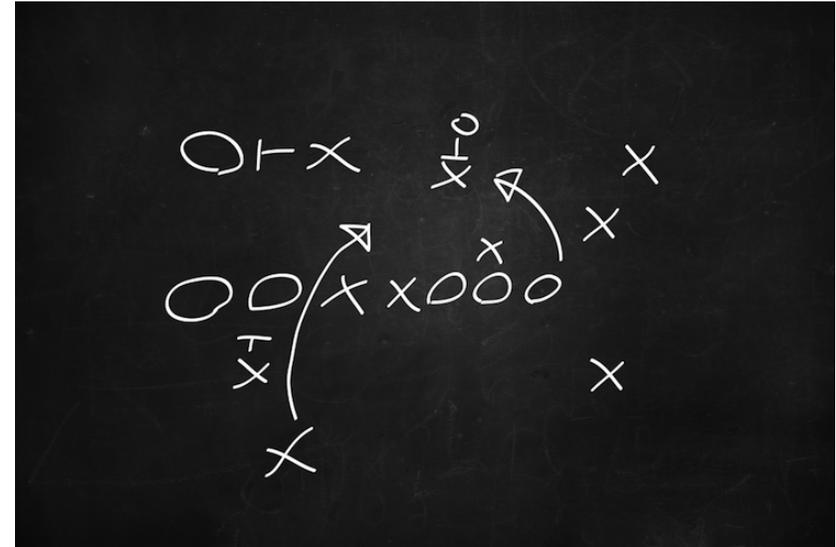
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# What is a Playbook?

In sports, a Playbook is a collection of plays, strategies and choices that can be used by a team to support their efforts to win.

Outside the context of sports, a Playbook can equip teams and individuals with information, ideas and resources to anticipate challenges, use strategies that helped others succeed, and build off the success and learning of others.



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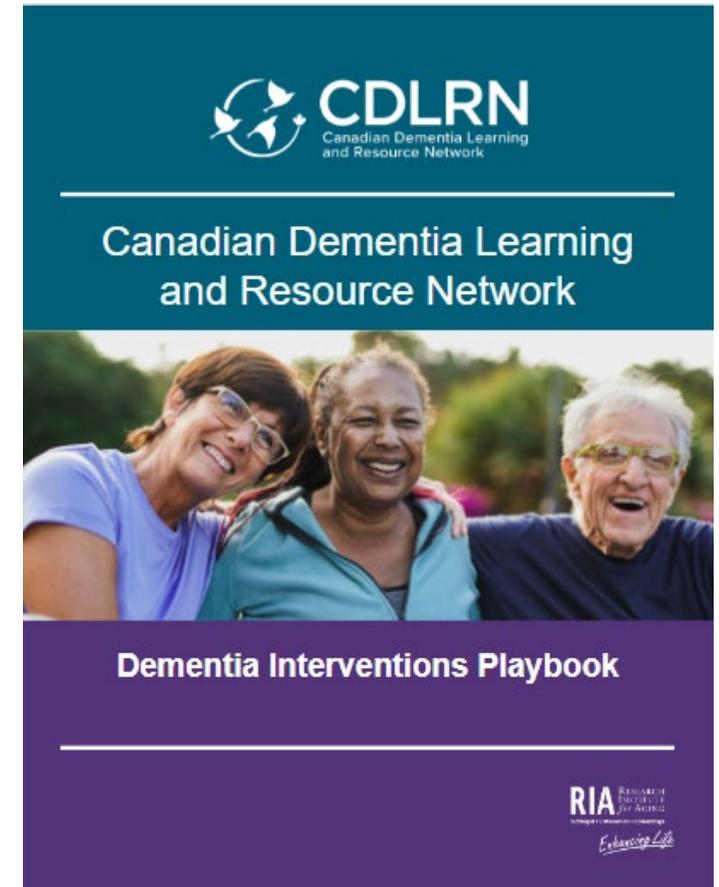
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# The Dementia Interventions Playbook

Developed by the CDLRN team to summarize, share, and showcase the work of the Dementia Community Investment projects.

Avoid starting from scratch by:

- Finding initiatives to adopt
- Learning from successes and challenges of projects



# Why a Playbook?

Comprehensive, one stop resource:

- Learn foundational knowledge critical to dementia initiatives
- Identify DCI project initiatives that meet your needs
- Identify the project's goals and achievements
- Benefit from the lessons learned, including challenges and strategies to overcome
- Understand the project's background and context - why was the project developed, who is it for, who was involved in developing it?



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# What sort of projects are included in the Playbook?

- Dementia-Friendly initiatives: national and local initiatives
- Programs including exercise, leisure, and day programs
- Learning modules and resources to include and support people living with dementia in physical activity & wellness activities
- Co-designed toolkit for Indigenous care partners
- Web-based toolkit for care partners supporting people living with dementia in long term care



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## Target audience: who is the Playbook for?

