

# LET'S TALK ABOUT DEMENTIA



**Host: Diana Vincze, Pallium Canada**

**Presenter: Claire Webster, PAC, CPCA**

**Date: January 23rd, 2025**

# Territorial Honouring



# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected: [www.echopalliative.com](http://www.echopalliative.com)**

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



# LEAP Core

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Taught by local experts who are experienced palliative care clinicians and educators.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) who provides care for patients with life-threatening and progressive life-limiting illnesses.
- Accredited by CFPC and Royal College.



Learn more about the course and topics covered by visiting

[www.pallium.ca/course/leap-core](http://www.pallium.ca/course/leap-core)



# Introductions

## Host

**Diana Vincze**

Palliative Care ECHO Project Manager  
Pallium Canada

## Presenter

**Claire Webster, PAC, CPCA**

Certified Dementia Care Consultant (PAC)

Certified Professional Consultant on Aging (CPCA)

Founder, Ambassador and Lecturer, Dementia Education Program, McGill University

Founder and President, Caregiver Crosswalk Inc.

# Welcome and Reminders

- For comments and introductions, please use the chat function!
- For questions, please use the Q&A function, these questions will be addressed at the end of the session.
- This session is being recorded—this recording and slide deck will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session.

# Conflict of Interest

## Pallium Canada

- Non-profit
- Partially funded through a contribution by Health Canada
- Generates funds to support operations and R&D from course registration fees and sales of the Pallium Pocketbook

## Host/Presenter

- Diana Vincze: Nothing to disclose
- Claire Webster: Consulting on patient/caregiver experience:  
Hoffmann La Roche Canada Ltd.  
Eisai Canada Inc.,  
Eli Lilly Canada Inc.

# Let's Talk About Dementia!

## Understanding and Navigating the Impact on the Person and the Caregivers



Presented by  
**CLAIRE WEBSTER**, PAC, CPCA  
January 23, 2025



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# Disclosures

## Claire Webster

Certified Dementia Care Consultant (PAC)

Certified Professional Consultant on Aging (CPCA)

Founder and Ambassador

Dementia Education Program, McGill University

Founder and President

Caregiver Crosswalk Inc.

Member

Government of Canada's Advisory Board on Dementia

Consulting on patient/caregiver experience:

*Hoffmann La Roche Canada Ltd.*

*Eisai Canada Inc.,*

*Eli Lilly Canada Inc.*



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# Learning Objectives

- Provide an overview of the signs and symptoms of dementia; how the disease impacts memory, behavior, personality as well as activities of daily living throughout the early, middle and late stages.
- Explain the emotional and physical impact that caring for a person living with dementia has on family members, how to identify caregiver burnout and provide strategies to minimize stress.
- Recognize caregiver limitations when it is no longer possible to keep a person living with dementia at home and understand how to advocate for care.
- Provide an overview of the comprehensive free resources offered by McGill University's Dementia Education Program.



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# Multidisciplinary Team Throughout the Journey of Dementia

- Primary Care Physician
- Geriatrician
- Neurologist
- Nurse
- Physical and Occupational Therapist
- Social Worker
- Psychologist / Psychiatrist
- Dentist
- Nutritionist
- Other (Notary, Lawyer, Banker, etc.)



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# My Caregiver Journey

As a result of my **personal experience** caring for my late mother, Vieno, who was diagnosed with Alzheimer's disease in 2006, I understood first-hand the importance of **educating** and **supporting** informal caregivers to help them understand the challenges of caring for a person with dementia.



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# *“GOOD LUCK MRS. WEBSTER”*

The **PRESCRIPTION OF CARE** that we received in September 2006 after announcing that she had Alzheimer’s disease.



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# The Ripple Effect of Dementia



- Person living with dementia
- Caregiver
- Caregiver's family
- Employment
- Social life
- Finances
- Health care system



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# Advocate

As the disease evolves and the person living with dementia loses their ability to communicate and represent themselves, the caregiver becomes their voice to ensure that they receive the best care possible.



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# Providing Care

**Providing care** for someone with dementia requires:

- **Patience**
- **Creativity**
- **Empathy**



The ability to **step outside your personal needs and logic** to understand **why a certain behaviour is happening**. Be prepared that things may not work out as you had hoped.



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# Knowledge is the Most Powerful Resource



People living with dementia and their care partners need to be educated on the disease and its progression. This includes understanding how to deal with responsive behaviours and learning about resources available in the community that can provide support.



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# Seeking Support from McGill University

I became a **passionate advocate** for dementia care and pursued training and volunteer opportunities, sharing my story and connecting with other caregivers.

In 2017, I met with **Dr. David Eidelman**, former Dean of McGill's Faculty of Medicine and Health Sciences and asked him to help me **change the healthcare system**.



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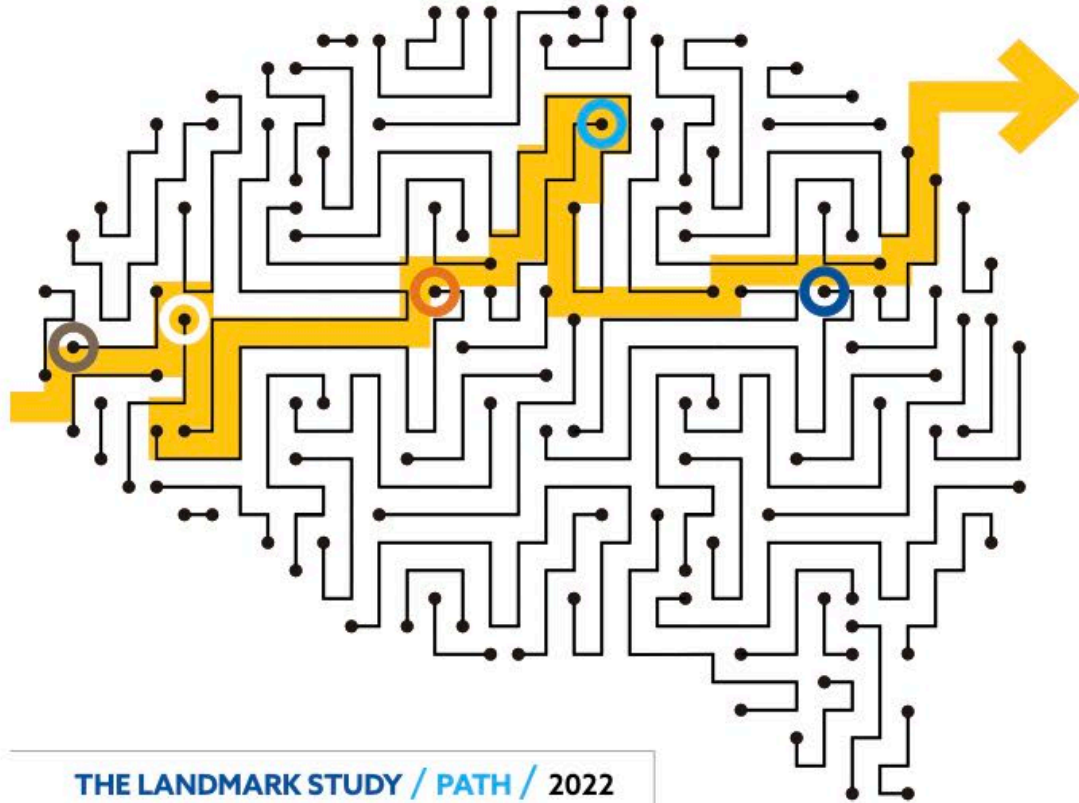


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REPORT

1

NAVIGATING THE PATH  
FORWARD FOR  
DEMENTIA IN CANADA

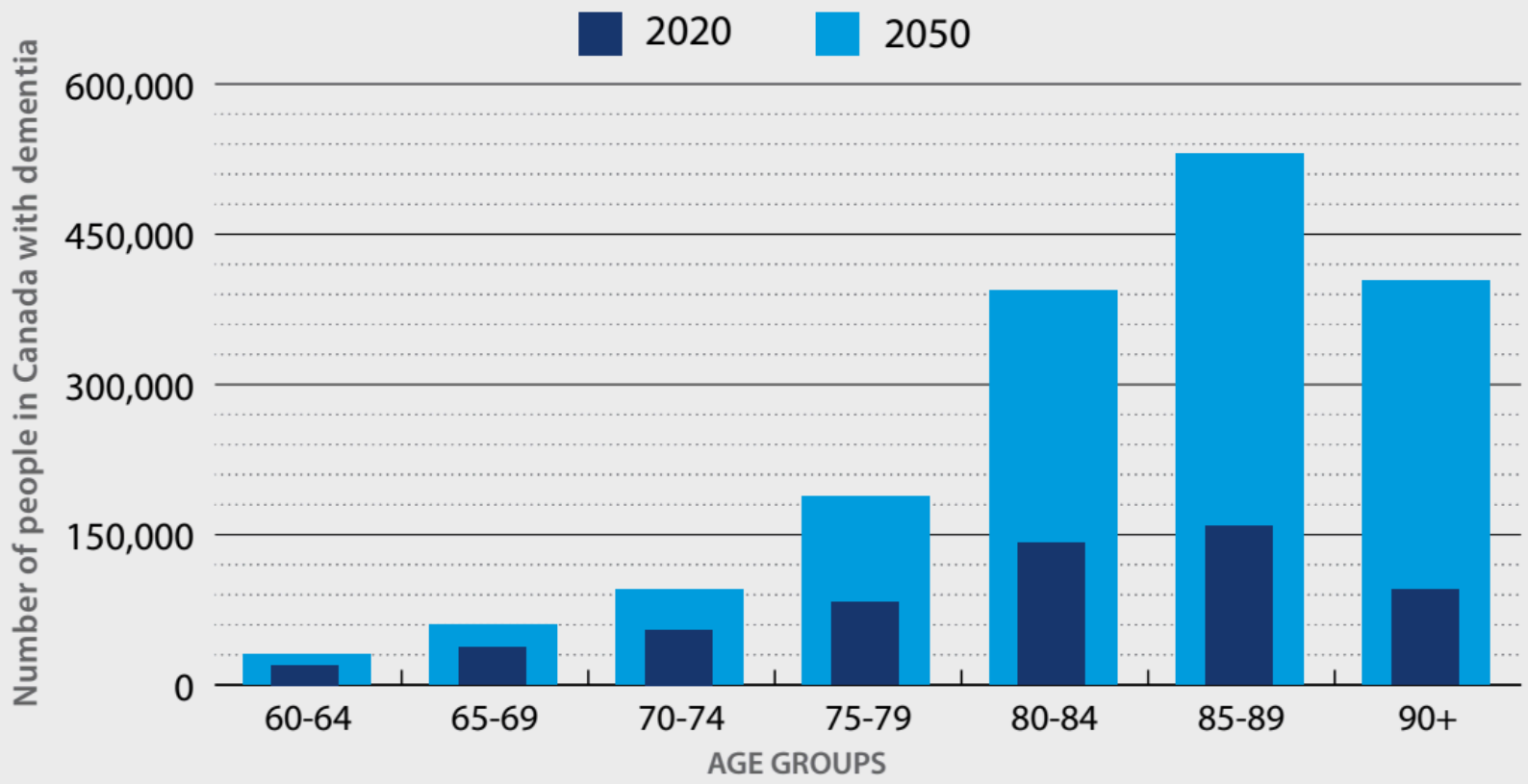


THE LANDMARK STUDY / PATH / 2022

# THE CURRENT DIRECTION OF DEMENTIA IN CANADA

By 2050, 1.7 million  
Canadians will be  
living with dementia,  
almost triple the  
number in 2020

