

Services to Seniors Coalition – North Shore

Co-Chairs

- Trish Alsop, *North Shore Neighbourhood House, and John Braithwaite Community Centre*
- Margaret Coates, *Lionsview Seniors' Planning Society*

About the Coalition

The **Lionsview Seniors' Planning Society** is the host agency for the Services to Seniors Coalition – North Shore. The Coalition has been operating since 1992 and is the planning table for issues facing seniors and services to seniors on the North Shore. The 50+ participating organizations and individuals represent a wide spectrum of service providers. We come together as the Coalition to network, plan services and supports strategically, and set priorities and target resources for collaborative action.

Contact the Coalition

C/o Lionsview Seniors' Planning Society
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Meeting Notes

Tuesday, September 19, 2023

12:00 pm to 1:30 pm

Amica Edgemont Village – 3225 Highland Boulevard

1. Welcome: by Trish Alsop (2 minutes)
2. Land Acknowledgement (1 minute)
3. Introductions (5 minutes)
4. Presentations – introductions Speaker:

a) **Amelia Gillies – Support and Education Coordinator,** **Alzheimer Society of BC**

September is World Alzheimer Month; in BC Alzheimer Awareness Month is observed in January. The Society serves anyone who is affected by dementia. Alzheimer's disease is one type of dementia. There are over 90 types.

[First Link Dementia Help Line](#) links people to services, support, information and education and aids in navigation of the health care system. Anyone can refer people to First Link, including self-referrals. "Why don't I get them to give you a call?" is helpful phrasing as it takes the onus from the individual whether they are people with concerns, symptoms, or a diagnosis, or their care partners. People can be referred anytime along the journey. Research shows that referrals connect people to services eleven months faster than self-referral.

First Link programs and services include:

1. **Individual support:** Ongoing support calls to help identify changing needs. [This is not counselling although it may be a helpful substitute].
2. **Dementia education:** In-person and online education workshops, on a wide variety of topics from diagnosis to end of life, including "Getting to know dementia," "Shaping the journey," the "Family caregiver series" and "Grief and loss."

3. **Support groups:** In-person and telephone groups for people in the early stages of dementia and groups for caregivers.
4. **Minds in Motion®:** A social and fitness program for people in the early stages of dementia to attend with a care partner.
5. **Information:** Including brochures, fact sheets and videos, as well as quarterly newsletters containing updates on events in your patients' area.

The First Link Bulletin is published quarterly – subscribe [here](#).

The [National Resource Library](#) is a comprehensive collection of resources.

Discussion:

- Farsi resources are coming soon
- NeuroQ, a product promoted by Dr Dale Bresenden does not have a strong evidence base.
- A new toolkit web-based entitled “[Flipping Stigma](#)” was developed as part of a participatory action research project "Reducing Stigma and Promoting Social Inclusion of People with Dementia: Putting Social Citizenship into Practice.” It was a collaboration between the Flipping Stigma Action Group, co-led by Jim Mann and Deborah O’Connor, and the Centre for Research on Personhood in Dementia research team, co-led by Jim Mann, Deborah O’Connor, and Alison Phinney.
- People with [Parkinson’s Disease](#) often develop dementia symptoms. Before a dementia diagnosis is made, other causes for symptoms must be ruled out, including hearing loss, untreated high blood pressure in middle age, depression, and effects of medication.
- By age 90, 50% of people will have some form of dementia. Only 4% of cases have been identified as having a [inherited or familial cause](#). UBC [Clinic for Alzheimer’s and Related Disorders](#) will do genetic testing but counselling should precede testing. [Information for Patients](#). [Referral Form](#).
- Risk factors for dementia are a combination of age, genetics, and environment.
- Memory loss is often cited of one of the [early signs of dementia](#). Recent research shows that crankiness can precede these signs.
- Biomarker testing is available for diagnosing dementia. Biomarkers are measurable indicators of what’s happening in the body. These can be found in blood and spinal fluid. Tests are now available to help doctors and researchers see biomarkers associated with dementia in a living person. Previously a diagnosis of dementia could only be confirmed by examination of the brain during autopsy after death.
- Terminology is important. Rather than referring to dementia, reference should be made to a major neuro-cognitive disorder which better characterizes the organ failure associated with dementia.
- The diagnostic journey begins with the primary care provider to rule out delirium, urinary tract infections, medications, trauma, or ill health as a cause of symptoms. The [Montreal Cognitive Assessment Test](#) is validated as a highly sensitive tool for early detection tool for early detection of mild cognitive impairment (MCI). [Vancouver Coastal Health Geriatric Assessment Services](#) provide short-term assessment and treatment for seniors and older adults who can no longer safely function in their daily lives. The clinic is in the West Vancouver Community Health Centre, 2121 Marine Drive. Current turnaround times are approximately 3-4 weeks from referral.

