

BSO Provincial Pulse

At the Heart of System Transformation

Behavioural Supports Ontario (BSO) Provincial Newsletter
Issue 15- Summer 2019



Welcome

Welcome to our Summer 2019 issue of the BSO Provincial Pulse. We hope the beautiful seasonal weather has inspired you to spend time outdoors. The benefits of taking in nature have been felt and known for centuries. One suitable activity for any level of fitness is that of forest bathing. Although physical, it is not so much about exercise but more about intentionally slowing down and taking in your natural surroundings. Selecting a special place that is meaningful such as walking through a forest, nearby park or your very own backyard can enhance the experience. Breathing in the scent of the trees, listening to the rustling sound of the breeze in the leaves, gazing at the sunlight filtering through the branches. We hope you are enjoying the simple pleasures of summer.

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BSO's Basket weaving SO easy...

Crafting is good for our health! We hope you enjoy engaging in this colourful activity of using a simple weaving technique to decorate a wood stick basket.

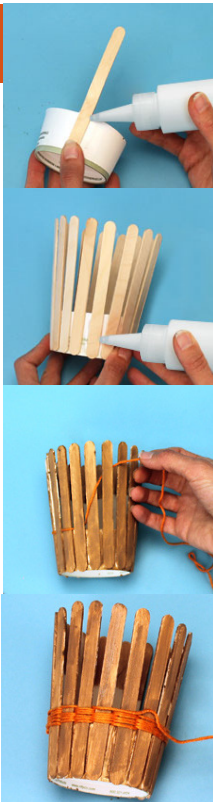
Materials:

- paint brush
- acrylic paint
- popsicle sticks
- coloured cord
- scissors
- craft glue



Steps:

1. Cut the top of a paper cup and leave about 2 inches at the bottom of the cup.
2. Glue popsicle sticks to the side of the paper cup. You will need an odd number of sticks for the weaving to be successful.
3. Paint the outside of your basket and let dry.
4. Pick a colour of cord and tie an end around one of the sticks, pressing the cord down, until it touches the paper cup.
5. Start weaving the cord around the popsicle sticks. To do this, start with the cord behind one stick, and then pull it around the front of the second stick. Bring the cord behind the third stick and continue this pattern of "over, under, over, under" weaving a pattern.
6. When you have about 3 inches of cord left, pick another color. Tie the ends together with a small knot and keep weaving.
7. When you are ready to end the weaving, cut off any extra cord. Glue the end of the cord in place.



Introducing our new Lived Experience Facilitator Team

The Behavioural Supports Ontario Provincial Coordinating Office is pleased to announce the successful candidates of our recent recruitment competition to fill our vacancy of Lived Experience Facilitator (LEF). We were presented with a unique opportunity and are fortunate to onboard both Dawn Baxter and Mary Beth Wighton into the part-time contract BSO LEF role.



Dawn Baxter
Dementia Advocate
Care Partner
Consultant

Since 2012, Dawn has worked alongside individuals living with dementia, care partners, multi-sector organizations as well as governments to help advance the rights of individuals living with dementia and their care partners.

Her consultancy work includes sharing her experiences as a care partner as it relates to such topics as quality of life, culinary experiences, and program development. She also brings her unique experiences with individuals living with young-onset dementia and individuals residing in long-term care homes.

✓ Dawn has been involved in numerous conferences as both a participant and a speaker.

She has also participated as the role of:

✓ Support Person for the Ministerial Advisory Board on Dementia for the Federal Minister of Health;

✓ Project Advisory Member for SEIU (Service Employees International Union) Healthcare, a healthcare union in Canada with more than 60,000 frontline workers, on its PSW (Personal Support Worker) Workforce Development;

✓ Participant with the development of Schlegel Villages “Living in My Today Program;” and

✓ ORCA’s (Ontario Retirement Communities Association) Dementia care toolkit.

✓ Dawn is also a founding member of Dementia Advocacy Canada and is part of its Welcoming Committee team.

Through various connections and projects and committees, she has become quite knowledgeable in authentically engaging persons with lived experience and culture change. In addition to her advocacy work, Dawn is an HR consultant in the hearing healthcare industry.

Introducing our new Lived Experience Facilitator Team - *continued*



Mary Beth Wighton
Dementia Advocate

Mary Beth Wighton is a writer, blogger, inspirational speaker, and a founding member (2012) and Chair of the Ontario Dementia Advisory Group (ODAG), an organization with the mandate to influence policies and practices to ensure that people living with dementia are included in decisions that affect their lives.

She is also a founding member and co-chair of Dementia Advocacy Canada – a national advocacy organization for people living with dementia and care partners which works as a conduit for the voices of lived experience to be heard.