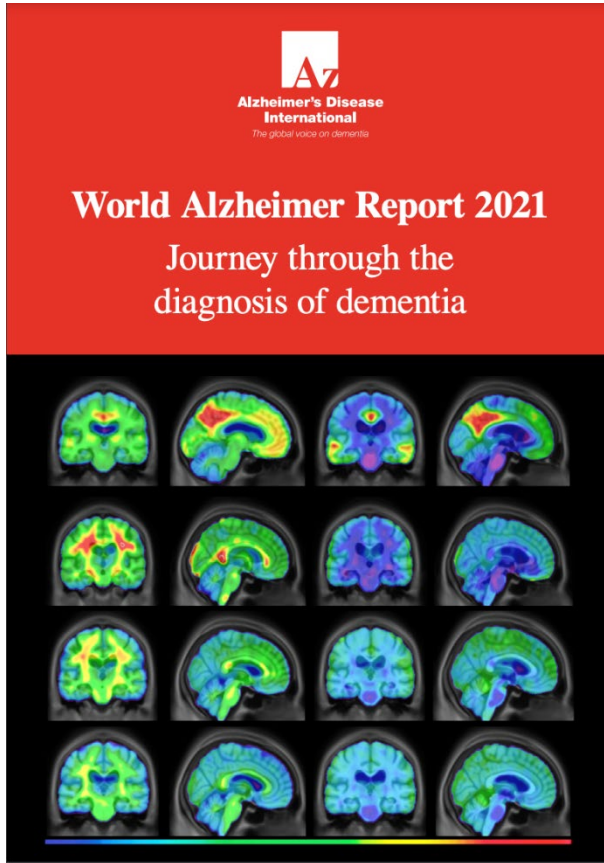
Figure 2. Number of people in Canada with dementia by age group, 2020 and 2050



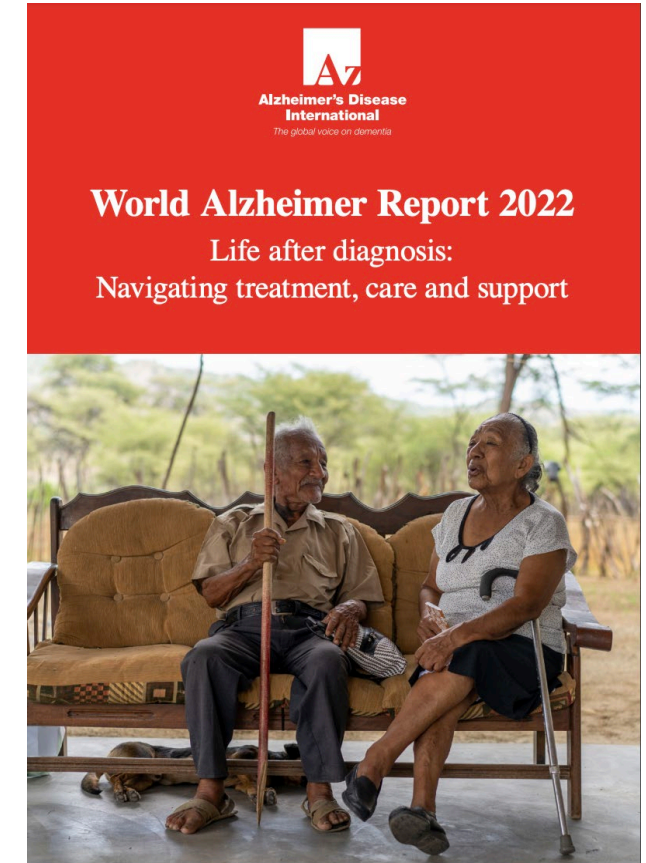
|   | 2020           | 2050             |
|---|----------------|------------------|
| Total number of people living with dementia | <b>597,300</b> | <b>1,712,400</b> |



# World Alzheimer Reports

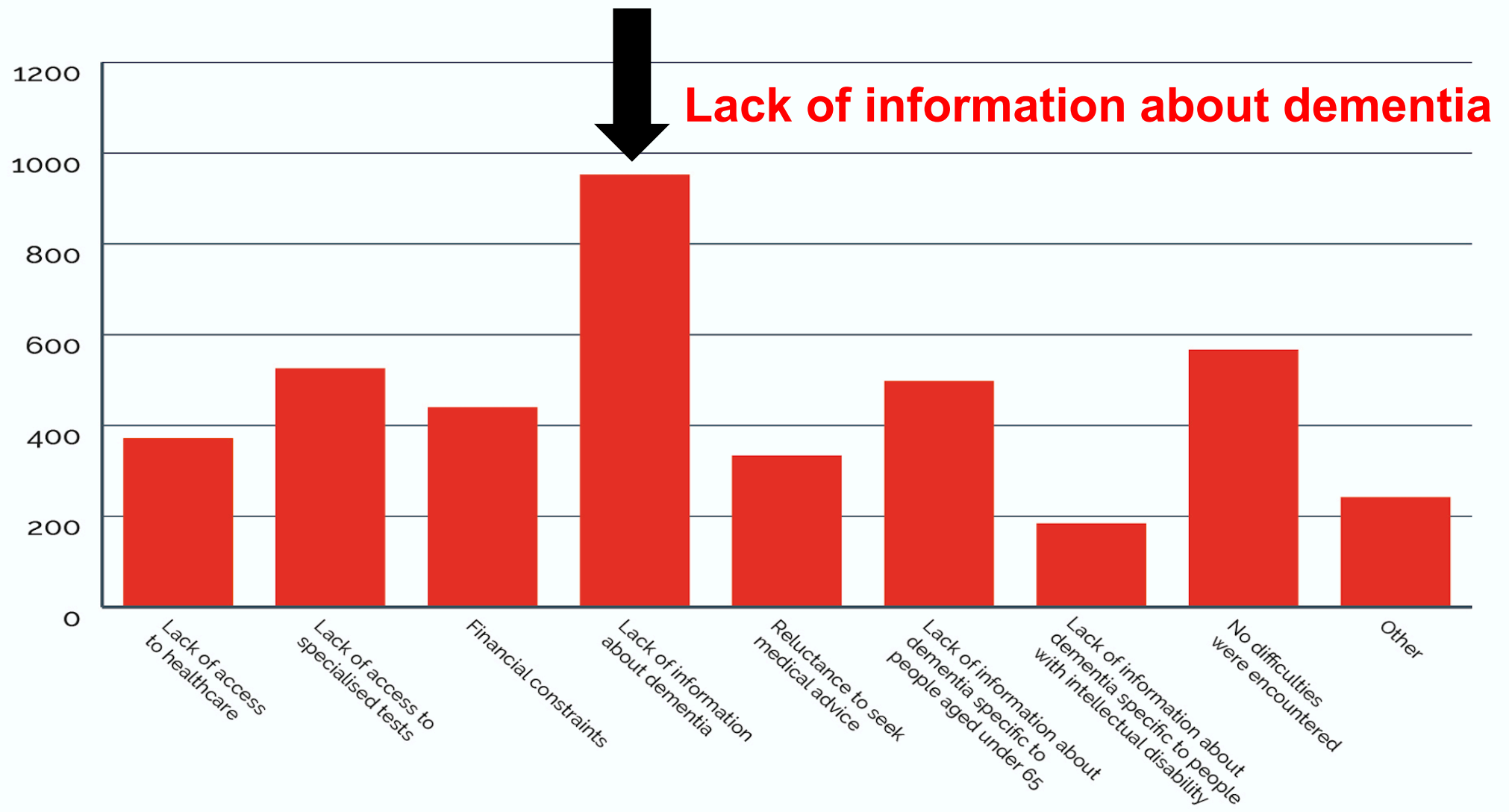


McGill University was commissioned by Alzheimer's Disease International to deliver the World Alzheimer Reports on the crucial and inter-related topics of diagnosis (2021) and post-diagnostic support (2022).



Free to access and download at [www.alzint.org](http://www.alzint.org)

# What difficulties were encountered as part of receiving the diagnosis of dementia?



Based on 2021-2022 survey results from carers.



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Based on information from 2021-2022 World Alzheimer Reports

## Gaps in Education for Persons Living with Dementia and their Carers:

- Signs and symptoms of dementia
- Importance of seeking a diagnosis to ensure best quality of life and care as well as requiring a diagnosis to implement future financial, legal and advance care planning wishes
- The pathway to receiving a diagnosis
- Managing challenging/responsive behaviours using non-pharmacological approaches
- Safety concerns
- Leisure activities and cognitive stimulation therapies to enhance health and wellbeing
- Knowledge about and accessing support services from community organizations and government agencies
- Carers recognition of their own limits and ability to cope with overwhelming feelings of guilt, anger, and anticipatory grief



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# Dementia

is an umbrella term for several diseases affecting memory, cognitive abilities and behaviour that interfere significantly with a person's ability to maintain their activities of daily living.



