

# Resources for Long-Term Care

When a person with dementia needs full-time support they may move to long-term care. This can be one of the most significant and challenging transitions in the person's dementia journey. This list will provide an overview of Alzheimer Society resources that can support staff, people with dementia and families before, during and after the transition to long-term care. These resources are available from your local Alzheimer Society or [www.alzheimer.ca](http://www.alzheimer.ca).

**Note:** The term "family" or "caregiver" includes anyone in the supportive network of people with dementia.

## Helping Families Navigate the Move to Long-Term Care

### Moving to long-term care series

This four-part series helps guide caregivers of people with dementia as they navigate the move to long-term care. Each sheet in the series suggests information to think about and provides hands-on tips, from considering the move through to adjusting after the move. [www.alzheimer.ca/longtermcare](http://www.alzheimer.ca/longtermcare)

1. Considering the move to a long-term care home
2. Preparing for a move
3. Handling moving day
4. Adjusting after a move



Have these resources handy when someone tours your home.



Consider giving copies to your Resident and Family Councils. They may want to include some of these resources in their welcome package for new residents.

## Understanding Alzheimer's Disease

### Progression series

This is a series of five sheets that describe the stages of Alzheimer's disease, the typical challenges that can arise at each stage, and strategies for responding to these challenges. [www.alzheimer.ca/stages](http://www.alzheimer.ca/stages)

## Supporting Excellence in Person-Centred Care

### What is person-centred care?

#### PC P.E.A.R.L.S.®: 7 key elements of person-centred care

A series of evidence-based information sheets that outline seven key elements to begin and sustain a culture change to provide person-centred care. [www.alzheimer.ca/pcpearls](http://www.alzheimer.ca/pcpearls)

#### Guidelines for care: Person-centred care of people with dementia living in care homes

A framework to help improve the quality of care that people with dementia receive in long-term care through a person-centred philosophy. [www.alzheimer.ca/guidelinesforcare](http://www.alzheimer.ca/guidelinesforcare)

#### Person-centred language guidelines

A tool for anyone supporting a person with dementia to promote consistency in the use of respectful language. Also available as a one-pager. [www.alzheimer.ca/powerofwords](http://www.alzheimer.ca/powerofwords)

**TIP:** Use these guidelines when writing and reviewing:

- Policies and procedures
- Website content
- Media releases
- Information resources
- Promotional materials
- Educational presentations

## Practical guidelines for person-centred care:

These resources speak to some of the day-to-day interactions you will have with a person living with dementia. They provide practical tips and strategies for a person-centred care approach.

### Meal times

Provides an overview of how dementia affects the ability to eat. Presents tips and strategies for navigating these changing abilities during mealtime. [www.alzheimer.ca/mealtimes](http://www.alzheimer.ca/mealtimes)

### Personal care

Explains how dementia affects personal care and hygiene. Provides strategies for a person-centred approach to personal care. [www.alzheimer.ca/personalcare](http://www.alzheimer.ca/personalcare)

### Communication

Provides the reader with information on how dementia affects communication. Suggests useful strategies to maintain and enhance communication throughout the disease progression. [www.alzheimer.ca/communication](http://www.alzheimer.ca/communication)

### Quality of life

This resource acknowledges how deeply personal defining quality of life is. It lists the many factors to consider and includes suggestions to enhance the quality of life of both people with dementia and caregivers. [www.alzheimer.ca/qualityoflife](http://www.alzheimer.ca/qualityoflife)

### Dementia, intimacy and sexuality

Provides information on how to address the intimacy and sexual needs of people with dementia and their partners as the disease progresses. [www.alzheimer.ca/intimacyandsexuality](http://www.alzheimer.ca/intimacyandsexuality)

### Dementia and responsive behaviours

This resource will help answer some of the questions you may have about how dementia affects a person's behaviour, why it's important to understand the meaning behind the behaviour, and what strategies you can try to reduce responsive behaviours. [www.alzheimer.ca/responsivebehaviours](http://www.alzheimer.ca/responsivebehaviours)

## Knowing the person with dementia:

### All About Me

A booklet designed to help others support and get to know a person with dementia by outlining the things that make the person unique, such as: habits, daily routines, likes, dislikes, etc. [www.alzheimer.ca/allaboutme](http://www.alzheimer.ca/allaboutme)

### TIPS:



Make an activity out of completing this booklet with the resident and their family. Consider providing copies of the resource to your Resident and Family Councils so they can include it in their welcome packages for new residents.