Wighton was diagnosed in 2012 with probable frontotemporal dementia at the age of 45, and since then, she has become an advocate for people living with dementia, both at local and international levels. Wighton is considered a pioneer in promoting the rights of people with dementia, inspiring Canadians to work alongside particularly vulnerable and excluded people.

Her work crosses many initiatives including membership on each of the following:

- ✓ Ministerial Advisory Board on Dementia established by the Federal Minister of Health providing input into Canada's National Dementia Strategy;
- ✓ Member of the Network of expert reviewers for the Knowledge Exchange Platform of the Global Dementia Observatory;
- ✓ Member of Peer review committees, and projects funding reviewer.

Representing ODAG, Wighton has also served as a witness for the Canadian Standing Senate Committee on Social Affairs, Science and Technology for its study on dementia in Canadian society.



Congratulations to both Dawn and Mary Beth on their new role and a big welcome on behalf of our BSO family!



Ending Loneliness and Social Isolation

Research tells us that one in two individuals residing in a long-term care setting is experiencing chronic loneliness. According to the Canadian Institute for Health Information (CIHI, 2010), this can lead to a host of serious issues, including a greatly increased risk of depression, falls and dementia, associated with responsive behaviours/personal expressions, as well as increased conflict with staff.

While technology has become more advanced and is helping some residents connect more often with family, will this really get to the heart of loneliness and social isolation? All of us have a deep need for meaningful connection and purpose. Tom Kitwood used the term personhood to emphasize the importance of relationships. He wrote:

It is one of the great failures of dementia care, in the patterns that we have inherited, that the theme of relatedness has been so largely forgotten. For in the traditional institution people often lived out their lives in a kind of collective loneliness, desperately anxious in their isolation. Even today, some forms of intervention seem to have the nature of short-term fixes, without regard for lasting attachments. (Kitwood, 2013, p.3)

Fortunately, there is help. It is a large, untapped resource ready, willing and able to be of service - the residents themselves. They are entirely capable of providing psychosocial support to each other, if the right supports are in place. They are better at helping than anyone else because they have lived experience to share. All that is needed is a safe place to talk, and a little structure.

The Java Music Club and Java Memory Care peer support programs are focused on engaging residents in providing emotional support for each other. They are being used in over 1000 older adult living communities throughout Ontario, across Canada and the United States.

The programs are facilitated by recreation staff, volunteers and/or family, and involve 8-10 participants. Open-ended, emotion-based weekly topics or themes are chosen by the group, and the structure provides a safe place to open-up and learn about each other. There are lots of tears and laughter, and strong empathetic bonds develop that extend beyond the group, to the dining room and other activities.

Java Memory Care was developed for people living with moderate to advanced dementia. In supporting their peers, research is demonstrating they can actively participate and they are magnificent at it.

Dementia symptoms can make it harder to connect with others, resulting in feelings of isolation, vulnerability and fear. This heightens the need to find ways to connect and engage. Residents with advanced dementia are capable of expressing empathy and comforting others, thereby increasing their feelings of connection. Java Memory incorporates techniques such as offering one person the role of playing the windchimes to help the group relax, another of being a designated hugger, or picking a song title out of a basket, or passing a welcoming handshake, etc.

Ending Loneliness and Social Isolation - *continued*

But what about those residents that don't come to programs? The new Java Mentorship program provides team training, support and structure for pairs of residents (and volunteers) to visit residents isolating in their rooms. Research done in collaboration with the University of British Columbia and Schlegel-UW Research Institute for Aging in 10 Schlegel Village communities with over 200 participants documented a 60% increase in activity participation, a 15% decrease in loneliness, using a brief version of the UCLA Loneliness Scale (Russell, 1996), called the ULS-6 (Neto, 2014) and a 30% drop in depression scores (using the Geriatric Depression Scale Short Form - (Sheikh & Yesavage, 1986) - for those being visited *and* for those visiting.



Peer support groups and peer mentoring are used with much success throughout society, and these principles can be incorporated into any senior living community. It just takes a little imagination and a big desire to end loneliness and social isolation.

Dr. Kristine Theurer,
Founder, Java Group Programs
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www.JavaGP.com



For more information on the Java Memory Program and The Science Behind Java, be sure to check out the following documents:



Reference

Canadian Institute for Health Information. (2010). *Depression among seniors in residential care*. Retrieved from https://secure.cihi.ca/free_products/ccrs_depression_among_seniors_e.pdf

Kitwood, T. (2013). The concept of personhood and its relevance for a new culture of dementia care. In G. M. M. Jones & B. M. L. Miesen (Eds.), *Care-Giving in Dementia 2*. New York, NY: Routledge.

Neto, F. (2014). Psychometric analysis of the short-form UCLA Loneliness Scale (ULS-6) in older adults. *European Journal of Aging*, 11(4), 313-319. doi:10.1007/s10433-014-0312-1

Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity and factor structure. *Journal of Personality Assessment*, 66(1), 20-40.