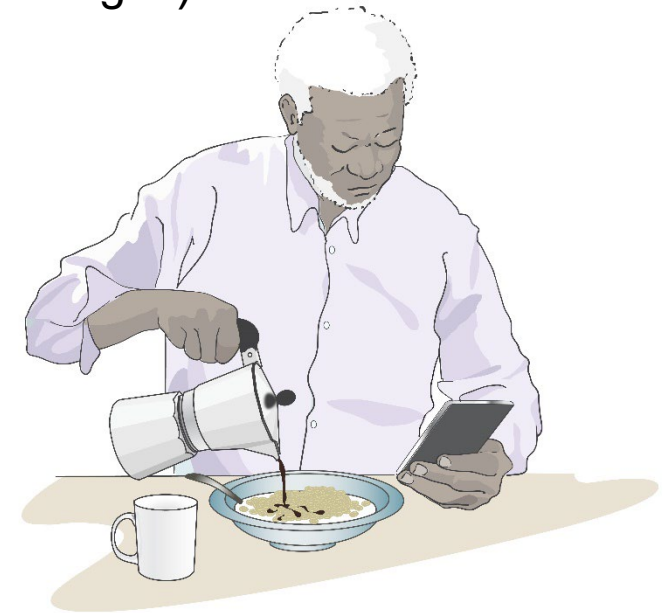
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# A Few Warning Signs of Dementia, as Per My Personal Experience with My Mother

- Personality / behavior changes (lack of filter, emotional roller coaster, lack of social skills, insensitivity, etc.)
- Believing or seeing things that are not true (conspiracy theories & hallucinations)
- Struggling with vocabulary and forming sentences (reverting to mother tongue)
- Excessive hoarding
- Vision and mobility changes
- Easily distracted and difficulty following conversations
- Forgetfulness and confusion – items and people
- Loss of logical thinking = Unable to manage finances
- Significant changes in handwriting
- Difficulty with activities of daily living (preparing recipes)
- Repetitive speech or actions



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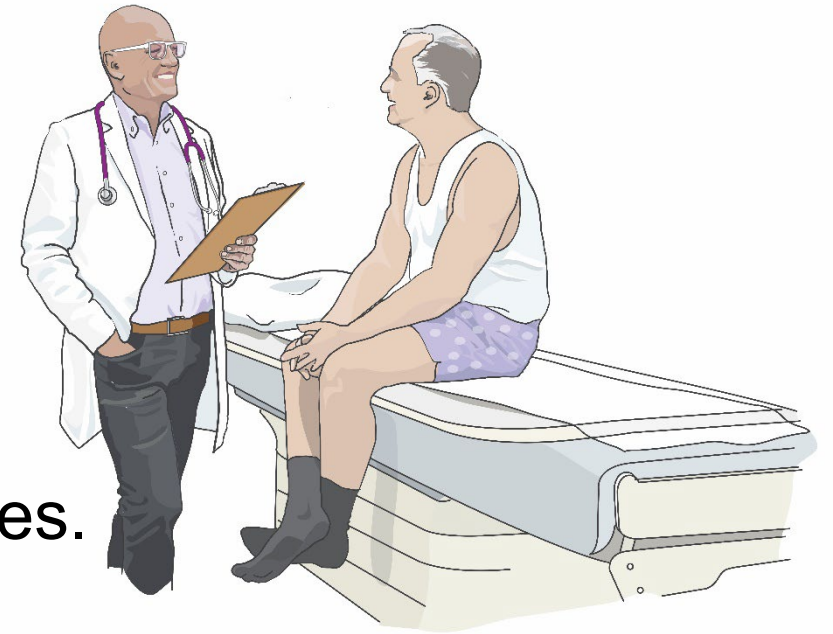






# Clinical Work Up - Arrive Prepared for Your First Doctor's Appointment

- Medical history
- List of medications
- List of symptoms and concerns – *this list should ideally be sent ahead of the appointment.*
- List of all audio, visual and physical aids
- Ask for clear next steps
- Ask about risk of driving and managing finances.
- Ask for information about the disease and resources



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# Supporting Patients and Caregivers After A Diagnosis of Dementia

## SUPPORT

- Understanding the Disease
- Physician Guidance
- Patient-Centered Care
- Communication Strategies
- Legal and Financial Plan
- Caregiver Support
- Treatment Options
- Clinical Trials and Research Opportunities
- End-of-Life Care



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# Journey of Caregiving After the Diagnosis of Dementia

## CHALLENGES

- Anosognosia
- Lack of Education about Dementia
- Communication Challenges
- Behavioural Changes
- Emotional Impact
- Financial Stress
- Isolation



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# Anosognosia

A lack of awareness about their condition; they may appear indifferent or unconcerned.



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# Agitation Associated with Dementia Due to Alzheimer's Disease Includes Behaviours Across Three Domains:

## Verbally Agitated Behaviors

- Complaining
- Constant unwarranted request for attention or help
- Repetitive sentences or questions
- Negativism

## Physically Nonaggressive Behaviors

- Pacing, aimless wandering
- General restlessness
- Inappropriate dress or disrobing
- Trying to get to a different place
- Handling things inappropriately
- Performing repetitive mannerisms

## Aggressive Behaviors

- Screaming
- Biting
- Hitting
- Kicking
- Hurting self or others
- Cursing or verbal aggression
- Pushing
- Scratching
- Throwing things
- Spitting
- Tearing things/destroying property
- Grabbing onto people

Source: International Psychogeriatric Association

<https://www.ipa-online.org/>



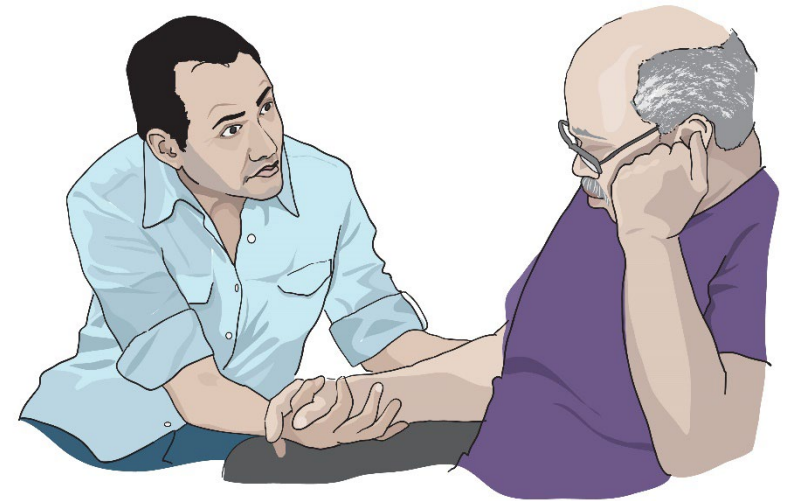
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# Understanding and Responding to Challenging and Unexpected Behavior

- Do you know the person's life story? Their likes and dislikes?
- What, why and when is it happening? (health/wellness, the person, environment, time, people/relationships, brain changes).
- Pick your battles and “join their journey”; if what they are doing or saying is not harmful, let them be.
- Let go of what was and evolve/adapt to what is.
- Embrace and encourage them to continue doing everything they still can.
- Be a detective and not a judge. Are there any unmet physical or emotional needs?
- Use the compassionate lie to avoid catastrophic responses.
- Care partners, how is your mood and energy?



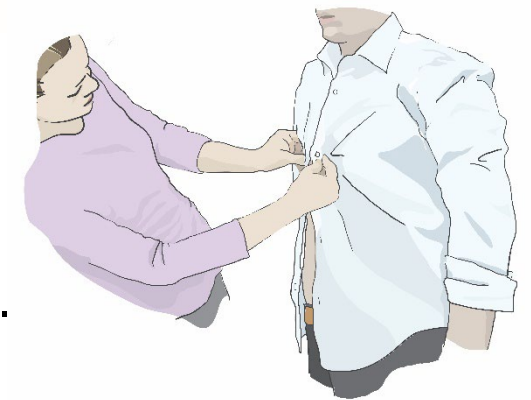
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# Activities of Daily Living Provided by Family Care Partners without any Formal Training

- Eating
- Bathing
- Dressing
- Transferring
- Toileting
- Walking or moving around



Plus management of medication as well as other medical needs.



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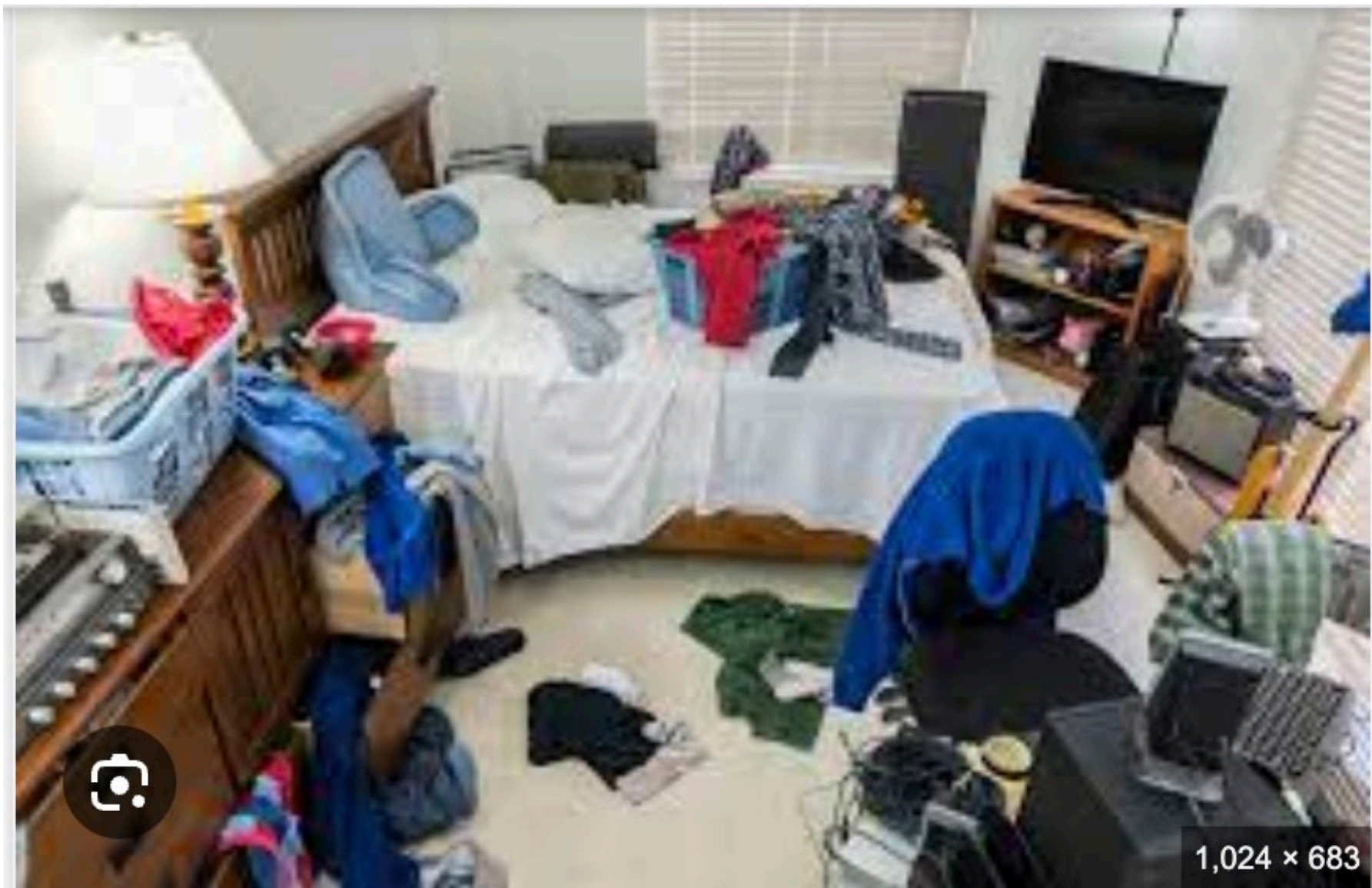
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**Preventing Falls and Injury**





