

# Careviger Newsletter

Outaouais

Design | l'Appui national Collaboration | l'Appui Outaouais

JANUARY 2017

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## DID YOU KNOW ?

It is believed that approximately 25,000 cups of tea are drunk every second around the world. The popularity of tea is growing worldwide, so much so that the Tea and Herbal Association of Canada has declared January hot tea month in Canada. Green, white or black, tea contains many well-known beneficial properties, especially for digestion and its antioxidant powers. What a great way to help you get through the cold January days!

## MANAGING CHALLENGING BEHAVIOURS



**Neurocognitive disorders such as Alzheimer's disease sometimes lead to behavioural changes in the person with the disorder.** These behaviours can become a major source of stress or distress both for you and your loved one, family and friends and health professionals. Since this is Alzheimer's disease awareness month, we are taking this opportunity to give you some tips for managing the challenging behaviours linked to this disease. [Continued on p.2](#)



### A WORD FROM

L'Appui  
Outaouais

L'Appui Outaouais wishes you a very happy 2017. Outaouais organizations are starting the year in full force with creative programming to highlight Alzheimer awareness month. For all the latest information, visit the l'Appui Outaouais website regularly at [www.lappuioutaouais.org](http://www.lappuioutaouais.org) or call the Caregiver Helpline at 1-855-852-7784.

# MANAGING CHALLENGING BEHAVIOURS

Generally speaking, it is important to always investigate the reason or event that triggered a challenging behaviour in our loved one.

## Wandering

- If your loved one wanders away from the home unattended, becoming lost and/or injured are real risks. To help prevent your loved one from leaving the home, try to:
- Look for the reason that motivated your loved to leave the house;
- Distract your loved one with another activity;
- Plan outings and exercise sessions;
- Place objects that might incite your loved one to leave (coat, keys, hat, etc.) out of sight and out of reach;
- Inform neighbours.

## Restlessness

- If you notice that your loved one is pacing or drumming his/her fingers for long periods of time, you can:
- Distract your loved one with a manual activity that he/she really enjoys;
- Play music;
- Let your loved one walk in a safe place (after all, pacing can serve as exercise);
- Reduce sources of anxiety or restlessness, such as changes or new activities in the daily routine.

## Repeated actions

Your loved one keeps repeating the same words or actions over and over again. If it isn't bothering anyone, do nothing. Otherwise, stay calm and:

- Ask if he/she is worried about anything;
- Distract him/her with a simple activity (e.g., folding laundry, peeling vegetables);
- Try to change the subject.

## Suspicion

Your loved one may think that others are trying to harm him/her or trying to steal his/her belongings. It is recommended that you:

- Provide comfort without discussing it or trying to reason with your loved one;
- Not take accusations personally if your loved one accuses you.

## Aggression

If your loved one has a physical or emotional outburst (for example shouting or hitting):

- Stay calm;
- Determine the triggers and causes of the outburst, to prevent these situations from recurring;
- Give your loved one space to calm down;
- Distract your loved one;
- Avoid physical contact; this could intensify your loved one's physical violence;
- If your safety is threatened, leave and call for help.

For more information on this topic, contact your local Alzheimer Society.

If you are worried about some of your loved one's behaviour, talk to his/her physician or contact your CLSC.

You can also call the Caregiver Helpline at 1-855-8-LAPPUI (1-855-852-7784); one of our professional and qualified counsellors will guide you throughout your caregiver journey.

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Source : Société d'Alzheimer [www.alzheimer.ca/fr/Living-with-dementia/Understanding-behaviour](http://www.alzheimer.ca/fr/Living-with-dementia/Understanding-behaviour) ■

# APPUI NEWS FLASH



To raise the Quebec public's awareness about the role of caregivers, last November l'Appui launched the Web documentary *Nous, proches aidants* [in French]. Both a tribute to their commitment and a portrait of society, the Web documentary superimposes portraits of caregivers and support workers in a production by Patrick Peris.

The Web documentary is also an interactive work! You can participate by submitting your stories in writing, in the form of photographs or even videos. To watch or take part in the Web documentary: [www.nousprochesaidants.com](http://www.nousprochesaidants.com) ■

## OUR CARE HIGHLIGHTS OF THE MONTH

Each month, our team shares some care highlights with you. Our discoveries, including websites, books or even documentaries will inform and entertain you.