Sheikh, J. I., & Yesavage, J. A. (1986). *Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version Clinical Gerontology: A guide to assessment and intervention*. New York, NY: The Haworth Press.

BSO Teams in Action – Mississauga Halton LHIN

Creativity, Collaboration and Dedication:

New Sensory Pathway space enhances quality of life for residents with dementia in the Mississauga Halton LHIN



See me,
understand me
and help me live
with respect
and dignity

At Camilla Care Community in Mississauga, Ontario, the Behavioural Supports Ontario (BSO) Team works collaboratively with team members to reduce responsive behaviours/personal expressions and enhance quality of life for residents living with dementia and mental health challenges.

“Every day is different really – the challenge is getting to know the resident, and trying to find ways to help them. That gives me joy and satisfaction,” says Michelle Beldad, BSO Team Lead.

Her colleague, BSO Team Lead Assistant Samantha Paterson, reflects that her favourite part of her role is team member education. “Once the team has an understanding of behaviours, they are able to provide care more effectively.” The BSO team has provided GPA (Gentle Persuasive Approaches) education to 24 team members, who can now integrate their learning into the care they provide.

To better support residents and team members, Executive Director Lilibeth Medina recently decided to transform an office into a BSO activity and sensory room. Inspired by the Snoezelen concept, founded in the Netherlands, which provides opportunities for both relaxation and stimulation of the senses, the BSO team set out to create their own DIY (do it yourself) version.

The word "snoezelen" (pronounced SNOO-zeh-lehn) is derived from the Dutch words for "sniff"; more figuratively, to explore or seek out (snuffelen) and doze or relax (doezelen). Traditionally, the rooms have been expensive to set up, averaging approximately \$25,000. Utilizing a DIY approach, Camilla Care Community was able to create this room for well under \$1,500.

“We’ve used materials from the hardware and dollar stores, and created an environment that we can personalize for each resident’s needs, including a sensory board, music and therapeutic sounds, lighting options and essential oils,” says Michelle. The project also brought the team closer together, as the environmental services, BSO, and nursing teams all contributed their ideas and efforts.

This room also provides a private space for one-to-one interventions, as it is a quiet reprieve for residents and team members to share conversation, or a purposeful activity. “When individuals move into long-term care, some may lose a sense of purpose and independence. Now, we can provide them with meaningful activities where they can work at their own pace, in a quiet environment, helping to restore their sense of personhood,” says Samantha.

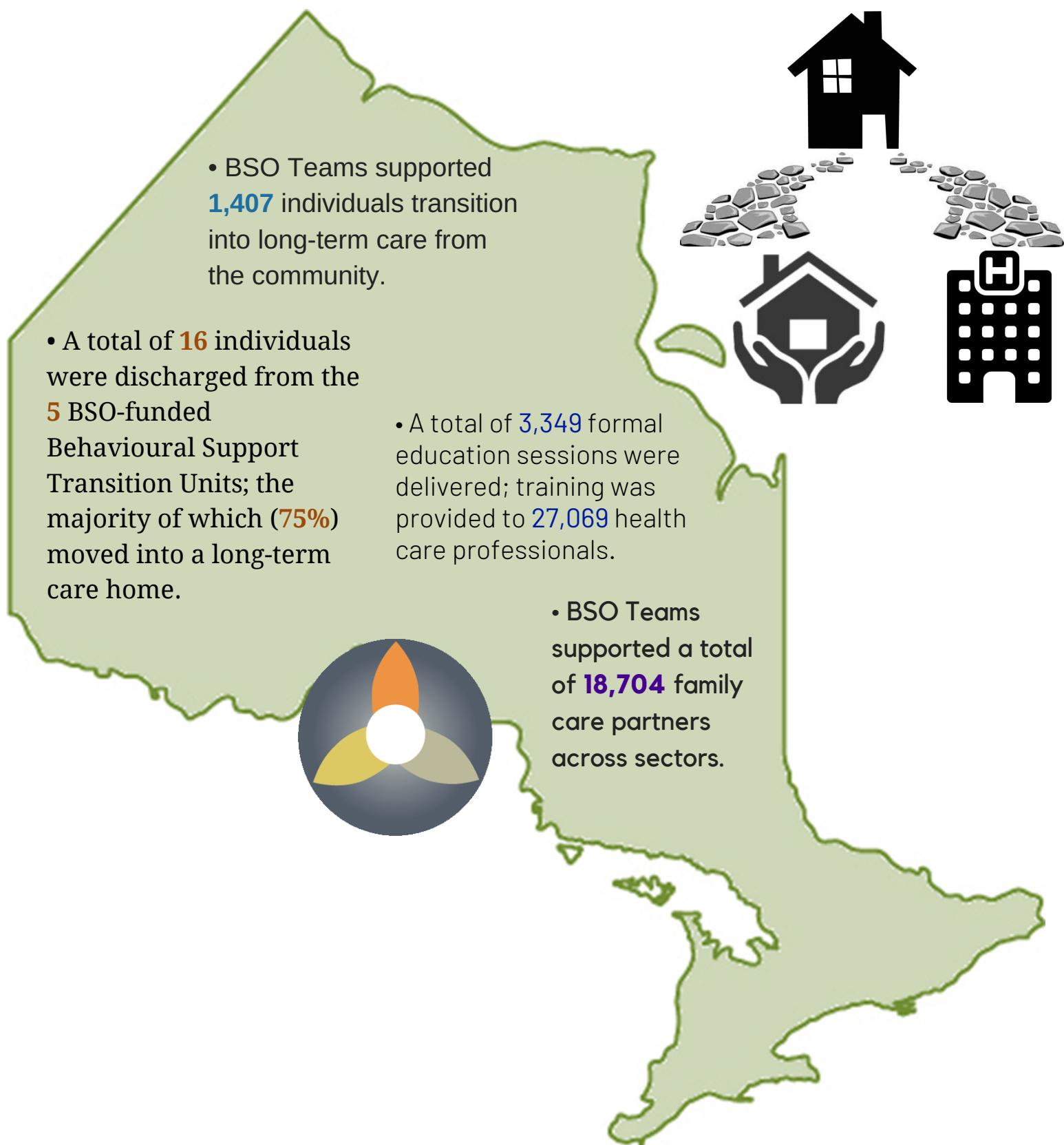
The ‘Sensory Pathway’ room opened in January 2019, and is already having a positive impact for residents. “This is more than a room, it is a space where relationships between residents and caregivers will be strengthened,” says Lilibeth. “Despite our limited space and budget, we have accomplished so much together.”