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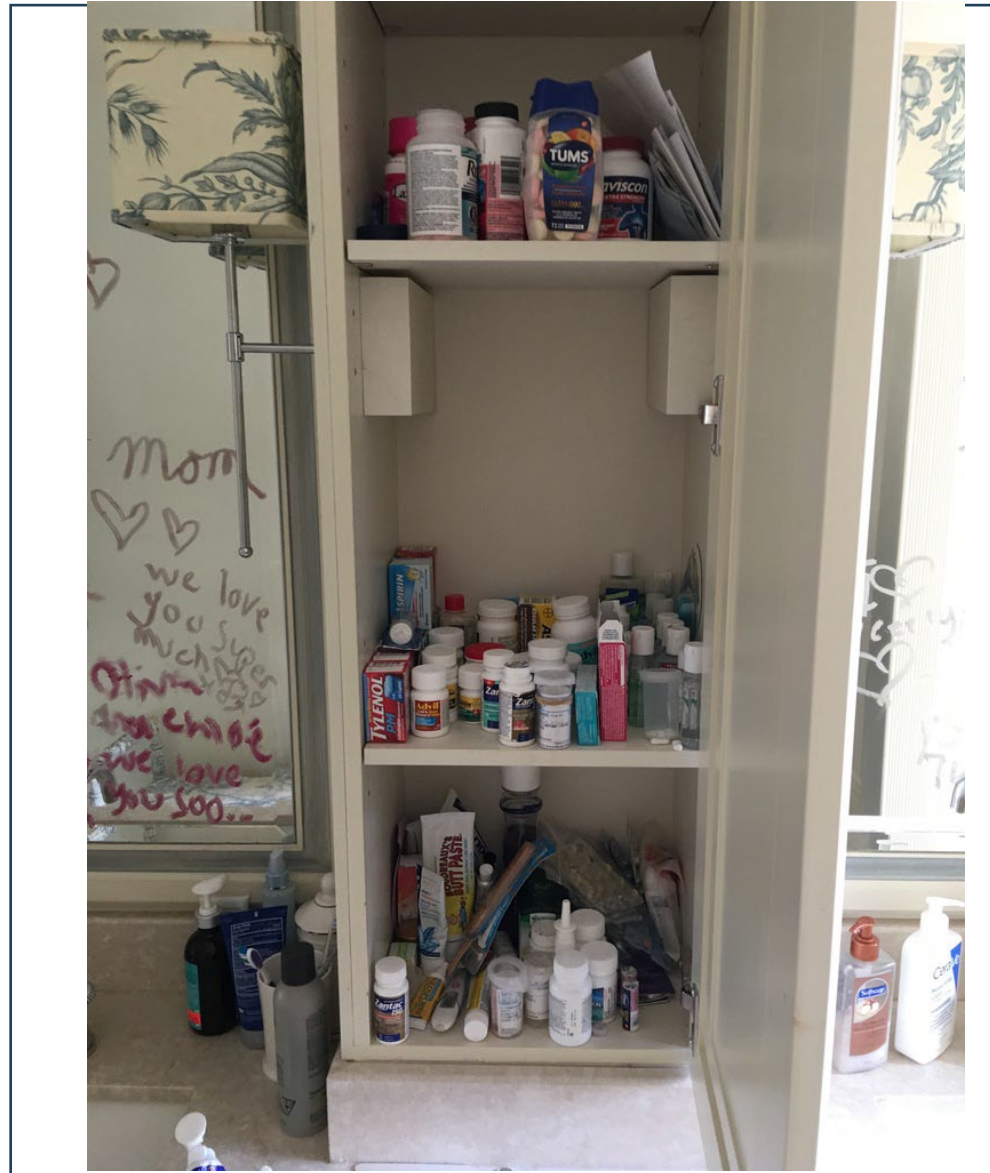




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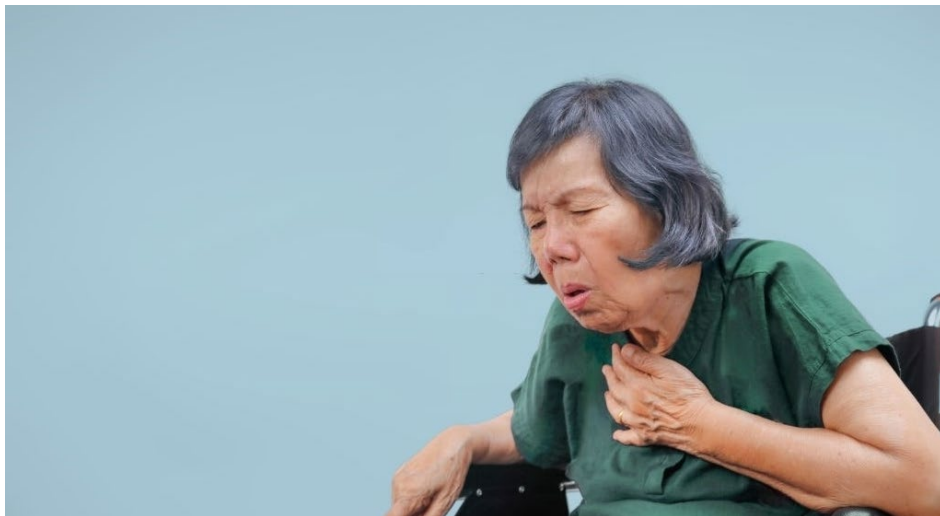


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# The Impact of Dementia on Eating

## Physical Challenges

- **Difficulty Chewing and Swallowing (Dysphagia):** As dementia progresses, some individuals may have difficulty chewing or swallowing, which can lead to choking or aspiration (food entering the airway).
- **Decreased Motor Skills:** Fine motor skills decline, making it difficult to use utensils or bring food to the mouth.



## Sensory Impairments

- **Changes in Taste and Smell:** The ability to taste and smell can diminish, making food less appealing.
- **Visual Impairments:** Difficulty seeing can make it hard to identify food on the plate or navigate eating utensils.

## Nutritional Issues

- **Weight Loss and Malnutrition:** These are common due to reduced food intake, difficulty eating, and increased energy needs from physical agitation or wandering.
- **Dehydration:** Forgetting to drink or not feeling thirsty can lead to dehydration, exacerbating cognitive and physical symptoms.



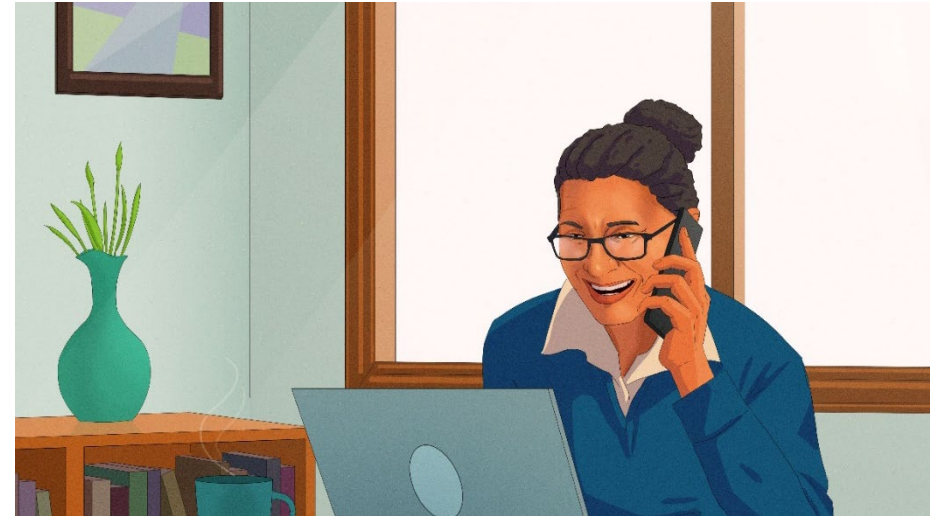
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While technology has certainly made some aspects of our lives easier, it has also made it easier for scammers to operate. That's because our contact information is so readily available to anyone around the world. Imagine it like a stranger walking through your front door without being invited. You can be contacted by phone, text, email or post. As a person with dementia, and with support from your care partners, there are steps you can take to help prevent this from happening to you.



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## Hitting the brakes on driving

Reading signs, anticipating traffic lights, keeping a steady foot on the accelerator or brake pedal and being aware of other cars, pedestrians and cyclists - so many details about driving requires one's full attention as well as good reflexes. Dementia affects these skills as memory, depth perception, psychological and physical response rates may be altered or slowed.



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# Wandering

A person can wander in, around, about...or off. Wandering off is a dangerous reality that can adversely affect a person with dementia. Though most often seen in the later stages, it can happen at any time. It is usually an indicator of your declining ability to recognize time, familiar faces or places.



## GPS locators

Should you lose your way, these devices alert your family and let them know where you are. If you and your care partners agree to use this type of device, it could go a long way to bolstering your independence and reducing their stress and anxiety when you are out and about.



**It is highly recommended that you register in the MedicAlert® Safely Home® program.** This partnership between the MedicAlert Foundation Canada and the Alzheimer Society of Canada has produced a unique MedicAlert bracelet that displays your medical condition and a 24-hour emergency hotline. When calling the emergency number, first responders or police can access your complete medical history and your emergency contact information.



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# The Impact on Families When There Is a Dementia Diagnosis

1. **Emotional Strain:** Family members often experience grief, sadness, anger, guilt, and confusion as they adjust to the diagnosis.
2. **Role Reversal:** Adult children may assume parental responsibilities, which can feel unnatural and stressful.
3. **Financial Stress:** The costs of care, medications, and potential loss of income can burden the family.
4. **Changes in Family Dynamics:** Decision-making roles may shift, potentially causing tension or disagreements.
5. **Increased Stress:** The constant care needs can exhaust family members physically and emotionally.



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# Why Am I So Angry?

- How could this have happened to my...?
- How could this have happened to ME?
- Our plans for our/my future are interrupted/over.
- How will I cope/care - I don't have the patience or energy for this!
- **WHY ARE THEY ACTING THIS WAY?!**
- How will we afford care?
- What about MY life?
- I can't stand my... and now have to care for ...!



