



NOTES FROM ICCER

Merry Christmas and Happy New Year to everyone!

2019 has been a very busy year for ICCER and 2020 will be filled with even more events!

We started 2019 off by hosting *Responsive Behaviours Symposium VII—Building Resilience: Caring for the Care Provider*. We have *Responsive Behaviours VII—Three triggers of responsive behaviours and how to manage them: Sleep, pain and incontinence* coming up on February 19, 2020.

In April we held a new event for ICCER organizational members (and a few guests) - the first ICCER Innovation Day. The CapitalCare Dickinsfield Auditorium was packed with over a 100 ICCER members eager to share their ideas for curriculum and practice. We had oral presentations, posters, and demonstration booths. We expect Innovation Day 2020 (April 1st, no fooling!) to be even better. We will be at NorQuest College's Innovation Studio for the day. If you are an ICCER organizational or associate member, watch for more information.

In 2019 we held three Networking Events in both Edmonton and Calgary (*Inclusivity in CC*; *Giving Voice to older adults through co-created films: Learning how designed things can support the ageing process*; and *To prescribe or deprescribe: That is the question*). We already have our April 2020 events booked (more information on page 3).

In November we held our fall education event on intergenerational programming and were pleased to once more have participating sites as far east as New Brunswick! On November 27, we held our first webinar—*Sexual Expression in CC Homes* with Drs. Lisa Howard and Julia Brassolotto from the University of Lethbridge (see more information below). They will be doing a follow-up webinar in the New Year, so watch for more information! We are also offering a webinar in March 2020 with Dr. Megan Strickfaden on "Best practices in design for conjugate living."

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER

Individuals not associated with an ICCER organizational or associate membership can join the ICCER network for \$150/year.

If you are employed by one of ICCER's member organizations or associate members, you are already considered a member and are eligible for the related benefits! Individual memberships run April 1st to March 31st of each year. Please note that refunds will not be provided under any circumstance. All payments will be through our [automated payment system](#).

[Click here for more information on individual membership!](#)

OUT & ABOUT WITH ICCER

Webinar: Sexual Expression in Continuing Care Homes

ICCER offered its first webinar, *Sexual Expression in Continuing Care Homes: Perspectives of Managers, Leaders, Family Members & Residents*, on November 27. The topic was of great interest as we reached the maximum registration of 100 sites!

Drs. Lisa Howard and Julia Brassolotto (University of Lethbridge) presented the results from Phases 1 and 2 of an Alberta-wide study on sexual expression in supportive living and long-term care homes. Participants discussed the research findings as well as the recommendations for a coordinated, multi-level response that includes care homes and the broader continuing care sector. **If you are an ICCER member and missed the webinar, you can watch it on the ICCER website under the Members-only Area.**

SAVE THE DATE!

Responsive Behaviours Symposium 2020

Our 8th annual Responsive Behaviours Symposium will be held on **February 19, 2020** with a focus on a few issues that often lead to behaviours in continuing care: sleep, pain and incontinence. *Registration will open in January!*



Dr. Cary A. Brown has a professional degree in OT and received her PhD in primary care/medical sociology from the University of Liverpool in the UK. Currently she is a professor in the Faculty of Rehabilitation Medicine at the University of Alberta. Cary has practiced as an OT, department supervisor and academic in Canada, Saudi Arabia, and the UK. Her research program focuses on chronic pain, non-pharmacological interventions for sleep deficiency, and knowledge translation.

- **Sleep & Dementia 101**—Review of basic sleep physiology as it relates to the environment. This information will give participants an evidence-based foundation to use environmental modifications to improve sleep of older adults with dementia.
- **Pain & Dementia: Myths & Realities**—Review of the relationship between pain and dementia, the enduring myths about pain in this population, and basic evaluation tools. Participants will also receive information about pragmatic strategies to reduce the risk of pain for those living with dementia.