BSO Team Lead Assistant, Samantha Paterson, engages resident, Lynda in a sensory activity.

For more information on the New Sensory Pathway space in Mississauga Halton, please contact: Lilibeth Medina (Executive Director, Camilla Sienna Senior Living) at lilibeth.medina@siennialiving.ca.

Crunching the Numbers: 2019-20 Quantitative Metrics



BSO's Provincial Qualitative Stories - continued

"She loves that cat", "she is so much better than she was."

Family Member
Central East LHIN

"Thanks for letting me know my mother is getting good care; I need to hear that."

Family Care Partner
Toronto Central LHIN

"Mom has been so good lately. I can't believe how happy she is. I don't know if I have ever seen her this happy. It is so great to see."

Resident's Daughter
Central East LHIN

"You understand my mom so well."

Family Care Partner
North Simcoe Muskoka LHIN

Professional Development & Upcoming Events

Please find events to consider incorporating into your professional development or schedule some time to catch up on archived webinars.

Events Calendar

<http://brainxchange.ca/Public/Events.aspx>

Archived Webinars & Events

<http://brainxchange.ca/Public/Events/Archived-Webinars-Events.aspx>

Here are a few events for your consideration:

Archived Webinar from July 22, 2019

Wise Leadership and Culture Change: Getting Started

<https://clri-ltc.ca/resource/wise-leadership-and-culture-change/>

Webinar Date: October 8, 2019, 12:00 pm - 1:00 pm EST

Dementia Beyond Disease: Enhancing Well-Being

<https://clri-ltc.ca/events/dementia-beyond-disease-webinar/>

Webinar Date: November 26, 2019, 12:00 pm - 1:00 pm EST

Negotiating Autonomy and Risk: A Relational Approach

<https://clri-ltc.ca/events/negotiating-autonomy-and-risk-a-relational-approach/>

Event Date: October 3, 4 and 5, 2019 (At the Beanfield Centre in Toronto, ON)

This is Long Term Care 2019: Transforming Aging Together

<http://www.canadianconferenceondementia.com/>

*Please note, the Early Bird rate ends August 22, 2019.

Event Date: October 3, 4 and 5, 2019 (At the Québec City Convention Centre in Québec, QC)

10th Canadian Conference on Dementia

<http://www.canadianconferenceondementia.com/>

*Please note, the Early Bird rate ends August 22, 2019.

Event Date: October 25-26, 2019 (At the Rimrock Resort Hotel in Banff, AB)

CAGP-CCSMH Annual Scientific Meeting

Building Resilience in Seniors' Mental Health in Canada

<http://www.cagp.ca/ASM-2019>



Our lines of communication are **always** open for feedback.

Contact Information: BSO Provincial Coordinating Office



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Or visit us at <http://www.behaviouralsupportsontario.ca>

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Behavioural Supports Ontario

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