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# Common Caregiver Emotions & Coping Mechanisms

- Denial
- Guilt
- Anticipatory Grief
- Isolation and Stigma
- Anger
- Shame

**YOU ARE NOT ALONE!**



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Find acceptance and avoid denial...

Let go of who the person used to be and embrace everything that they still can do.

*“Many thanks but we are just not there yet.”*

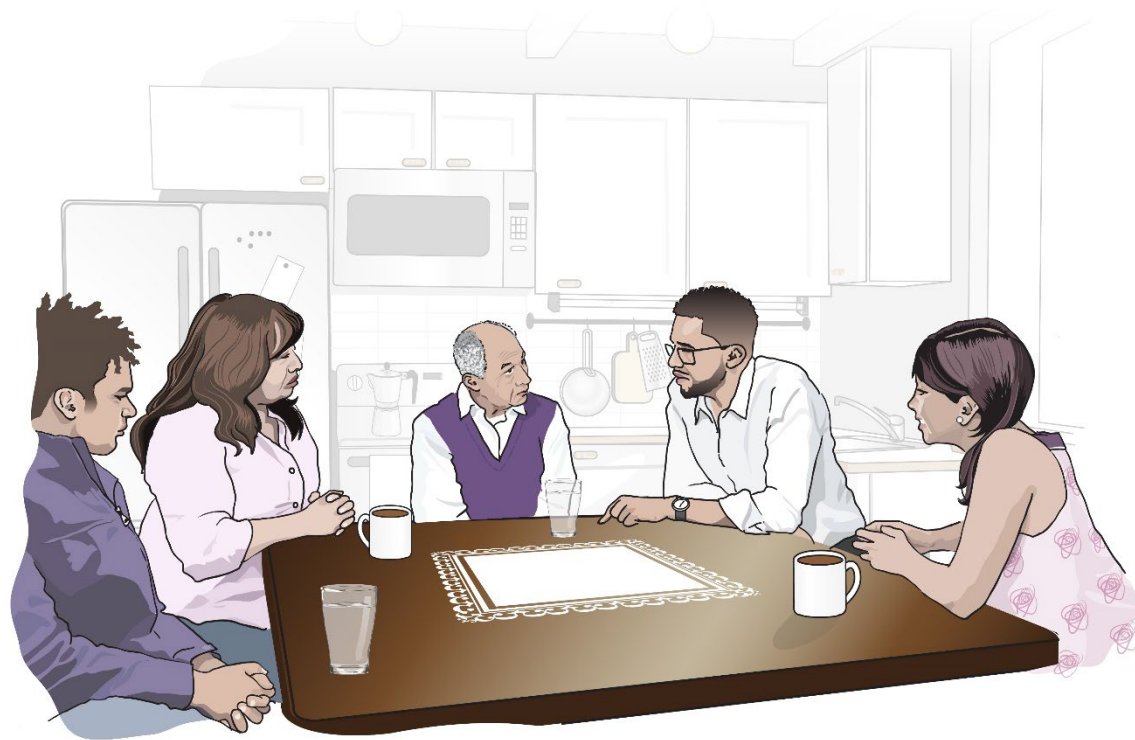


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Identify and accept as much support as possible in order to avoid caregiver burnout...



**‘The Anchoring Effect’**



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# Navigate

- Understand the role of the public healthcare system as it relates to home care, support services, palliative care and transition to long term care.
- Proper research is recommended if considering transition to a private residence or hiring a private homecare agency in order to ensure that staff are trained in dementia care.

**IT IS IMPERATIVE TO BEGIN RESEARCHING INFORMATION AS SOON AS POSSIBLE – BE ONE STEP AHEAD OF THE DISEASE!**



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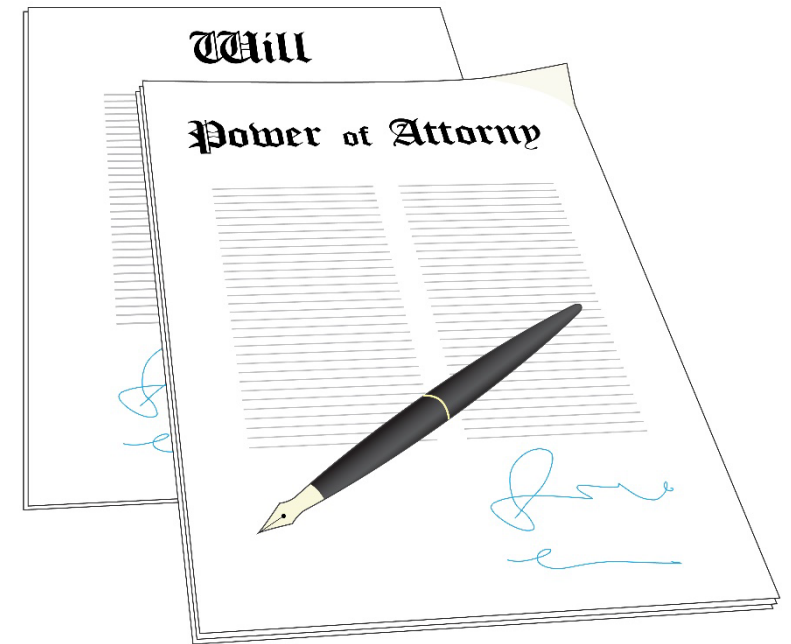


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# Plan for the Future

- Health and personal care
- Living arrangements
  - do your research and start early!
- Finances
- Legal and estate planning
- Advanced care planning
- The importance of a mandate!



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# Considerations for Planning a Transition to Receiving Home Care Support or Move to an Elder Care Home

- Carer's ability to provide appropriate care
- Managing basic activities of daily living: transferring, bathing, lifting, dressing and undressing, toileting, feeding and navigating stairs
- Managing behaviors: sundowning, confusion, wandering, physical and verbal aggression, hallucinations, paranoia, etc.
- Care partner's physical and mental health



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# The Importance of Self-Care

- Surround yourself with people and commitments that add positive energy and value to your life.
- As much as possible, set boundaries with people and projects that bring negative emotions... if it does not feel good, don't do it.
- Don't be afraid to **say no**, stop **feeling guilty** and please **stop apologizing!**



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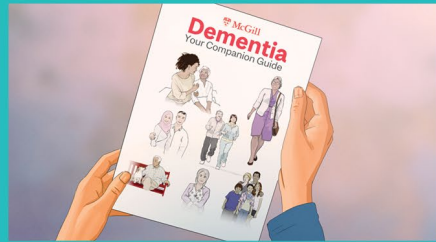


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[www.mcgill.ca/dementia](http://www.mcgill.ca/dementia)



**Dementia, Your Companion Guide**

Download our free educational guide, now available in 14 languages!

*English, French, Spanish, Italian, Greek, Portuguese, Russian, Ukrainian, Polish, Tagalog, Punjabi, Arabic, Mandarin and Cantonese.*



**McGill Cares**

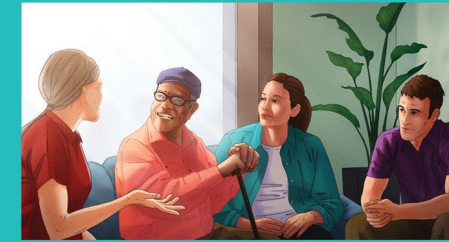
Watch our free webcast series featuring interviews with leading experts who explore topics related to caring for a person living with dementia.

*Over 110 episodes posted on YouTube. Also available as audio podcasts.*



**World Alzheimer Reports**

Read the 2021 and 2022 reports on the diagnosis and post-diagnosis treatment, care and support for people around the world who are living with Alzheimer's disease. This report was delivered by leading experts from our program.



**Virtual Support Groups & Forums**

**The Sharing Room  
Caring Conversations  
Young Caregiver Community**

Join our safe online spaces where care partners can learn from experts, share concerns and ask questions.



**Public Lectures**

Book a lecture!

We partner with community organizations and private companies to offer lectures that raise awareness and provide basic information on Alzheimer's disease and other forms of dementia.



**Trusted Resources**

Visit our website to access all of our free resources!

You will also find trusted links to external resources, services and organizations that support people with dementia and their care partners.



**Dementia Activity Booklet & Video Capsules**

Download our free virtual toolkit and watch our video capsules!  
Access over 40 recreational activities designed to engage a person with dementia, and learn how to adapt the activities to the person's needs.