### WEBSITE

Are you a smart Internet user? Does your loved one use the Web safely? To find out, check your Web savvy on the *cybervigilance.quebec* microsite [in French] with two interactive quizzes that test Web knowledge and raise seniors' awareness about how to stay safe online. Created at the request of the Secrétariat aux aînés du ministère de la Famille, these quizzes provide useful information designed to prevent cyber crime, foster positive experiences on social networks and raise awareness about online bullying. For the online safety of you and your loved one, take the test!

[www.cybervigilance.quebec](http://www.cybervigilance.quebec)



### BOOK

Would you like to do stimulating cognitive exercises with your loved one who has Alzheimer's disease? The *Antirides pour les neurones* book [in French] is for you. Designed with the help of health specialists from the Institut universitaire de gériatrie de Montréal, this 40-page handbook is stimulating, informative, entertaining and inspiring and will help you share positive time with your loved one. Included with the handbook is a special guide for caregivers, including 20 pages explaining the games, offering tips from health professionals and providing information on Alzheimer's disease. Give it a try!

**Vaudry, Marie-Pier, *Antirides pour les neurones*, Éditions Melba. En vente sur la boutique en ligne des éditions Melba : [www.editionsmelba.com](http://www.editionsmelba.com) ■**

## A WORD FROM SAOQ

Now that the traditional meals have been eaten, the Christmas carols sung and the presents unwrapped, the holidays are officially over. We can start 2017 with all the wonderful memories of time spent together, filled with joy and laughter. But hold on a second, I am mistaken: people with Alzheimer's disease or other dementias will not start 2017 with all those memories. Certainly, they appreciated the time spent with their loved ones when it was happening, but what remains afterwards is very different.

Our entire team and volunteers work with people with Alzheimer's disease from the perspective of living in the present moment. We offer support, respite and information in various forms so that their caregivers can support them in daily living.

And since Alzheimer's disease is not experienced alone, the Alzheimer Society ensures that it is present throughout the Outaouais, providing practical services to make a positive difference in people's lives.

January is Alzheimer awareness month and the month of many resolutions. This year, make just one resolution: take care of yourself by asking for support, or help someone who might need support.

819-777-4232 or 1-877-777-0888

[www.saoq.org](http://www.saoq.org)

The *Société Alzheimer de l'Outaouais québécois* team

## **AMBIGUOUS LOSS** *Caregiver support counsellors*

Although loss is often associated with death, we can experience loss in a wide variety of situations: separation, job loss, moving, loss of a pet, loss of physical or mental abilities, etc.

### What do we mean by ambiguous loss?

The term ambiguous loss is used in reference to a person affected by a neurocognitive disease such as Alzheimer's disease. As the disease progresses, the person is no longer the same person we used to know.

For caregivers, the thought of having to give up on their plans for the future to the progressive loss of conversation with their loved one and now finding themselves having to take on the responsibilities of their shared life alone is in itself an ambiguous loss that can be very difficult to experience and deal with.

Ambiguous loss is different from that experienced after a death because the person is still there and part of our life and daily activities. Ambivalent feelings of guilt, anger, frustration, pain and helplessness are experienced intensely both by the caregiver and the person with the disease.

### To cope with this stage better

First, know that this mix of feelings is completely normal and, to keep you emotionally stable, it is important not to deal with them alone. Support groups and Alzheimer Societies are examples of resources that can help you cope with this stage better. Do not hesitate to call the Caregiver Helpline: our counsellors are here to listen to you, provide you with information and guide you throughout your journey. They will be able to direct you to the right resources. ■

# LIVING IN THE PRESENT MOMENT WITH YOUR LOVED ONE

*Brigitte Bolduc has been a Caregiver Helpline counsellor at l'Appui since 2012. She developed an interest and expertise for caregivers and clients with neurocognitive disorders several years ago. Since it is Alzheimer awareness month, we took the opportunity to talk to her about her experience with these clients and the advice she often gives to caregivers.*

## Could you summarize your professional career for us?

“My path naturally led me to l'Appui. I have a diploma in social work and after working in various settings, I gravitated toward the health care network, where I worked for more than 15 years in the home support program. In 2008, I took a training program from Lafleche college and the Fédération des sociétés Alzheimer to become an Alzheimer instructor in the Lanaudière region. I thus worked with clients with neurocognitive disorders and, of course, their loved ones.”



