

Soci t  Alzheimer Society

CHATHAM - KENT

SPECIAL POINTS OF INTEREST:

- Support Services
- AGM Notice
- New Support Group
- Upcoming Educational Events

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SUMMER 2010

HOT ISSUE - Driving & Dementia

An individual's capacity to correctly assess his/her driving abilities decreases with people who have dementia. They may for example, minimize the complexity of the tasks involved and overestimate their capacities. However, a diagnosis of Alzheimer's disease or a related dementia does not automatically mean that a person is incapable of driving. Some people may be capable of driving safely for some time after the diagnosis, depending on the timing of the diagnosis and the rate the disease progresses. Medical conditions affecting mental abilities increase the risk of an accident by 7 times.

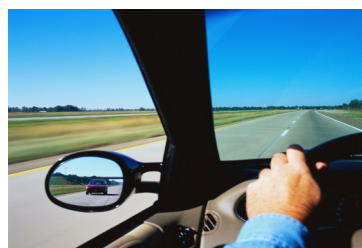
Some people become aware of problems and willingly 'give up the keys'. Others feel that driving is their link to independence and continue to drive because they fear the consequences of not driving.

Strategies for modifying driving behaviour include:

- Driving shorter distances
- Driving in only familiar areas
- Limiting driving to daytime
- Avoidance of difficult left hand turns
- Avoidance of driving in bad weather

Experts suggest that it is best

to include the person with dementia when planning ahead for the day when driving is no longer an option. However, when a person with dementia stops driving, it is usually up to the family to find ways to provide the necessary transportation.



Community Transportation Options:

- Family Members
- Friends/Neighbours to assist with errands, general trips
- Public Transit
- Private Transit
- Supplemental Transit (paid or volunteer driver programs ie. Family Service Kent (CHAP Program))

Some people may refuse to accept losing their driving privilege or they may forget that they are no longer able to drive. In these instances, family members should request that their doctor help them raise the issue. If open discussion of the issue does not result in acceptance of the loss of the driving privilege, then it may be

necessary to use other means to prevent driving, such as removing the keys to the vehicle.

If you are concerned about driving capabilities, the DriveABLE Program - designed for experienced drivers with medical conditions that affect cognitive abilities - can determine which drivers are competent to drive and unsafe drivers are identified. For more details, visit www.driveable.com or contact the Alzheimer Society of Chatham-Kent for support.

10 Indicators of Driving Decline:

1. Easily distracted while driving
2. Other drivers often honk horns
3. Incorrect signalling
4. Scrapes/dents on the car, mailbox or garage
5. Riding the brake
6. Driving at inappropriate speeds
7. Not anticipating potential dangerous situations
8. Bad judgment on making left hand turns
9. Delayed response to unexpected situations
10. Confusing the gas and brake pedals

Resource: DriveABLE™ Assessment Centres Inc. (2007); Alzheimer Society of Canada (2003) "Driving"; Terra Nova Films (2010), "Into the Other Lane: Driving & Dementia", Wiser Now, Inc.

Support Services



The Alzheimer Society of Chatham-Kent support services meet the needs of those affected by Alzheimer's disease or related dementias.

Services include:

Counselling for those affected by Alzheimer's disease or related dementias.

Cognitive testing by a Registered Social Worker.

Support Groups to share experiences and learn new coping strategies.

An **In-Home Respite Care Program** which helps

individuals with Alzheimer's disease or related dementias and provides a break for the caregiver.

Day Programs provide a safe and stimulating environment for those affected by Alzheimer's disease or related dementias.

Education Programs are designed to raise public awareness regarding Alzheimer's disease or related dementias and to assist those involved in caregiving.

Participation in the nationwide **Safely Home**[®] program, which helps locate individuals who are lost and return them home safely.

In-Home Mobility Monitor offers a safe alternative to monitoring individuals with Alzheimer's disease or related dementias in the home.

For further information on any of these services, please contact the Alzheimer Society of Chatham-Kent office at 519.352.1043.

Caregiver Support Groups

The Alzheimer Society of Chatham-Kent offers Support Groups for all caregivers affected by Alzheimer's disease or related dementias to provide the opportunity to share experiences and to learn new coping strategies. Individual support is also available by appointment with our Registered Social Worker.

2nd Wednesday of each month

Alzheimer Society of Chatham-Kent
(36 Memory Lane, Chatham)
1:30 p.m. - 3:00 p.m.

Open to General Public.
Please call 519.352.1043 to register.

Last Thursday of each month

The Village
(9 Myrtle St., Ridgetown)
10:00 a.m. - 11:30 a.m.