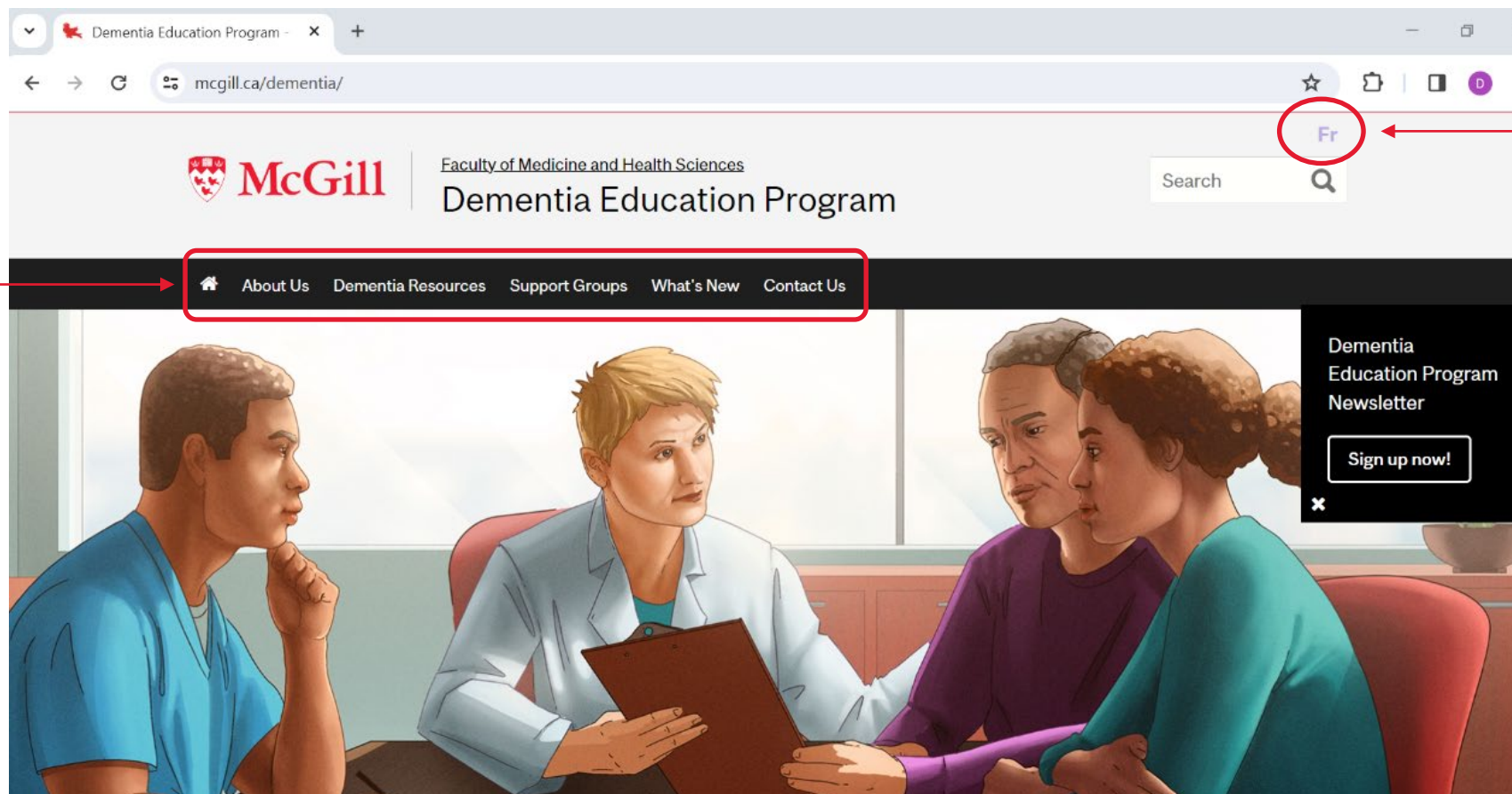


**Dementia Education for Care Partners - New Online Program**

Register for this free self-guided online course!  
It features 10 modules created by experts to educate and support you throughout your journey as a care partner to a person living with dementia.

# All our free resources can be found on our bilingual website

[www.mcgill.ca/dementia](http://www.mcgill.ca/dementia)



Use the navigation bar to access our resources.

Click here to switch between English and French.

Sign up to receive our newsletter.



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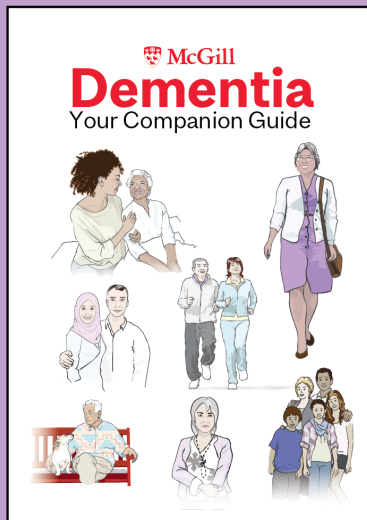


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# Dementia, Your Companion Guide

- Currently available in English, French, Spanish, Portuguese, Italian, Greek, Punjabi, Mandarin, Cantonese, Ukrainian, Russian, Polish, Tagalog, and Arabic... with other languages currently under translation.
- Available to download for free at [www.mcgill.ca/dementia](http://www.mcgill.ca/dementia) or purchase a printed copy for \$20 CDN with all proceeds going to support the Dementia Education Program.

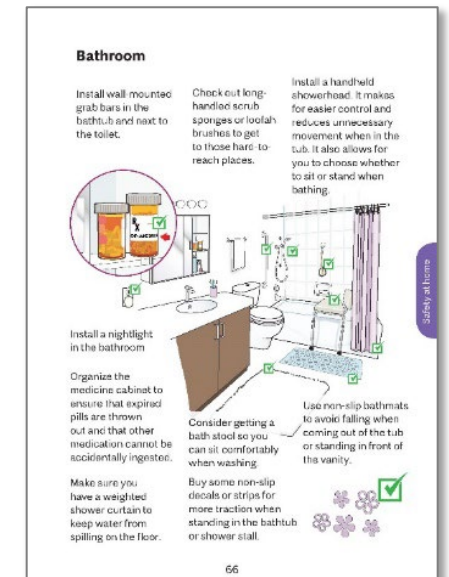
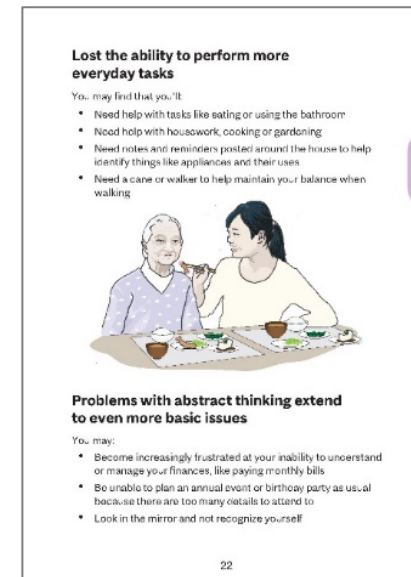


A new educational guide for people living with dementia and their care partners, available in multiple languages.



Download the electronic version:  
[www.mcgill.ca/dementia](http://www.mcgill.ca/dementia)

Thank you to the Grace Dart Foundation for supporting the creation of this guide.



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# New Online Program to Support Care Partners

## Dementia Education for Care Partners

Ten Online Modules for Adult Learners



- This online program was designed to **educate and support** individuals through their journey as care partners for a person living with dementia.
- The program consists of **ten online modules** that the participant can go through at their own pace.
- The content includes **expert advice, shared experiences** from participants, and **solutions** to the challenges of being a care partner in the context of dementia.
- This program is **free and open to all**.
- Available in **English and French!**
- While the information provided in this course addresses universal concerns that are applicable to most care partners, note that information regarding the legal framework, tax credits, and health & social services resources are specific to Quebec, Canada.

The online platform was developed in collaboration with the McGill Office of Ed-TECH with funding from the Public Health Agency of Canada to raise awareness of dementia and promote dementia-inclusive communities.

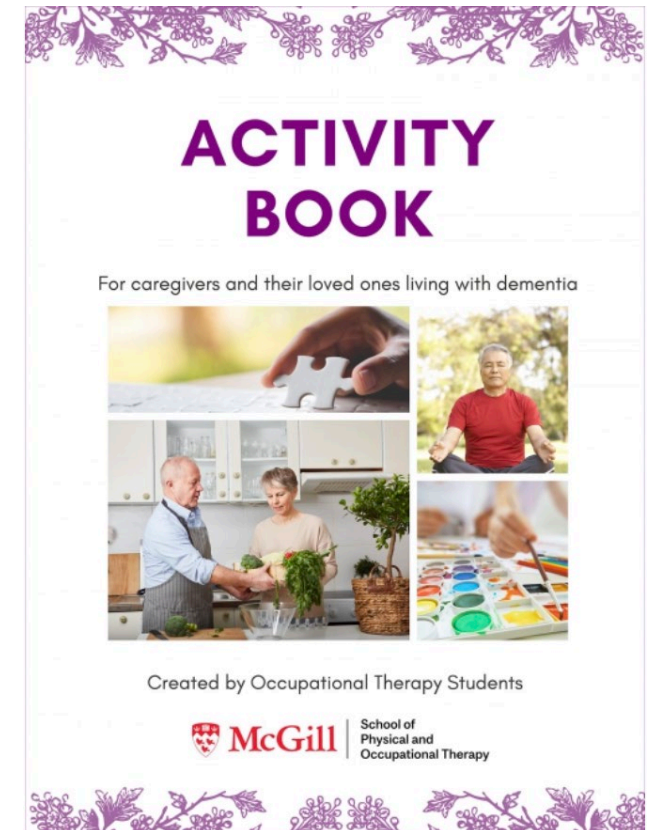
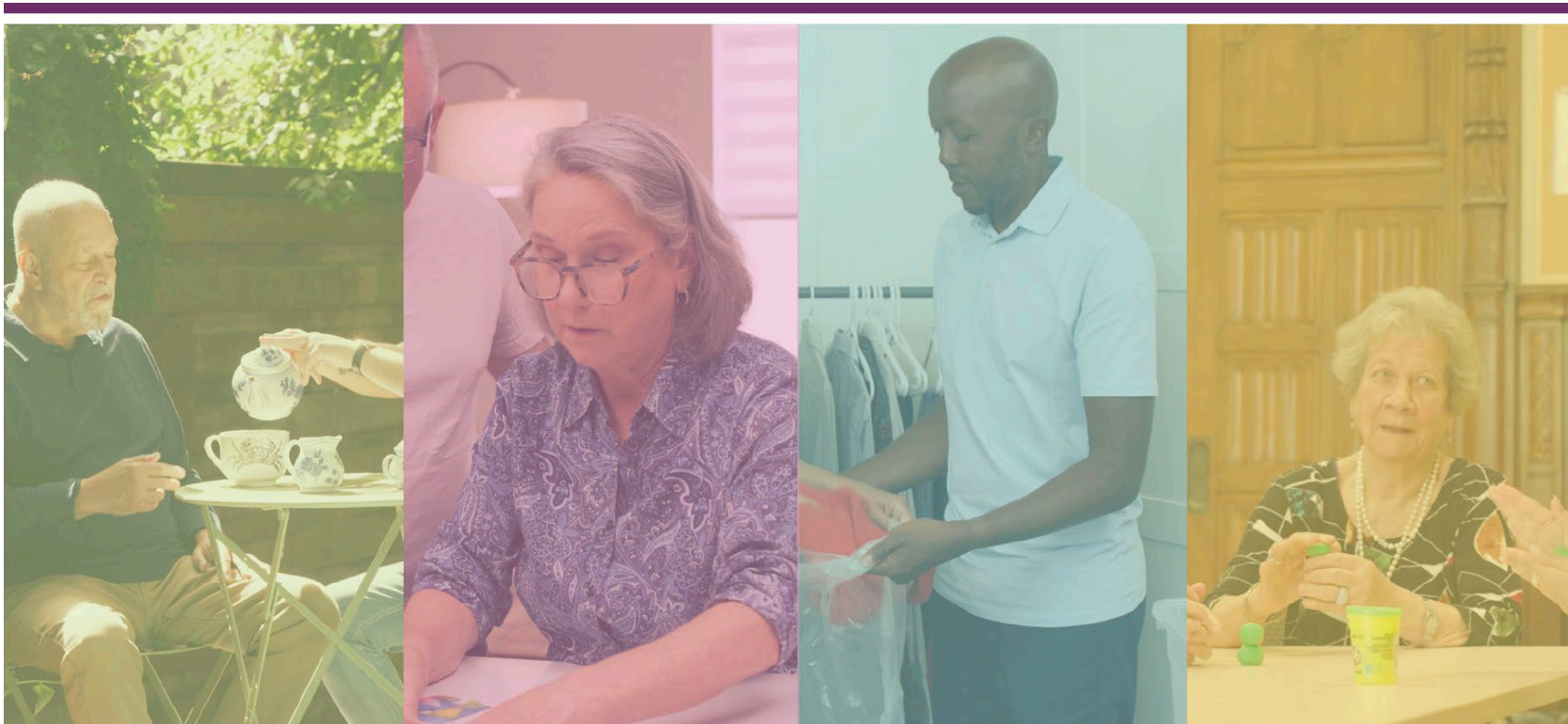


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# The Importance of Leisure and Recreational Activities to Stimulate Persons Living with Dementia



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# Activity Booklet and Video Capsules

The **Dementia Activity Booklet** is a very engaging virtual toolkit that offers over **40 recreational activities in 6 different categories**, with instructions on how to adapt the activities to the needs of the individual. It is available to download for free in both English and French.

