



Connecting

D.O.T.S

Dementia & Other Therapies/Services

**Cochrane
Dementia
Resource
Booklet
2011**



And other community partners!

Connecting D.O.T.S wishes to extend a sincere thank you to one of Canada's leading research-based pharmaceutical companies for their assistance with this resource booklet.

Available online at www.cochrane.ca
(choose FCSS from Town by Department)

To order more FREE copies of this Resource Booklet
Please call 403-851-2250

Family & Community Resource Centre
209-2nd Avenue West
Cochrane AB T4C 2K8

Phone: 403-851-2250
Fax: 403-851-2260

What are your suggestions for improvement?

Any other comments?

If you are interested in attending any of our education sessions please call 403-851-2250 for more information.

If you or someone you know has concerns about their memory, or have received a diagnosis of a type of Dementia, you are not alone.

- Over 500,000 Canadians have dementia. It is the second most feared disease for Canadians as they age.
- 1 in 11 Canadians over the age of 65 years old have Alzheimer's disease.

However, there is a network of resources available to support you. We hope you find the Connecting D.O.T.S resource valuable.

What is Connecting D.O.T.S?

Community partners with a common goal to connect the residents of Cochrane and area with Dementia services through

- Education
- Resources
- Support

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Resource Evaluation

Please fill out the front and back of this page, tear it out of the booklet and drop off at FCSS

**(Family & Community Support Services:
109 2nd Avenue West Cochrane AB)**

OR Fax to 403-851-2260

We value your comments!

**How did you hear about
D.O.T.S?**

**How has this booklet helped
you?**

TRANSPORTATION

Big Hill Seniors Handi-bus.....1-877-389-2887

C.A.R (Community Access Resource) Is a taxi program connecting people to their community. 403-851-2250

Helping Hands is a volunteer assistance program available to residents of the community. Contact FCSS for more information403-851-2250

Driving Miss Daisy..... 403-454-4568

DRIVING:

Safety In Motion Inc......403-932-3912

Services: 2 Part Assessment

Part 1: On Road Competency Assessment where all drivers have an opportunity to demonstrate their level of functioning with a senior driving instructor.

Part 2: Detailed custom report sent to Driver Fitness and Monitoring, client and the requesting health care team member. Website: www.safetyinmotioninc.com

Drive Able.....403-252-2243

Services: 2 part Assessment

Part 1: In-Office Drive ABLE Cognitive Assessment Tool

Part 2: On-Road Evaluation:

score on part 1 determines whether part 2 is required.

Road test is done from their office in Calgary.

Check out website for more details: www.driveable.com

TOOLS & ASSESSMENTS

Alzheimer Society of Canada: Driving guidelines and assessment: www.alzheimer.ca (click Alzheimer Care, then Ethical Guidelines, then Driving)

AMA: TIPS for Aging Drivers www.ama.ab.ca
(Click Driver Education, then Mature Drivers)

ASSISTANCE FOR CAREGIVERS

EDUCATION

Connecting D.O.T.S– Monthly Education Seminars, refer to Cochrane Times: Municipal Matters for registration information or call 403-851-2250

Alzheimer's Society of Calgary..... 403-290-0110

Website: www.alzheimercalgary.com

~Reducing Caregiver Stress:

<http://www.alzheimer.ca/docs/brochure-caring-eng.pdf>

~Dementia Basics: www.alzheimercalgary.com

Resource Library.....403-851-2250

-Available free of charge at FCSS

Information & Referral Services.....403-851-2250

counseling, basic needs, government programs.

Calgary Family Caregiver Centre.....403-955-1674

RESPIRE

Helping Hands.....403-851-2250

Links volunteers to assist with certain situations,

E.g. visit seniors to offer help where needed (FCSS).

ADSP—Adult Day Support Program

(Bethany Cochrane)..... ..Call 403-932-8427

Provides social, physical, intellectual and spiritual activities to sustain clients current level of health, supporting them and their Caregiver in the community.

Cochrane Home Care.....403-851-6060

Private Caregiver Services:

-We Care Home Health Services.....403-932-3784

-Classic Care Givers.....403-242-2750

-The Nurse Next Door.....403-454-1399

-Quality Seniors Services.....403-803-5300

ASSISTANCE FOR CAREGIVERS

FOOD & CLOTHING

1. **Food Hampers**403-851-2250
The Food Hamper Program (sponsored by Cochrane Activettes) which is intended to provide food hampers to families and individuals who find themselves in a temporary, difficult situation
2. **Meals to Go** Contact Big Hill Lodge.....403-932-3355
(Within the Town of Cochrane Only) *Minimal Charge
3. **Clothesline**403-932-5984
(Monday– Saturday 10:00am—5:00pm)

SUPPORT GROUPS

1. **Bethany Cochrane**..... 403-932-6422
Monthly Caregiver Support Group at the Care Centre call for further information.
2. **Alzheimer Society of Calgary**..... 403-290-0110
www.alzheimercalgary.com
3. **Calgary Family Caregiver Centre**.....403-955-1674
http://www.calgaryhealthregion.ca/programs/famcaregiver/support_groups.htm

TOOLS & STRATEGIES

1. **Daily Living Guides:** www.alzheimer.ca
(Click Alzheimer Care, click Daily Living).
2. **Reducing Caregiver Stress:** www.alzheimer.ca
(Click Alzheimer Care, click Alzheimer Society Articles)

RECREATION & CULTURE

Town of Cochrane

Phone: 403-851-2534

Services: Various services including education, events and volunteer assistance.