Get creative! Use the information in the booklet to help design activities unique to the person.



Use the information in the booklet to help you understand the person's needs.

For example, you notice one of the residents walking up and down the hall in the mornings. You review *All About Me* and see that they used to go for a walk with their spouse every morning. You decide to ask a volunteer to continue this routine with them. The person seems happy to have company during their morning walks again.



Keep this booklet in an easy-to-find location so others can get to know the person, too.

## All About Me: A conversation starter

A shortened version of the All About Me booklet. [www.alzheimer.ca/allaboutme](http://www.alzheimer.ca/allaboutme)



Ask the resident and their family if you can hang a copy on the door of the person's room, pin it on the curtain divider or post on a bulletin board over their bed for an in-the-moment snapshot of the person.



Keep a copy in their plan of care.



Refer to this resource for conversation topics the person will enjoy.

## Meaningful visits

Includes tips on how to have a more meaningful visit with a person with dementia.

[www.alzheimer.ca/meaningfulvisits](http://www.alzheimer.ca/meaningfulvisits)

**TIPS:** This resource is available in two formats from your local Alzheimer Society - a poster or a pocket-sized foldout.



Consider hanging the posters in common areas of your home as a helpful reminder for visitors on how to make their visits meaningful.



Have a selection of pocket-sized handouts ready to give those who want visiting tips on-the-go.



Include copies of this resource in welcome kits for new residents and families.

## A human rights-based approach to dementia:

### The Canadian Charter of Rights for People with Dementia

The Charter highlights some of the challenges that people with dementia often face and defines seven explicit rights to empower Canadians living with dementia to self-advocate, while ensuring that the people and organizations that support them know and protect these rights. [www.alzheimer.ca/charter](http://www.alzheimer.ca/charter)



Display the Charter in a prominent location to demonstrate the value you place in supporting the human rights of people living with dementia.



Start a conversation with other staff, residents or families about how the Charter complements your Resident Bill of Rights.

## Understanding Loss and Grief in Dementia

### Ambiguous loss and grief: A resource for healthcare providers

Provides an overview of how loss and grief affect people with dementia and their caregivers throughout the progression of the disease. Suggests strategies for how to support people with dementia and families through their grief. [www.alzheimer.ca/ambiguousloss](http://www.alzheimer.ca/ambiguousloss)

### Ambiguous loss and grief: A resource for individuals and families

Helps family caregivers understand how grief and loss can affect them and the person with dementia. Includes information to help both the caregiver and the person with dementia cope with their grief, stay connected, and remain healthy and resilient throughout the progression of the disease.

[www.alzheimer.ca/ambiguousloss](http://www.alzheimer.ca/ambiguousloss)

**TIP:** Provide this resource to your Resident and Family Councils to help them understand and support each other through their own loss and grief.

### **Dementia and staff grief**

Discusses the multiple losses experienced by staff caring for people with dementia across the continuum of care, and how they can be supported in managing their loss. [www.alzheimer.ca/staffgrief](http://www.alzheimer.ca/staffgrief)

Review this resource for helpful self-care strategies and ideas that your organization can put into practice to support staff in coping with their own losses and grief.

### **End of life**

This online resource can help families prepare for end of life and cope with the grief and loss that they might experience. [www.alzheimer.ca/endoflife](http://www.alzheimer.ca/endoflife)

**Want more information? Visit [www.alzheimer.ca/brochures](http://www.alzheimer.ca/brochures) for a full list of the Alzheimer Society of Canada's brochures and publications.**

**Information and support are available. You are not alone.  
Your local Alzheimer Society is here to help. You can find your local  
Alzheimer Society by visiting [www.alzheimer.ca/helpnearyou](http://www.alzheimer.ca/helpnearyou)**

**Alzheimer Society**



Alzheimer Society of Canada  
20 Eglinton Avenue West, 16<sup>th</sup> Floor, Toronto, Ontario M4R 1K8  
Tel: 416-488-8772 1-800-616-8816 Fax: 416-322-6656  
E-mail: [info@alzheimer.ca](mailto:info@alzheimer.ca) Website: [www.alzheimer.ca](http://www.alzheimer.ca)

Facebook: [www.facebook.com/AlzheimerCanada](http://www.facebook.com/AlzheimerCanada) Twitter: [www.twitter.com/AlzCanada](http://www.twitter.com/AlzCanada)