## 6 MAKE A BIRD FEEDER

**Materials Needed**

- Popsicle sticks
- Glue
- String

**Why do it?**  
If you or your loved one enjoys bird watching, this activity is just for you. Make your own bird feeder and watch the birds fly in!

**Steps**

1. Gather all materials
2. Start arranging and gluing together the popsicle sticks. First, make a flat base, then build borders on all four sides using 6-10 popsicle sticks (for an example, consult the picture below).
3. Tie four strings at each corner and make one large knot at the end of the strings to hold it all together.
4. Pour bird seeds into the feeder and place it on a branch nearby.
5. Wait and watch for the birds!

**Adjust Difficulty**

- Guide your loved one through the instructions, but let them do the majority of the steps!
- Create more difficult bird feeders.
- Choose an easier bird feeder design to create.
- Create the bird feeder yourself, and sit down with your loved one to watch as the birds fly in to feed!

**Safety**

Stay with your loved one to ensure proper use of glue and bird seeds. Glue may be toxic if ingested.

**Additional Resources**

Other types of bird feeders can be made depending on your and your loved one's abilities. This [DIY site](#) provides many different ideas for easier bird feeders such as cheerio or orange cup bird feeders, as well as more difficult ones to make!




22

## 5 CORNHOLE

**Materials Needed**

This activity should be done outside on the grass!

- Store-bought cornhole game set - [Amazon](#) [Walmart](#)
- Make your own game set - involves good wood-working skills
  - Option 1
  - Option 2

**Why do it?**  
This activity works on one's hand-eye coordination while enjoying the fresh air. Want to make it more fun? Involve the whole family!

**Steps**

1. Set up the game per the 'How to Play' instructions.
  - Two teams of 2 is ideal, but there can be more or less players per team!
2. Follow the rules and scoring instructions posted below.

**How to play:**

1. Set up the boards ~27 ft apart and have teams stand next to their own board with their 4 coloured bean bags.
2. Players take turn tossing one bag at a time at their opponents' board (while staying behind the front of their own board), attempting to get the bag in the hole.
3. When all bags have been tossed, points are tallied: 3 pts for a bag in the hole, 1 pt for a bag on the board
  - First team to 21 pts wins!

**Adjust Difficulty**

- Have your loved one walk to pick up the bean bags.
- Play multiple rounds.
- Have your loved-one sit in a chair, with room to swing their arm.
- Move Cornhole boards closer together.

**Safety**

Ensure that the surface of the grass is smooth and clear of other objects.



63

## 1 MAKE A SCENT KIT

**Materials Needed**

Different scents:

- Essential oils
- Tea bags
- Coffee beans
- Perfume
- Whole Spices
- Spice jars
- Cotton balls or cotton pads
- Shoebox, basket or container

**Why do it?**  
Stimulate your loved one's sense of smell with familiar scents.

**Steps**

1. Place several drops of essential oil on a cotton ball or cotton pad.
2. Place the cotton ball or pad in a spice jar and secure the lid.
3. Repeat the process until you have an assortment of filled jars.
4. Place the jars in a shoebox or container to store.

**Adjust Difficulty**

- Have your loved one help pick out scents they like and fill the jars.
- Make the kit for your loved one and help them open the jars.

**Safety**

Consider any allergies or sensitivities your loved one may have, as some synthetic perfumes can provoke these. You may want to use spice jars with perforated lids so the contents cannot fall out or be swallowed.

**Notes**

Over time, the smell of the oils will fade and you will need to add a few more drops.

**Additional Resources**

You can find essential oils at health food stores or online:

- [Amazon](#)
- [Saje Natural Wellness](#)

\* Activity idea from the Alzheimer's Association




70

## 2 HOST A MOVIE NIGHT

**Materials Needed**

- A TV
- Access to a streaming service or a DVD player and DVDs
- Blankets
- Pillows
- Seats (chairs, couches)
- Snacks (popcorn, chips, chopped veggies, etc.)
- Bowls
- Some guests!

**Why do it?**  
Hosting a movie night can make watching tv feel new and fun, and lead to valuable social interaction!

**Steps**

Help your loved one to:

1. Set up a comfortable spot with chairs, pillows, blankets.
2. Fill bowls with snacks and set them out.
3. Select a movie they'd like to watch.

Snuggle in and enjoy the movie!

**Adjust Difficulty**

- Have your loved one help prepare some homemade snacks beforehand.
- Consider choosing a short TV show to watch instead of a full length movie.

**Safety**

Consider what treats you are putting out. If your loved one easily chokes on food, or has been diagnosed with dysphagia, ensure the snacks are safe. For example, consider putting out treats such as pudding or milkshakes. If your loved one has dysphagia, ensure you are following their food guidelines.

Consider including the grandchildren in this activity with a kid-friendly movie.



87



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Dementia Education Program



# McGill Cares



- During candid, 30-minute interviews with leading experts, Claire Webster explores topics related to caring for a loved one with dementia.
- We have over 110 webcasts available on our website to view at your convenience.

*These webcasts are also available as audio podcasts on Spotify, Google Podcasts, and PocketCasts, among others.*