On-site programming available for those affected by Alzheimer's disease or related dementias at no cost.

Open to General Public.
Please call 519.352.1043 to register.

In-Home Mobility Monitors

Do you have a family member with dementia and are concerned about wandering?

As a person with Alzheimer's disease or related dementia progresses further into the disease, they may exhibit certain behaviours that are associated with dementia.

Among these more challenging behaviours is that of wandering.

Wandering may occur as an attempt to find something familiar, to communicate something, out of boredom, to relieve anxiety, or can simply be a sign of a basic need to be met.

A person with dementia may have the tendency to wake at night or walk outside without the caregiver being aware. The In-Home Mobility Monitor

attaches to any door in the house and will make a sound when that door is opened, thus alerting the caregiver.

This monitor is loaned free of charge through the Alzheimer Society of Chatham-Kent. Please contact the office 519.352.1043 for further information.

Forgetful not Forgotten - June 7th, 2010



The Alzheimer Society of Chatham-Kent presents the screening of *Forgetful not Forgotten*, a

feature documentary by Chris Wynn.

Forgetful Not Forgotten is an intimate portrait of a family coming to grips with the realities of early-onset Alzheimer's disease. When John Wynn is diagnosed with the disease at the relatively young age of 57, his

son, Chris, decides to chronicle his family's journey to John's final days. An honest, moving, and at times heartbreaking film, *Forgetful Not Forgotten* weaves past and present to both celebrate the man who was and mourn his painfully slow and steady disappearance. This is a feature documentary by Chris Wynn, Winner - Best International Film, Indie Spirit Film Festival.

After the screening of the film, Chris will share his experiences and answer questions.

Active Lifestyles Centre

(20 Merritt Ave, Chatham)

6:30 p.m.—8:30 p.m.

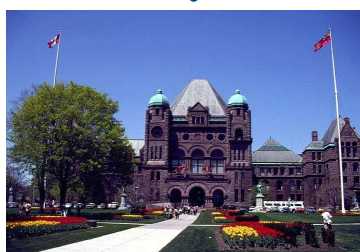
Cost is \$5.00 in advance.

To register, please call
519.352.1043.

For more information about Chris Wynn or the documentary please visit www.forgetfulnotforgotten.com

"Provides an invaluable insight into how to cope with Alzheimer's..... honours both what is lost and what remains" - The Globe & Mail

Bill to Establish Alzheimer Advisory Council



On May 5, 2010 a Bill was introduced in the Ontario Legislature "to establish the Alzheimer Advisory Council and develop a strategy for the research, treatment and prevention of Alzheimer's disease and other forms of dementia."

The content of the Bill includes many of the points discussed in the document "*10 by 20: Ontario action plan for dementia*". If enacted, it would give Ontarians a chance to improve the lives of Ontarians with dementia and their caregivers.

The Bill is scheduled to be debated on May 20, 2010.

To view the entire proposed Bill or the *10 by 20: Ontario action plan for dementia*, please visit: <http://alzheimerontario.org/English/media/default.asp?s=1> or contact the Alzheimer Office at 519.352.1043.

Coffee Break - Save the Date September 16, 2010

Coffee Break[®] is the Alzheimer Society's nationwide fundraising event where friends, neighbours, co-workers and customers gather in communities across Canada to raise funds for local Alzheimer Societies. Participants at these events make a donation in exchange for a cup of coffee or purchase a paper cut-out of a coffee cup to show their support. The money raised from this event will continue to allow the Alzheimer Society of Chatham-Kent to provide programs and services at

the highest possible standard. With events such as Coffee Break[®], we are able to bring awareness about the disease and promote prevention, early diagnosis, and the importance of support services for persons with Alzheimer's disease or related dementias and their caregiver. More detailed information to follow!



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ANNUAL GENERAL MEETING

Wednesday, June 23, 2010

Location: Active Lifestyles Centre
(20 Merritt Ave., Chatham)

Time: 5:00 - 8:00 p.m.

Cost: \$5.00 per person in advance
(dinner included)

Guest

Speaker: **Jane Rylett,**

Co-Director, Molecular Brain
Research, Robarts Research
Institute; Professor and Chair,
Department of Physiology and
Pharmacology, University of
Western Ontario



Guest Speaker:
Jane Rylett

To register please contact the Alzheimer Society of Chatham-Kent
519.352.1043 or email info@alzheimerchathamkent.ca.

MISSION STATEMENT

To improve the quality of life of people with
Alzheimer's disease or related dementias
through superior programs and research.

Supported by:



Ontario

Erie St. Clair Local Health
Integration Network



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