



# BSO Provincial Pulse

At the Heart of System Transformation



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# BSO Provincial Updates

Here's a snapshot of the latest collaborative work from the BSO community!

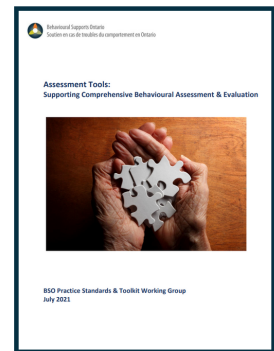
## **BSO Provincial Annual Report 2020-2021**

The BSO Provincial Team is honoured to share with you our 6th annual report since the re-emergence of a Provincial Coordinating Office (PCO). The BSO 2020-2021 Annual Report highlights the continued evolution, growth and spread of BSO impact, innovation and integration taking place across the entire province and beyond.



## **Assessment Tools: Supporting Comprehensive Behavioural Assessment and Evaluation**

Created by the BSO Provincial Practice Standards & Toolkit Working Group, this resource provides a list of various assessment tools to support clinicians in conducting a behavioural assessment, as well as in evaluating the implementation of tailored approaches and strategies. A brief description of each tool is provided, in addition to information on where to access it.



## **Person-Centred Language Word Swap Poster**

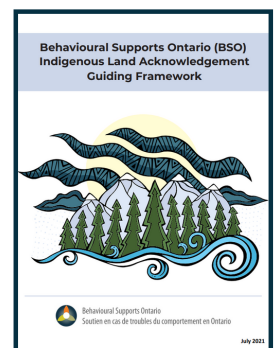
Created in collaboration with the Ontario Centres for Learning, Research and Innovation in LTC (CLRI) at the Research Institute on Aging (RIA), this poster supports the implementation of the person-centred language principles into practice by offering 15 words as examples to swap out in every day language.

*Aussi disponible en français.*



## **Indigenous Land Acknowledgement Guiding Framework**

Land acknowledgements are an important piece of reconciliation in the context of BSO teams providing care to Indigenous people and in our broader work towards cultural safety. Created by the BSO Indigenous Land Acknowledgement Working Group, this guiding framework can support the incorporation of land acknowledgements into knowledge and capacity-building events and other meetings hosted by, or in partnership with BSO.



# BSO Provincial Updates

## *Continued*

### **Dementia and Sexuality: An Introduction**

This free e-module, developed by the Behavioural Supports Ontario Sexual Expression and Dementia Working Group with the support of the Regional Geriatric Program-Central (RGPC), is available on the '[Geriatric Essentials](#)' website, which presents learners with an array of e-modules about topics such as cognition and depression.

This e-module employs a case-based approach with the aim of inviting learners to understand how people living with dementia may express their unmet needs, including those pertaining to sexuality and intimacy. Since myths and stereotypes about sexuality and dementia are firmly established so much so that they shape our interactions, they are explored in the e-module along with practical strategies to support people living with dementia across various settings.

#### E-Module Features:

- Content and narration available in English and French
- Interactive exercises are included in each case study
- Flexible pause points with the option to save one's progress
- Opportunity to participate in pre- and post- surveys to evaluate the e-module
- Option to download a certificate of completion
- Accessible on computer, tablet, and smartphone devices
- Free of charge!

The introductory e-module is the first of a four-part series, each addressing complex themes about the sexual and intimacy needs of people living with dementia.



# Coming Soon: BSO Provincial Toolkit

The BSO Provincial Toolkit will launch in January 2022, starting with early adopter regions!



## What is the BSO Provincial Toolkit?

A collection of practical tools and resources for BSO team members to utilize as they support older adults with, or at risk of, responsive behaviours/personal expressions, and their family care partners.

Based on the [BSO Provincial Practice Standards](#).



## Where will I find it?

It will be hosted within a password protected space on brainXchange.



## What will it include?

- ✓ Key BSO information (e.g. BSO mandate, framework and core competencies)
- ✓ Clinical tools and resources
- ✓ Capacity building and quality improvement resources
- ✓ Ways to get connected with BSO provincially

Many of the tools and resources are already available at [www.brainXchange.ca/BSO](http://www.brainXchange.ca/BSO), but the password protected space will also include tools and resources specifically made for BSO team members (e.g. new provincial BSO clinical documentation).



## What supports will be in place?

- ✓ Toolkit Launch Virtual Event
- ✓ Toolkit Registration Welcome Email
- ✓ Toolkit Orientation Video
- ✓ Toolkit FAQ
- ✓ BSO Pathway: How to utilize the BSO Toolkit
- ✓ BSO Clinical Documentation Videos

**More details coming soon to Early Adopter BSO Teams.**



# Celebrating 5,000 Person-Centred Language Pledges!

An important milestone for the Person-Centred Language initiative.

This past summer, the BSO Provincial Coordinating Office (PCO) at the North Bay Regional Health Centre along with the Ontario Centres for Learning, Research & Innovations in Long-Term Care (CLRI) at the Schlegel-UW Research Institute for Aging (RIA) set a goal to reach 5,000 Person-Centred Language (PCL) pledges from health care providers and persons with lived experience to commit to changing the way we interact with and refer to people living with dementia and other complex mental health conditions. We are pleased to announce that we have reached our goal and now have over 6,800 pledges! We wish to recognize everyone who reviewed our commitment statements posters, signed our pledge, and encouraged colleagues, co-residents, family and friends to do the same.