Designed for individuals and organizations who engage with, support, and provide services to people living with dementia and care partners, including:

- Community organizations
- Municipalities offering programming
- Individuals or groups who want to create change in their community
- People living with dementia and care partners who want resources and supports
- People who want to share resources with people living with dementia and care partners

# Who else can learn from the Playbook?

- Researchers can apply lessons learned by these projects, allowing them to avoid pitfalls and leverage the key learnings from projects
- Decision makers, including funders, to learn about existing initiatives, identify gaps and proven concepts to consider
- Health care professionals that support people living with dementia and care partners



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# What is included in the Playbook?

The Playbook includes two main sections:

1) Before you begin: foundational knowledge for everyone

1) The Plays



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# Foundational knowledge for everyone:

CDLRN members collaborated to identify the foundational knowledge essential to any dementia initiative.

Members brought diverse roles and expertise:

- Researchers
- Health care
- Community organizations
- Lived experience of dementia
  - People living with dementia
  - Care partners



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# Foundational knowledge for everyone:

- Equity, Empowerment, and Hope
- Fostering Community Partnerships
- Meaningful Engagement of People Living with Dementia
- Stigma and Dementia
- Flexibility and Adaptability
- Accessibility
- Sustainability



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# Projects featured in the Playbook include...



**Dementia-Friendly  
CANADA**



**Egale**

**...and more!**



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# Using the Dementia Interventions Playbook

The Playbook uses an accessible, plain language format intended to allow readers to easily understand and access the resources, tools, findings and lessons learned from the DCI projects.

Past (completed) DCI projects are presented as individual Plays.



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# Using the Dementia Interventions Playbook

Each Play begins with a 1-2 sentence description of the project

## **Dementia-Friendly Canada**

Education and tools for the general public and professionals working in specific sectors to apply dementia-friendly principles in their work and communities.



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# Using the Dementia Interventions Playbook

**Who could benefit from reading this Play?** so readers can easily tell which Plays are most relevant and applicable to them.

- ▶ Professionals in sectors including recreation, library, retail, restaurant, and public transportation, who want to enhance their knowledge and confidence in supporting individuals living with dementia
- ▶ Individuals and organizations interested in using the lessons learned and resources created by this project to create or support dementia-friendly communities and workplaces, fostering inclusivity and accessibility.



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# Features of each Play

Each Play has practical information about each project, including:

- Overview of the project (key information and background)
- Project materials (e.g., manuals, resources, websites)
- Impact: the benefits and changes participants reported, quotes & testimonials
- Insights: lessons learned and resources recommended by the project team for those undertaking similar work



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## Access the Playbook in two ways:

- Navigate online through the CDLRN website
  - Before you begin section: individual pages dedicated to each of the foundational knowledge themes/categories
  - Plays: individual showcases of each project
- Download and review as one document (PDF)



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# Navigating the website: <https://cdlrn.the-ria.ca/>

[Home](#) | [About](#) ▾ | [Projects](#) ▾ | [Resources](#) | [Dementia Interventions Playbook](#)

— Dementia Interventions Playbook —



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# Browse projects

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About ▾

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Dementia Interventions Playbook ▾



Projects ▾

Past Projects



Current Projects



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### Together for Fun!

[Read More »](#)



### The New Brunswick Dementia Friendly Initiative

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### Supporting a Circle of Care

[Read More »](#)



### My Tools 4 Care-In Care

[Read More »](#)



### Empowering Dementia-Friendly Communities



### Dementia-Friendly Canada



### Coming Together to Support 2SLGBTQI People Living with



### What Connects Us~Ce qui nous lie



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# Navigating the Playbook through the CDLRN website

Each Play includes 4 main sections that can be expanded, each with links to project materials and helpful resources.

▶ Key information

▶ Project story

▶ Impact

▶ Insights



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# Get in touch with project teams

For individuals and groups wanting to:

- ask specific questions
- inquire about adapting a program or bringing a program to their community

Get in touch:

Vanessa Barnes, Alzheimer Society of Sarnia-Lambton

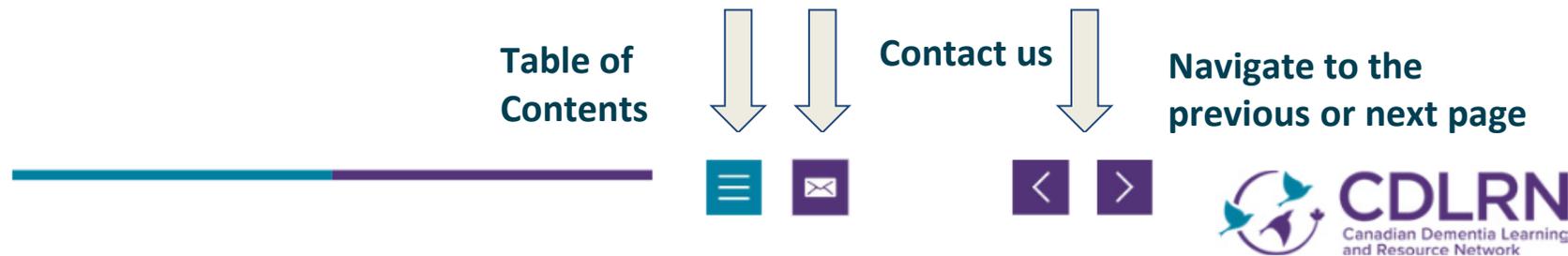
Christina Stergiou-Dayment, Alzheimer Society of Ontario



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# Navigating the downloaded PDF



## Flexibility and Adaptability

**Fidelity:** While adaptability to community needs and flexibility to individual needs are important, it is important to recognize that the evaluation of the ‘Plays’ in this Playbook depend on ‘fidelity’ to the original initiative. Fidelity refers to implementing the initiative as it was previously done (and evaluated upon). If you are adopting something that is evidence-based and want to achieve the same results as the original initiative, fidelity may be important. It can also damage the credibility of an initiative if it isn’t used as designed and doesn’t achieve its intended effects.



# Highlights

**Dementia-Friendly  
Communities -  
2023 Awards**



Dementia-Friendly  
CANADA

Alzheimer Society



Faces of Dementia

Hamilton Council on Aging



Strategies to communicate in a supportive manner with a...

Projet CADAAPAC



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# Key successes of Dementia Community Investment projects

Vast array of valuable tools, education and resources that can be leveraged and used to supplement similar initiatives, including:

- **Online learning:** 3 projects created free, easily accessible and comprehensive online education modules
- **Videos:** over 15 unique videos/documentaries that can be used for education and awareness building

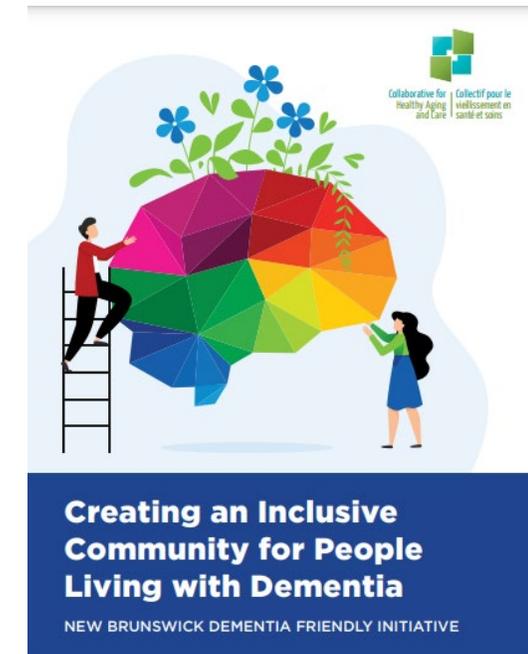


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# Key successes of Dementia Community Investment projects

- **Toolkits:** 4 projects created toolkits for specific topics and populations (tackling stigma, dementia-friendly communities, Indigenous-led and focused caregiver support and education)



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# Key Successes: Examples of project reach

Empowering Dementia-Friendly Communities Hamilton, Haldimand:

- **16,021,137** individuals reached through their Faces of Dementia awareness campaign and dementia-inclusive training.
  - 16,020,813 general population
  - **47 people living with dementia and 277 care partners**

Cummings Centre Therapeutic Dementia Care Program:

- **131 people living with dementia and 156 care partners** reached through day program & respite, in addition to
- 452 general population reached through intergenerational programming, peer to peer navigation and informational workshops



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# Recap: How can you use the Dementia Interventions Playbook?

- Learn foundational knowledge critical to dementia initiatives
- Identify DCI project initiatives that meet your needs
- Recognize the project's goals and achievements
- Benefit from the lessons learned, including challenges and strategies to overcome
- Understand the project's background and context - why was the project developed, who is it for, who was involved in developing it?

# Recap: where to access the Playbook

Visit [cdlrn.the-ria.ca](https://cdlrn.the-ria.ca)

Choose **Dementia Interventions Playbook** from the menu to:

- Access the Before you begin: foundational knowledge for everyone
- Read the Plays
- Download the Playbook PDF

Browse **Projects** to read individual Plays (Past Projects) and learn about Current Projects



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## Contact us

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Scan now to  
access the Playbook



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dementia-interventions-playbook/](https://cdlrn.the-ria.ca/dementia-interventions-playbook/)



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Thank You!