ALBERTA 55+

Alberta Senior Citizens' Sport & Recreation Association

Phone: 403-279-2703

Services: Promote Sport and recreation development for seniors. Act as the provincial voice for seniors 55+

WILLIAM WATSON LODGE

Phone: 403-591-7227

Services: Provide year round accommodations for Albertans with disabilities, senior citizens and caregivers. 22 Accessible cottages, 13 full service campsites, picnic sites and 18 km of accessible trails.

KERBY CENTRE

Phone: 403-265-0661

Services: Information and advocacy, housing registry, resource centre, wellness centre, shopping service, Kerby News, dining service, computer training, adult day support program and shelter for abused seniors.

RECREATION

ADULT DAY SUPPORT PROGRAM

Address: 302 Quigley Drive (Bethany Cochrane)

Phone: 403-932-8427

Services: Provides two programs: Holistic and Early Stages Dementia. Both programs run twice a week from 9-3:30 pm. Social, physical, intellectual and spiritual activities are scheduled throughout the day.

Minimal fee includes snacks and a hot lunch.

Call the Home Care Access Line to apply

403-943-1920

LIVING WELL—ROW YOUR OWN BOAT

Phone: 403-943-2584

Services: Supervised exercise classes, Disease specific education classes, Self-management workshop

SENIORS ON THE BOW

(Spray Lake Sawmills Family Sports Centre)

Phone: 403-932-6002

Services: Provides recreation and amateur activities. Friendly socializing including pot lucks and card games.

CRISIS

EMERGENCY CONTACTS

EMERGENCY CALL911

FIRE & EMS.....911

Cochrane URGENT Care Centre.....403-851-6000

RCMP (non-emergency).....403-945-7267

Cochrane & Area Victim

Services.....403-851-8055

Poison Control Centre.....403-944-1414

Mental Health Distress Line.....403-266-1605

Protection for Persons in Care

Elder Abuse Line..... 403-297-4627

END OF LIFE CARE

1. Hospice Calgary403-263-4525

2. Home Care: Palliative Care.....403-851-6060

FINANCIAL ASSISTANCE

1. Cochrane Home Care.....403- 851-6060

2. Cochrane FCSS: Gov/t Support Forms ... 403-851-2250

3. Veterans Affairs Canada1-866-522-2122

4. Human Resources Development Canada:

Income Security Programs1-800-277-9914

LEGAL HELP

1. **Office of Public Guardian**.....403-297-3364

Assist in understanding how guardianship works.

2. **Office of Public Trustee**.....403-297-6541

Explaining process of trusteeship

3. **Enduring Power of Attorney & Personal Directive**

www.seniors.gov.ab.ca/opg/personaldirectives/

HOME SAFETY

EQUIPMENT:

Phillips Life Line.....1-800-543-3546
Lifeline is an easy-to-use medical alarm service making help available at the push of a button.

Life Call Canada.....1-800-661-5433

ICE CAPS-In Case of Emergency

Each plastic capsule contains a blank information form on which to put Emergency Information.
(FCSS 403-851-2250)

Aids to Daily Living/Bathing Equipment: 403-851-6060

Provided through Cochrane Home Care (ie. Walker)

Medication Management (See Pharmacies)

Compliance packaging available at no cost.

WANDERING:

Safely Home.....403 290-0110

Toll Free.....1-877-569-4357

Safely Home is a nationwide program designed to help find the person who is lost and assist in a safe return home.

EDUCATION & ASSESSMENTS:

1. **Cochrane Home Care** 403-851-6060. Provides home safety assessments & assists with appropriate equipment required—Facilitates fall prevention education & support from Physio Therapist

~**Fall Prevention** www.findingbalancealberta.ca

2. **Calgary Accessible Housing: Renovations**

Phone: 403-282-1872 website: www.ahscalgary.ca

3. **Canadian Mortgage & Housing Corp**

~ www.cmhc-schl.gc.ca/en/co/mahol/adse/athoaldilindex.cfm

HOUSING/CARE FACILITIES

Bethany Cochrane.....403-932-6422

-Long Term Care Facility

- Supportive Living Lodge

Big Hill Lodge.....403-932-3355

Evergreen Manor...300 Ross AVE.....403-932-6489

Kerby Centre (Calgary).....403-265-0661

www.kerbycentre.com (Shelter available)

PHYSICIANS' & OTHER MEDICAL SERVICES

Cochrane URGENT Care Centre

60 Grande Blvd.....403-851-6000

DOCTORS' OFFICES

1. **Alpen Medical Clinic**.....403-851-0091

2. **Cochrane Primary Care Centre**403-932-2089

3. **Lahey Medical Centre**403-981-6000

4. **Sundance Medical Clinic**.....403-932-2255

PHARMACIES

1. **Cochrane Rexall Drugstore**.....403-932-3444

2. **Drugstore Pharmacy (Extra Foods)**....403-932-0300

3. **Grand Avenue Pharmacy**403-932-2500

4. **Safeway**.....403-851-1279

5. **Shopper's Drug Mart**.....403-932-3568

6. **Bragg Creek Village Pharmacy**.....403-949-3177

LABORATORY SERVICES

Calgary Lab Service403-777-5136

Cochrane Mobile Lab—arranged through Physician