**If you have not yet signed our PCL pledge, it's not too late! Fill out your pledge and download your certificate today at [behaviouralsupportsontario.ca/pledge](http://behaviouralsupportsontario.ca/pledge).**

## I've completed the pledge, what can I do next?

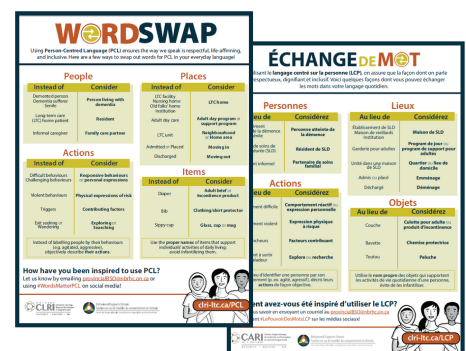
### Complete the eCourse

Available in [English](#) and [French](#), this FREE eCourse demonstrates how PCL can have a positive impact on communication, care, and help to reduce stigma and discrimination (45min).



### Download our new Word Swap Poster

Also available in [English](#) and [French](#), this poster supports the implementation of the person-centred language principles into practice by offering 15 words as examples to swap out in every day language.



### Share the PCL Pledge Video

In this short video, team members from both the BSO PCO and Ontario CLRI at the RIA share why they took the pledge, and why you should too!

### Get in Touch

Tell us how you've championed the PCL initiative in your organization by e-mailing us at [provincialBSO@nbrhc.on.ca](mailto:provincialBSO@nbrhc.on.ca).



# Celebrating 5,000 Person-Centred Language Pledges! *continued*

## Impacts of Person-Centred Language

Using person-centred language ensures that language choices are appropriate, respectful, life-affirming and inclusive when interacting with and referring to individuals who communicate via responsive behaviours/personal expressions associated with dementia, complex mental health, substance use and/or other neurological conditions, as well as their family care partners.

We had the opportunity to speak to Dawn Baxter and Mary Beth Wighton, BSO Lived Experience Facilitators, about their perspectives on person-centred language:

*"As a person living with dementia, the use of person-centred language is critical in helping to reframe the negative stereotype that focuses on my disabilities rather than abilities. The new Word Swap Poster is an excellent easy to use tool to assist people in learning enabling words. A dramatic impact could be made by including this tool in each LTC employee's training material. In addition, it should be placed in areas that promotes information and education."*

**Mary Beth Wighton**  
BSO Lived Experience Facilitator

*"As a care partner and life partner of someone who lives with dementia, using person-centred language will help end the stigma that is associated with the disease and puts her as an individual first ahead of the disease itself. The word swap poster is a fantastic tool which uses easy, gentle, kind and inclusive language which can help end the fear that is associated with the current language used by many to describe dementia. Words matter and it is time to change."*

**Dawn Baxter**  
BSO Lived Experience Facilitator



# Seeking New Members: BSO Collaboratives

All BSO Collaboratives remain open for new membership!

- Acute Care Collaborative
- Behavioural Supports Integrated Teams (BSIT) Collaborative
- Behavioural Support Transitions Units (BSTU) Collaborative
- Substance Use Collaborative
- Knowledge to Practice Community of Practice (CoP)
- Provincial Lived Experience Advisory

Membership is open to health care professionals, leaders and individuals with lived experience.

Visit [brainxchange.ca/BSOParticipate](https://brainxchange.ca/BSOParticipate) to join!



## Baycrest @HOME

Supporting older adults with memory changes to live well at home.

Baycrest@Home brings a century of expertise right to your home by offering a full schedule of live, interactive programs designed to stimulate the mind, body and spirit. Members and their families also have access to connect virtually with clinical experts to address changing needs in safety, wellness, mental health and family care supports.

Baycrest@Home is dedicated to enriching the lives of older adults by empowering them to live safely, happily and longer at home.

*"This has been a life-saving program for our mom. She does not have hobbies so having these programs allows her to do something productive on days we do not visit, rather than watching, and falling asleep in front of the TV."*

- Baycrest@Home Member

**Contact Baycrest@Home to learn more:**

Visit [baycrestathome.ca](https://baycrestathome.ca)  
Call 647-576-HOME (4663)  
Email [info@baycrestathome.ca](mailto:info@baycrestathome.ca)



# CARERS: Coaching, Advocacy, Respite, Education, Relationship and Simulation @SinaiHealth

The Enhancing Care for Ontario Care Partners program is accepting referrals for upcoming CARERS groups for care partners of persons living with dementia. CARERS is an 8 week clinical group that focuses on practical skills, emotional supports, problem solving techniques, communications and uses simulation to coach care partners in the use of suggested strategies to reduce fatigue, burden and stress. There is no cost to care partners for participation in the CARERS program.

CARERS groups are now offered in many locations across Ontario including Aurora, Barrie, Bowmanville, Brantford, Burlington, Dryden, Fort Frances, Guelph, Hamilton, Kitchener, London, Oakville, North Bay, Sarnia, Sudbury, Thornhill, Thunder Bay, Toronto, Uxbridge, Waterloo, Whitby and Windsor. Programs are offered both in-person and virtually to regions surrounding these locations.

CARERS groups are available for adult children and spouses. Respite is available at some locations to support care partner participation in CARERS groups. CARERS program eligibility now includes care partners with parents or spouses living in retirement homes or LTC.

**Visit [www.dementiacarers.ca](http://www.dementiacarers.ca) for more information about programs in your region.**





# Holiday Wishes from the BSO Provincial Coordinating Office!




## Happy Holidays

We wish you a safe and joyful new year!

*From your BSO Provincial Coordinating Office*

## Contact Us


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 1-855-276-6313

 @BSOprovOffice

 [www.brainxchange.ca/BSO](http://www.brainxchange.ca/BSO)

 [www.behaviouralsupportsontario.ca](http://www.behaviouralsupportsontario.ca)

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