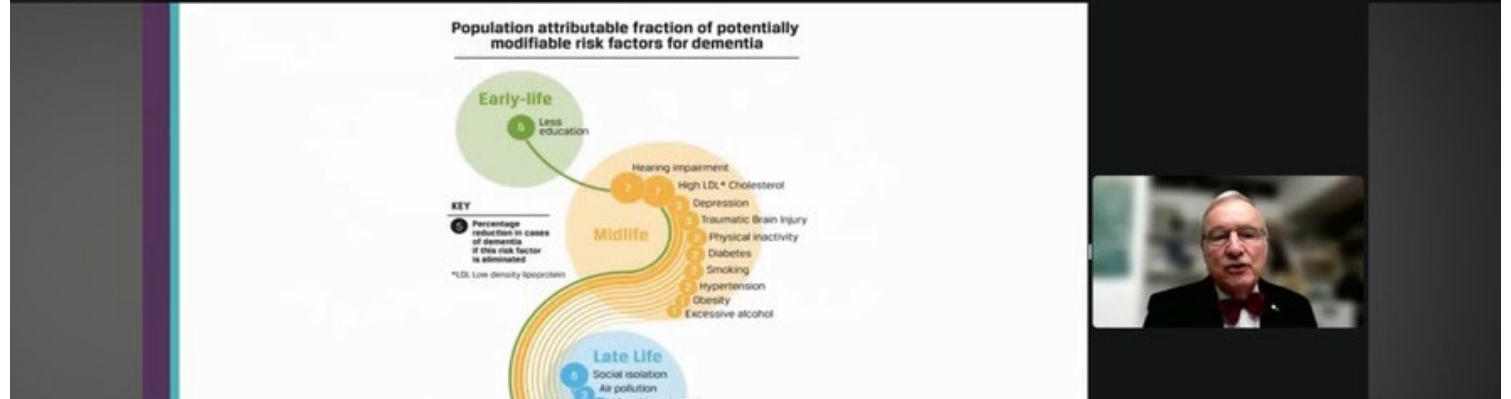
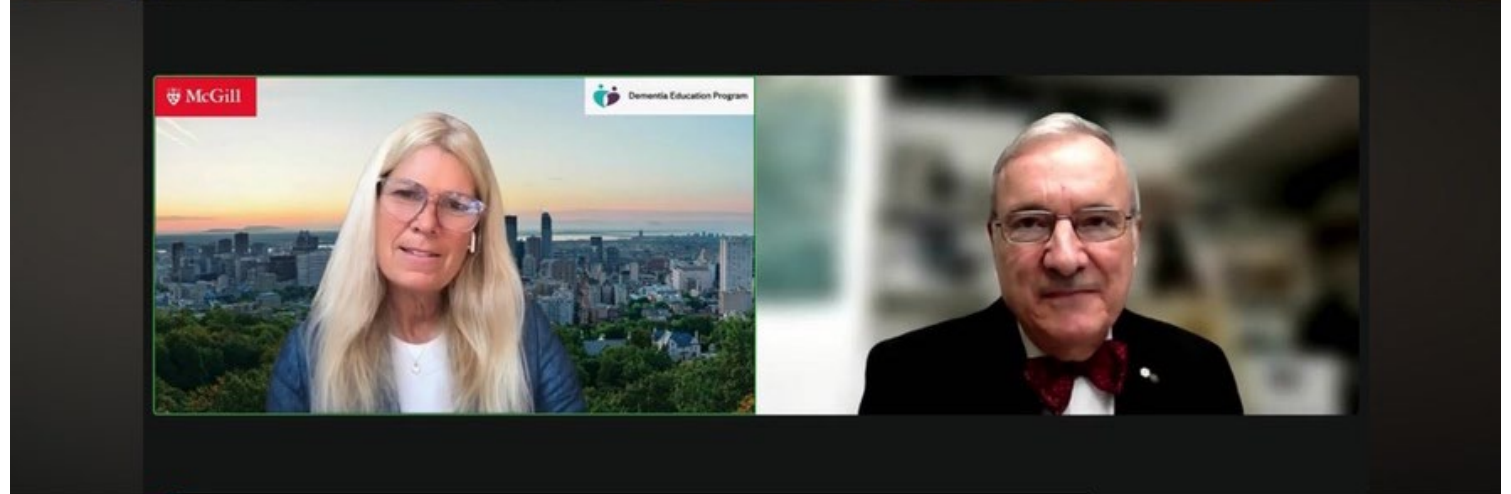
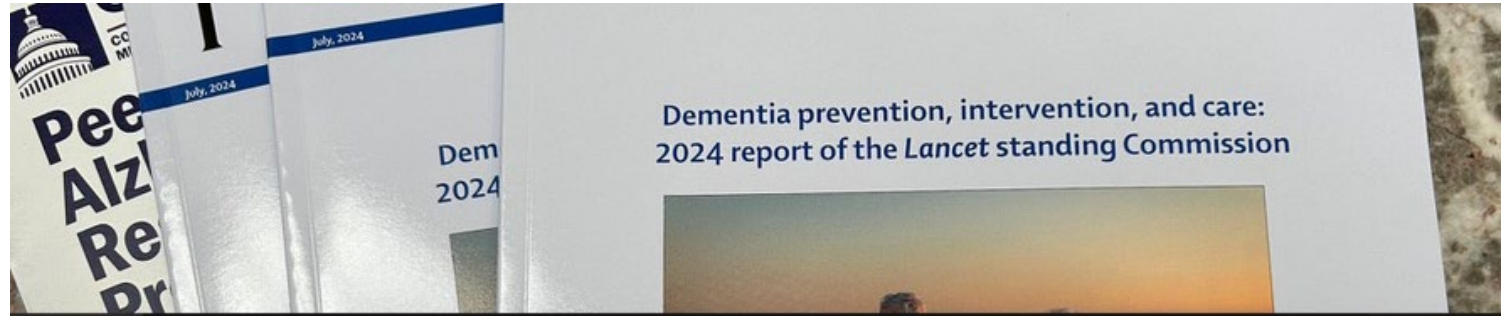
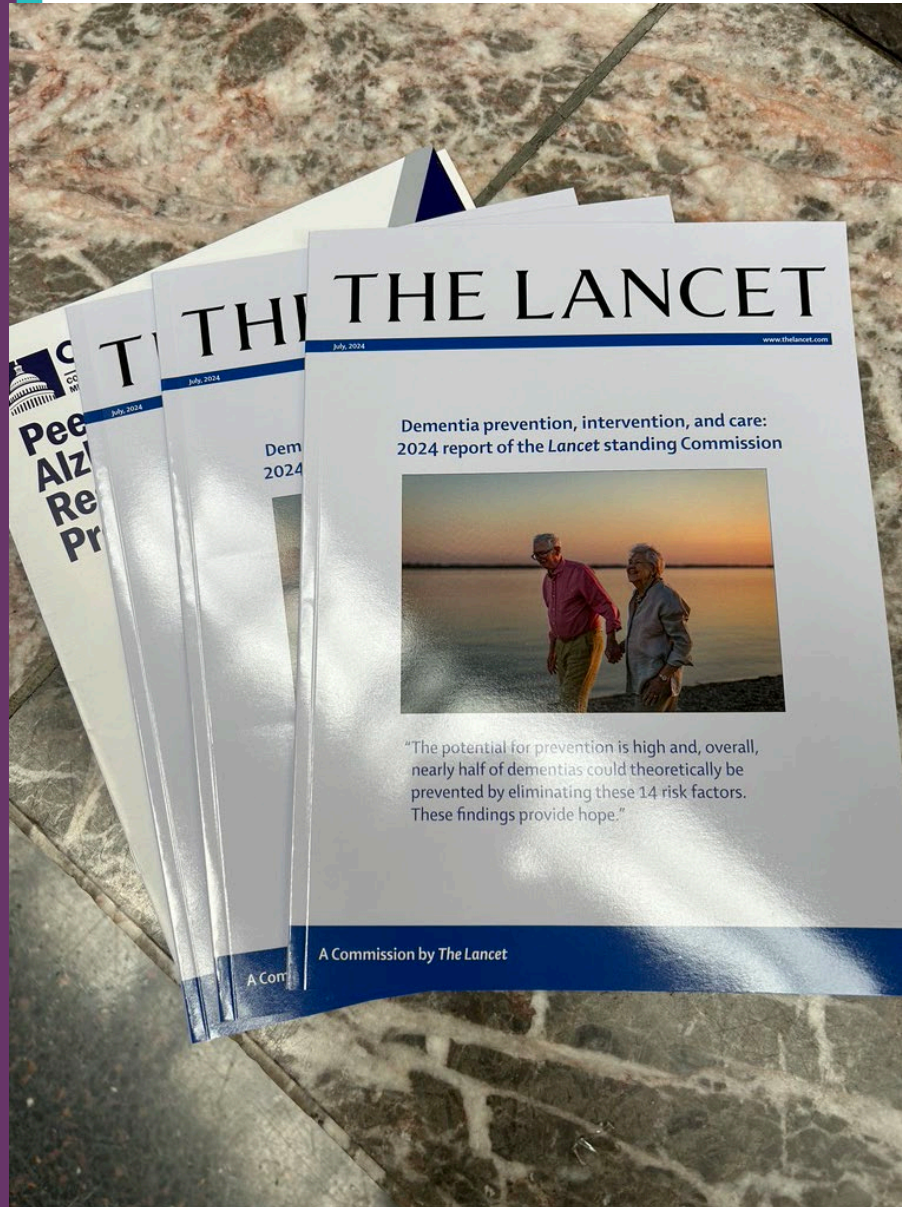


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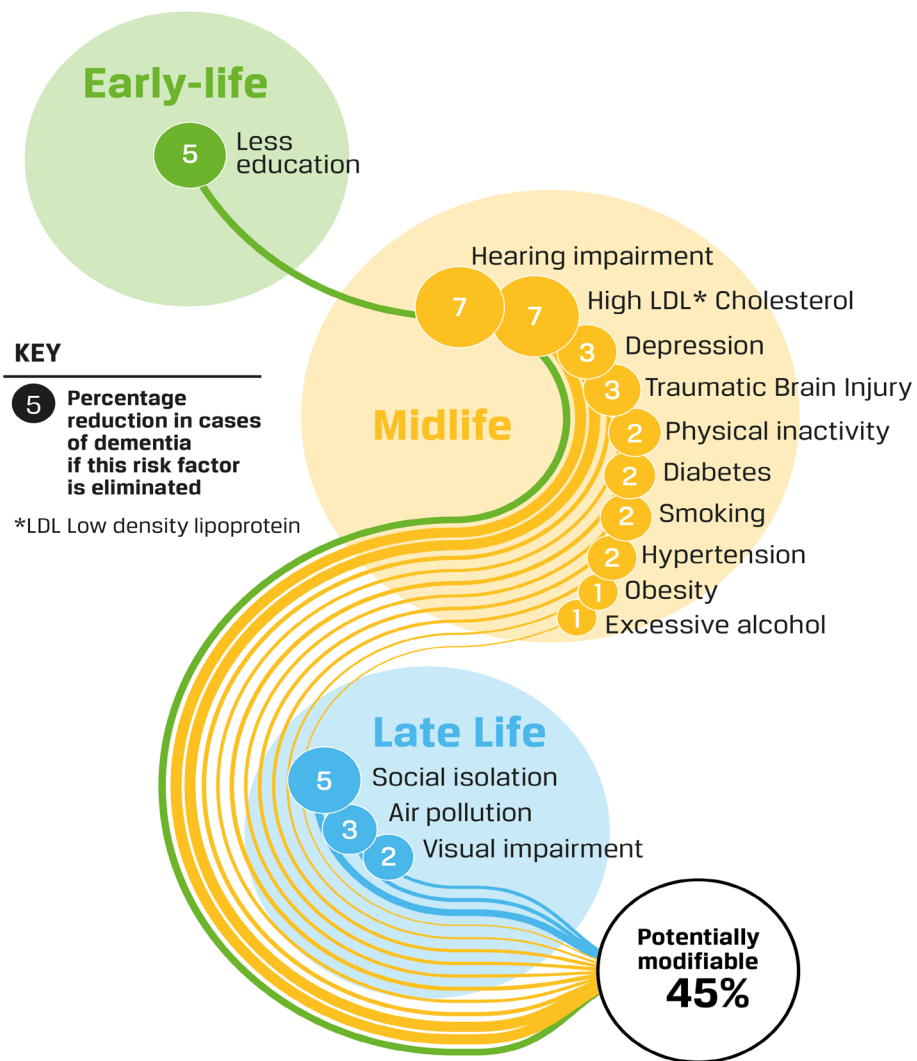


**Dementia Education Program**





## Population attributable fraction of potentially modifiable risk factors for dementia



## Fraction attribuable à la population des facteurs de risque potentiellement modifiables de troubles neurocognitifs

### Petite enfance

- 5 Faible niveau d'éducation

### CLÉ

5 Pourcentage de réduction des cas de troubles neurocognitifs si le facteur de risque est éliminé

\*LDL : lipoprotéine de faible densité

### Milieu de la vie

- 7 Déficience auditive
- 7 Taux élevé de cholestérol LDL\*
- 3 Dépression
- 3 Lésion cérébrale traumatique
- 2 Inactivité physique
- 2 Diabète
- 2 Tabagisme
- 2 Hypertension
- 1 Obésité
- 1 Consommation excessive d'alcool

### Veillesse

- 5 Isolement social
- 3 Pollution atmosphérique
- 2 Déficience visuelle

Potentiellement modifiable 45 %



# Virtual Support Groups

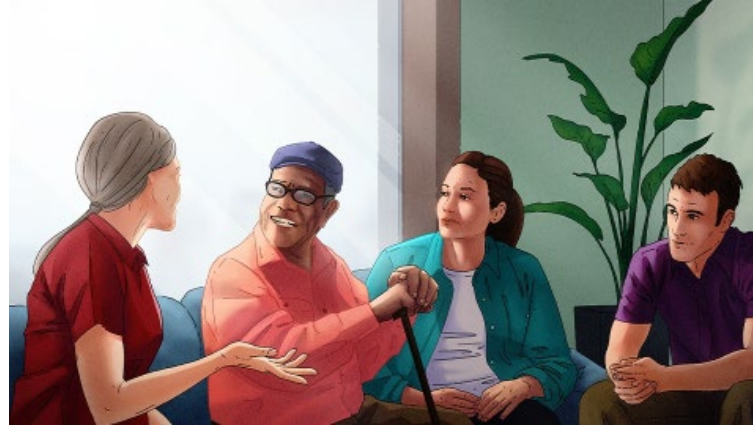


## Caring Conversations

An online forum for care partners to learn from experts, share concerns and ask questions.



Moderated by social worker **Lucy Barylak** and professional coach/educator **Joanne Besner**.



## The Sharing Room

A safe online space for care partners to connect and share their experiences



## Young Caregiver Community

A supportive space for care partners who are looking after a person with young-onset dementia.



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## Contact us



[dementia@mcgill.ca](mailto:dementia@mcgill.ca)



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Q & A





# Session Wrap Up

- Thank you for joining us!
- Please fill out the feedback survey following the session—a link has been added into the chat

# Thank You



**Stay Connected**  
[www.echopalliative.com](http://www.echopalliative.com)