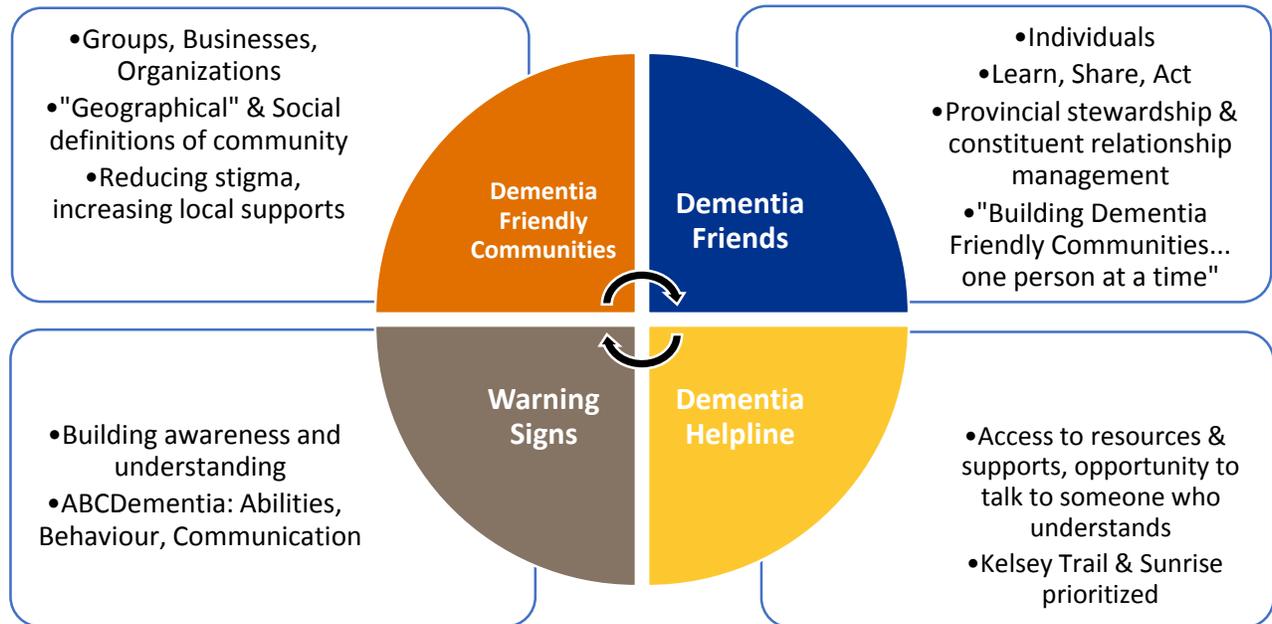


Overview of Projects:



Warning Signs Campaign

The Warning Signs campaign aims to increase awareness about dementia, the benefits of a timely diagnosis, and to improve public recognition of warning signs other than memory loss. A guiding statement of the campaign is that "by learning the ABC's of Dementia you can help empower yourself with an early diagnosis and improve your ability to live well with dementia".

The ABCs of Dementia represent three main categories into which ten evidence-based warning signs of dementia are grouped. These warning signs reflect changes in a person's Abilities, Behaviour, and Communication.

The campaign promotes four key actions:

- 1) Learn the Warning Signs and contact ASOS for more information
- 2) Visit www.ABCDementia.ca to download resources such as the Toolkit to prepare for the doctor's visit
- 3) Talk to your doctor
- 4) Connect with ASOS for support post-doctor's visit, or to become a Dementia Friend to continue to learn more

Dementia Friendly Communities

The Dementia Friendly Communities project strives to create communities throughout Saskatchewan that are welcoming to people with dementia, support them to live well, and engage them meaningfully in everyday life. DFCs consider not only the environment and design of a space, but also the social networks and interactions that exist within it. Further, the people in these communities understand more about dementia, and those affected by it are supported to feel independent, included, with options for involvement in the community.

Dementia Friendly Communities go beyond the consideration of physical barriers and accessibility, to address stigma and cognitive challenges that a person with dementia may face. Our vision is that these communities will recognize that a person with dementia may experience the world differently, and will be prepared to make a conscious effort to reduce stigma, social isolation and ensure the social-citizenship and participation of people with dementia.

Additionally, a survey has been undertaken to identify the current needs of people with dementia and their care partners in the province, evaluate the baseline level of “dementia friendliness”, and highlight areas of opportunity. This survey will provide guidance for the direction of Dementia Friendly Community work, as well as ensure it is truly addressing the needs of Saskatchewan residents.

Dementia Friends

The Dementia Friends program is designed to help people in Saskatchewan learn more about dementia, and to make communities more dementia friendly, one person at a time. A Dementia Friend is someone who decides to learn more about dementia and what they can do to help make our province a more accessible and inclusive place for those affected by it.

The Friends program is built on key messages of Learn, Share, and Act. Through ongoing messaging, the ASOS can steward Friends towards meaningful action such as learning more, getting involved in upcoming events, and sharing stories about their own experiences. This can include strategies to use in their businesses or workplaces, information about early warning signs, or even simple tips to incorporate into their daily interactions.

We have identified the goal of recruiting 1200 Dementia Friends in Year 1, building by 25% in Year 2, and an additional 30% in Year 3. The online platform for information about the Friends program can be found at www.dementiafriendlysaskatchewan.ca, and participants of educational presentations facilitated by the ASOS will also be encouraged to sign up as Friends.

Dementia Helpline

The Dementia Helpline has also completed a soft-launch and will be promoted in two health regions within Year 1 and 2. These pilot sites are the Sunrise and Kelsey Trail health regions, which currently do not have a resource centre located within their borders. Due to the lack of a physical Alzheimer Society presence in those areas, increasing service availability and resources for those residents is a priority the Dementia Helpline will address.

The Dementia Helpline is accessible via 1-877-949-4141, during the hours of 8:30-4:30, Monday to Friday. It is not a crisis line, however, a trained staff member can direct callers to other resources and supports such as local crisis services or 811 as appropriate. The Helpline is available to people with dementia, to their care partners, to family, or whomever the person with dementia defines as family.