Eve Baird is a Bachelor of Social Work student at St. Thomas University, where she also completed a Bachelor of Arts in Gerontology in 2016. Eve worked in LTC for 3 years as an Activity Director specifically with persons living with dementia. She received the SPARK grant from the Centre for Aging and Brain Health Innovation and the New Brunswick Health Research Foundation in 2018 and facilitated a research project on The Sleep Kit.



Dr. Janet Durkee-Lloyd has a wide range of experience in both studying and working in the field of aging. Her research interests include investigating the information seeking behaviours of older adults. These findings are used to inform policy makers on how to design 'age friendly' access to services and programs in the province. In addition, she has been an active member of the research team studying non-pharmacological approaches to improving the sleep quality of persons with dementia.

- **The Sleep Kit**—A non-pharmacological approach to improving the sleep quality of older adults who are living with dementia.



Dr. Kathleen F. Hunter is a Professor with the Faculty of Nursing, University of Alberta and Nurse Practitioner with specialization in gerontological and continence nursing. She also maintains a clinical practice at the Glenrose Continence Clinic. Research interests include: lower urinary tract symptoms in older adults and links to falls risk and cognitive impairment as well as hospital care and transitions for older persons. Kathleen is an active member of the International Continence Society currently serving on the Scientific Committee. In May 2019, she was Co-Chair for the 2019 CGNA Biennial National Conference and is a long-term member the Alberta Gerontological Nurses Association.

- **Toileting needs as responsive behaviours in older persons living with dementia**—The concept of toileting needs as potential unmet needs triggering responsive behaviours will be explored. Recent research and best practices in continence care for persons living with dementia will be discussed, including practical strategies for staff to use in supporting residents and families.



Verdeen Bueckert is a Registered Nurse with a Masters in Leadership, and a passion for innovation and system improvement. She has supported the Appropriate Use of Anti-psychotics in LTC, the collaborative practice model of nursing care and Elder Friendly Care in hospitals, and provincial implementation of the Restraint as a Last Resort policy. Verdeen currently leads the Pain & Mood Project, sponsored by the Seniors Health Strategic Clinical Network.

- **10 Paradigm Shifts about Responsive Behaviours & Pain**—Pain in older adults is multifactorial and is complicated by factors such as low mood and depression, immobility, and medication side-effects. Persons with dementia often express pain through responsive behaviours, resulting in potentially inappropriate prescribing of antipsychotics, benzodiazepines, sedatives, and antidepressants. The Pain & Mood Project promotes holistic and innovative approaches to improve comfort, mood and wellbeing of older adults in LTC and DSL.

SAVE THE DATE! CONT'D

April Networking Events

We've already begun planning for our April 2020 events! The topic for the Networking Events will be *Caregiver-Centred Care* with speakers Dr. Jasneet Parmar and Sharon Anderson.

- **April 16, 2020—Edmonton**
- **April 20, 2020—Calgary**

Walk with Me: Changing the Culture of Aging in Canada

Walk with Me 2021 will be held in **Calgary, AB** on **April 22-23, 2021**, co-hosted by the Schlegel-UW Research Institute for Aging and CapitalCare.

The biennial conference brings together older adults/residents, care providers, educators, policy makers, students and researchers from all over Canada to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

MEET OUR MEMBERS

Adriana Rios Rincón (PhD) is one of the newest members of the ICCER Steering Committee. She is an assistant professor of the Department of Occupational Therapy at the University of Alberta and an AGE-WELL network investigator. Her current research is devoted to investigating the use of assistive technologies to assess and promote cognitive skills and engagement in play in individuals with motor and cognitive impairment, including those living with dementia. She is also interested in exploring the use of information and communication technologies and artificial intelligence to support decisions about transitions across the continuum of care in older adults and individuals with disabilities.



We asked Adriana a few questions about herself as well as her involvement with ICCER.

Tell us a little about yourself. What are your favourite activities to do outside of work?

I really enjoy physical activity and music, so my favourite activities to do outside of work are dancing and working out.

What has surprised you most about working with ICCER?