- [The Driving And Dementia Roadmap](#) provides support for the driving with dementia journey. There are sections for:
 - people with dementia who are still driving
 - people with dementia who are no longer driving
 - care partners of people with dementia
 - health care providers of people with dementia

Resources include understanding how dementia can affect driving, assessing driving, recognizing when it is time to stop driving, how to stop driving, getting around without driving, planning conversations about driving, and more. There is a complete resource package that may be [downloaded](#).

- b) **Showing of film from BEST on transportation for seniors.** (DEFERRED)
- c) **Results of Survey** (if time) – Margaret (DEFERRED)

5. Updates

- [Alzheimer Society BC](#): Amelia Gillies – Support & Education Coordinator
- [Capilano Community Services](#) – Austin Neaves
 - Austin is settling into his new role.
 - A new coordinator will be hired for My Lions Gate Break
- [Comfort Keepers](#) – Cherian Itty
- [Family Services of the North Shore](#) – Robin Rivers
 - There are monthly caregiver support meetings (onsite and virtual). Most caregivers are supporting people with dementia. One-to-one support is also offered.
 - Volunteers support caregivers and isolated seniors.
 - Christmas Bureau planning starts in October. There will be an online registration form to request gift baskets.
 - Counselling services are offered on a sliding scale.
- [Hollyburn Community Services](#) – Destiny Doherty, Mary Sorrent, Veronica Traille
 - Veronica has six new families who are new to the area.
- [Lionsview Seniors' Planning Society](#) – Lorna Goodwin, Barry Goodwin, Margaret Coates, Wallis Dixon, Vicki Dolling, Margarete Wiedmann
- [North Shore Community Services](#) – Sue Carabetta
 - The Better @ Home program has a wait list for housekeeping.
 - Elaine Smith has retired.
 - Caregiver groups are flourishing – groups are now offered in Korean as well as Farsi

- Medical drivers are needed as are walking escorts.
- [North Shore Community Services Community Housing Action Committee](#) – Don Peters
 - The pending [announcement](#) that the federal government will waive the GST on rental housing construction could be a game changer for the construction of new rental stock although developers say that the issue is more complex than that.
- [North Shore Keep Well Society](#) – Mary Ahmadi, Suzanne Slack
- [North Shore Neighbourhood House](#) – Trish Alsop
 - Food bank clients are now up to 1200 per week. Approximately 300 are seniors. No more food drives will be held.
 - Connect Day will be held at the Shipyards on October 12
 - [Redevelopment](#) planning is under way with Care BC and Catalyst. “Phase 1 of the project, in partnership with [Catalyst Community Development](#) and [Care BC](#), will feature a six-storey building with an 18-bed and 25-bed respite centre on the first floor, and 89 affordable rental units on the five upper storeys. Included in Phase 1 was locating a new home for the existing community garden; a site close by at Alder Street is currently being designed and will be run by the [North Shore Community Garden Society](#). Phase 2 will include a new [North Shore Neighbourhood House](#), providing essential community services such as childcare, youth and seniors programming, a food security program, recreational and wellness programs. The City is also working with [Hollyburn Family Services Society](#), a community service provider, as the Phase 2 non-market housing operator to support marginalized groups with sustainable and affordable housing. Phase 3 of the project will be a new park space, the goal of which is no net loss of dedicated park space to this community. ”
 - Navigators are very busy. The number one issue is housing.
- [North Shore Stroke Recovery Centre](#) – Tara Arvan
- [North Shore Volunteers for Seniors](#) – Martine Fox
 - Operates from 275 – 21st Street in West Vancouver M-F 9 am – 4:30 pm
 - Activities include Mah-jong, bridge, board games, \$5 lunch on Tuesdays, chair yoga, Nordic walking. Operates as a “second home” with a calmer atmosphere than the Seniors’ Activity Centre
- [Parkgate Society](#) – Angela Seely
 - Angela is coordinating the Social Prescribing initiative for North Vancouver City & District. [Referral form](#). “**Parkgate Services Society** is one of 19 organizations in BC funded by the Government of BC managed by the United Way to provide a **Social Prescribing** program for seniors. Chronic conditions can be exacerbated by the loneliness experienced by patients. A Social Prescribing program aims to reduce primary care visits and health care spending by addressing social determinants of health and enhancing the social connections of isolated seniors at risk of frailty. Through one-on-one support with Parkgate Services Society Community Connector, seniors are supported to overcome

barriers and access meaningful activities, services, and programs for as long as possible in their community.”

- [Silver Harbour Seniors' Activity Centre](#) – Annwen Loverin
 - Dementia Friends program meets 1-3
 - Celebrating 25th anniversary September 22 from 11 am – 2 pm. Speeches at 1 p
6. Next meeting: **October 17, 2023, The value of Seniors Centres**