## As a social worker, what do you take away from your interactions with clients with cognitive disorders?

“One thing that really strikes me is the transparency and authenticity that emanates from people with Alzheimer's disease. And as a social worker, that also leads me to act with transparency in the relationship I have with them and to have genuine dialogue.

But the thing that strikes me most is their ability to live in the present moment. And the present moment of a person with Alzheimer's disease is not necessarily our present moment. For example, the person in front of us may “presently” be in 1956. But the important thing is that we are both together in that moment. The disease provides an opportunity to relive with the person the milestones, both good and bad, in the person's life. When we spend time with these people, we have the privilege of sharing these moments. That is the beauty of the human contact we have with these people.”

## What advice would you give to caregivers to help them live more in the present moment?

- “Have a good grasp on the moment in time that their loved one is in: this is an important indicator for understanding the behaviour or emotions of their loved one and will facilitate interactions.
- Remember that our loved one detects the emotions experienced and the context: it is helpful to our loved one for us to be open and transparent about our emotions. We are all human and we have days when we feel more tired or sensitive. Expressing our state of mind or our emotions calmly and clearly can be reassuring for our loved one and facilitate communication.
- Take time to analyze the happy moments: they are maps that we can use during more difficult times.

It is not always easy to spend time with or be a caregiver to someone with neurocognitive deficits. But I firmly believe that from the time we come to accept that life will be experienced differently, we are given the privilege of living in the present moment with our loved one.” ■

Are you searching for resources in your area that **will make your task easier** or do you simply want to **make the most of the time spent with the senior you are caring for?**

■ Call Caregiver Helpline

■ Visit [lappui.org](http://lappui.org)

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

[LAPPUI.ORG](http://LAPPUI.ORG)

# SCHEDULE OF EVENTS



## JANUARY

### City of Gatineau area

#### **Société Alzheimer de l'Outaouais québécois (SAOQ)**

**Launch of Alzheimer awareness month:** January 11, 2017 | 11 a.m.

Cinéma d'Aylmer in Galeries Aylmer, 400 Wilfrid-Lavigne Blvd., Gatineau

**Alzheimer awareness and information kiosks:** January 14, 2017 | 1 p.m. to 4 p.m.

Galeries Aylmer, 400 Wilfrid-Lavigne Blvd., Gatineau

**Guy Leblanc benefit performance:** January 19, 2017 | 8 p.m.

Cinéma d'Aylmer (in Galeries Aylmer), 400 Wilfrid-Lavigne Blvd., Gatineau

**Open house day:** January 26, 2017 | 1 p.m. to 5 p.m.

At *Société Alzheimer de l'Outaouais québécois*, 440 Maloney Blvd. West, Gatineau

**Talk by Dr. Hakim:** January 31, 2017 | 7 p.m.

Théâtre de l'Île, 10 Wellington Street #102, Gatineau

**Workshop for caregivers:** January 17, 2017 | In the afternoon, schedule to be announced

At *Société Alzheimer de l'Outaouais québécois*, 440 Maloney Blvd. West, Gatineau

**Support group for caregivers in Gatineau:** Dates and times to be announced

Gatineau: Hull area and Gatineau area (location to be announced)

**Day and respite centre in Gatineau:**

At *Société Alzheimer de l'Outaouais québécois*, 440 Maloney Blvd. West, Gatineau

**Talk by Mélanie Marcotte from SAOQ:** January 18, 2017 | Schedule to be announced

Buckingham (more info to follow)