I have been involved with ICCER since 2013. During my PhD studies, I worked as a research assistant at ICCER conducting literature reviews on issues related to continuing care. I learned a lot in this role! I was surprised how authentically committed ICCER is to informing policy and improving practice based on scientific evidence, and I was so happy to help with this. I recently joined ICCER again as an assistant professor representing the Faculty of Rehabilitation Medicine at the University of Alberta. I am very excited to contribute to ICCER's mission in this new role!

What do you wish other people knew about ICCER?

I wish other people knew that ICCER develops many strategies for networking in which researchers and knowledge users meet each other and build collaboration.

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BECOME AN ASSOCIATE MEMBER OF ICCER

Who is eligible for Associate Membership? Organizations with an interest in supporting and improving continuing care in Alberta, but who are not continuing care provider organizations, post-secondary institutions, or regulatory bodies.

What are the benefits of Associate Membership? Benefits are similar to, but not as extensive as those for Organizational Members. Associate Members will not participate in the governance of ICCER but will receive...

- The opportunity to network and collaborate with like-minded organizations in both formal and informal ways;
- The ability for researchers and providers to discuss continuing care research needs;
- The opportunity for staff to join meaningful Communities of Practice (CoPs) in order to learn and collaborate;
- Limited free attendance to all ICCER events (no more than 5 registrations in-person or webinar link/event), unless a charge is required, in which case members pay a reduced fee;
- Pre-registration for major education events;
- Resources and information sent weekly;
- Associate Members-only website that includes knowledge synthesis documents (to help inform best practice), CoP information, ICCER event summaries, and publications that most organizations would not otherwise be able to access; and
- The monthly e-Newsletter

[Click here for more information on Associate Membership!](#)

JOIN OUR COMMUNITIES OF PRACTICE

ICCER started a Music Care Community of Practice (CoP) in fall 2016 and recently added a CoP for Educators and Best Practice Leads in continuing care, as well as a collaborative working group for various continuing care policies. All ICCER organizational and associate members are welcome to participate!

- **Music Care CoP**—To help members become more aware of the music care options and resources available to them, as well as discuss issues related to implementing music in care.
- **Continuing Care Educators CoP**—An opportunity for members to share resources, discuss strategies for integrating knowledge to practice, and explore the connection between curriculum and clinical education/practice.
- **Policy Working Group**—ICCER has started a collaborative working group for organizational members to work together on policies, procedures and forms in hopes of making the audit process easier and more consistent. The group will be starting with Continuing Care Health Service Standard #16. **The next meeting will be held via teleconference on January 8, 2020.**

If you are from an ICCER member organization or associate member and are interested and willing to participate in one of these groups, please contact ICCER's Program Coordinator, Emily Dymchuk (emily@iccer.ca).

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SIGN-UP FOR FUTURE EVENT INVITATIONS!

If you would like to receive future email invitations to ICCER events, **click on the link** to be added to our distribution list!

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RESEARCH RECRUITMENT

Graduate student at the University of Lethbridge, Czarina Bonifacio, is conducting a research study under the supervision of Dr. Monique Sedgwick. The study will explore the experiences of chronic physical pain among Health Care Aides in the workplace. She is hoping to recruit Health Care Aides who work in residential care homes to participate in this research project. *See the poster below for more information!*

ATTENTION:
HEALTH CARE AIDES

Do you work in **HOME CARE?**
(e.g., private residences or retirement homes)

Are you experiencing **CHRONIC PHYSICAL PAIN?**
(e.g., back pain, arthritis, neck pain, headache,
endometriosis, fibromyalgia, nerve pain, pelvic pain...)

Would you be willing to talk about your experiences?

I am looking for participants to take part in a research study that explores experiences related to chronic physical pain. The study requires an in-person or telephone interview that will last 45 to 60 minutes. Participation in the study is voluntary and confidential. You will receive a \$5.00 Tim Hortons gift card as a token of my appreciation for your time and participation in the study.

Sharing your experiences has the potential to inform policymakers, employers, and other health care providers on how to best support and accommodate those experiencing chronic physical pain in the work setting. If you are interested in participating, please don't hesitate to contact me.

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This study has been reviewed and approved by the Health Research Ethics Board at the University of Alberta (Pro00092371).



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