**Information:** Mélanie Marcotte, 819-777-4232, ext. 222 or [mmarcotte@saoq.org](mailto:mmarcotte@saoq.org)

**Note:** Space is limited for many activities. Reserve early!

**Information:** 819-777-4232 or [saoq@saoq.org](mailto:saoq@saoq.org)

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### **Parkinson Outaouais**

**Computer conference on Parkinson's disease:**

January 11, 2017 | 1:30 p.m. to 2:30 p.m.: Cognitive disorders

**Information:** Guylaine Cazabon, 819-246-0668 or by email at [cazrang@videotron.ca](mailto:cazrang@videotron.ca)

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### **Centre Action Génération des Aînés**

**Support groups for caregivers:** Thursday mornings for about three weeks

**Information:** Julie Mercier, 819-281-4343, ext. 102 or [coordoactivitescaga@videotron.ca](mailto:coordoactivitescaga@videotron.ca)

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### **Centre d'Entraide aux Aînés**

**Talk on Alzheimer's disease by Mélanie Marcotte (SAOQ):** January 27, 2017 | 9:30 a.m. to 10:30 a.m.

At Cabane en bois rond (Roland Giguère room), 331 De la Cité-des-Jeunes Blvd., Gatineau

**Information:** 819-771-6609 or [centredentraideauxaines@videotron.ca](mailto:centredentraideauxaines@videotron.ca)

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### **Les Collines RCM**

#### **Table autonome des aînés des Collines**

**Coffee Talk:**

#### **La Pêche, Masham (French)**

Thursday, January 12, 2017 | 1:30 p.m. to 3:30 p.m.

CLSC, 9 Passe-Partout Rd., Sainte-Cécile-de-Masham

#### **Val-des-Monts, Perkins (French)**

Tuesday, January 10, 2017 | 1 p.m. to 3 p.m.

Édifice J.A. Perkins, 17 Du Manoir Rd., Val-des-Monts (Marcel-Périard room)

**Information:** 819-457-9191, ext. 242 or by email at [sosprochesaidants@gmail.com](mailto:sosprochesaidants@gmail.com)

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### **Papineau RCM**

#### **Comité 3<sup>e</sup> âge Papineau (CR3A)**

**Support group:** January 5 and February 2, 2017 | 1:30 p.m. to 3:30 p.m.

134 Principale Street, Saint-André-Avellin

**Coffee Talk:** January 19, 2017 | 10 a.m. to 12 noon

134 Principale Street, Saint-André-Avellin

**Information:** 819-983-1565 or by email at <http://cr3a.org/contact-us.php>

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### **Vallée-de-la-Gatineau RCM**

#### **Voix et Solidarité pour les aidants naturels de la Vallée-de-la-Gatineau**

**Coffee Talk:**

#### **Maniwaki**

Thursday, January 12, 2017 | 9 a.m. to 11:30 a.m.

Foyer Père Guinard (Théodora room), 177 Des Oblats Street, Maniwaki

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### **Gracefield**

Wednesday, January 11, 2017 | 1 p.m. to 3 p.m.

Foyer d'accueil Gracefield, 1 Du foyer Street, Gracefield

**Information:** Nancy Boudrias, 819-441-1001 or by email at [voix.solidarite.VG@hotmail.com](mailto:voix.solidarite.VG@hotmail.com)

### **Société Alzheimer de l'Outaouais québécois (SAOQ)**

**Day and respite centre in Maniwaki**

**Information:** 819-777-4232 or [saoq@saoq.org](mailto:saoq@saoq.org)

**Talk by Mélanie Marcotte from SAOQ:** January 24, 2017 | 6:30 p.m.

Résidence La Belle Époque, 175 Commerciale Street, Maniwaki

**Information:** Mélanie Marcotte, 819-777-4232, ext. 222 or [mmarcotte@saoq.org](mailto:mmarcotte@saoq.org)

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### **Pontiac RCM**

### **Société Alzheimer de l'Outaouais québécois (SAOQ)**

**Day and respite centre in Shawville:**

**Information:** 819-777-4232 or [saoq@saoq.org](mailto:saoq@saoq.org)

**Talk by Mélanie Marcotte from SAOQ:** January 12, 2017 | 6:30 p.m.

Pontiac RCM (location to be announced)

**Information:** Mélanie Marcotte, 819-777-4232, ext. 222 or [mmarcotte@saoq.org](mailto:mmarcotte@saoq.org)

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