The PRCProgram provides educational support to staff in long-term care homes, community service agencies and CCAC/homecare. The PRCP is an enduring legacy of the Ministry of Health and Long Term Care (MOHLTC) Alzheimer’s Strategy that has been available to our community since 2002. Over the next few months, the MOHLTC will deploy an expansion of Toronto’s clinical psychogeriatric outreach services and the PRCPProgram has contributed to the MOHLTC Seniors Mental Health Steering Committee and associated task forces chaired by Dr. Carole Cohen and Ms. Sandra Pitters. As a result of the committee’s planning, each team will have an identified liaising PRCP educator and the PRCP is integrated within the committee’s clinical algorithm. The MOHLTC has also provided additional resources to the regions inpatient Behavioral Assessment and Management Units providing short-term admission to problem solve challenging behaviors which cannot be managed in place. The PRCP has aligned itself to facilitate the transfer of care plans and clinical knowledge from the units when the residents are returned to their LTC homes. The following graphic provides an overview of between PRC, outreach teams and Inpatient Units. More information on this relationship can be found online at URL: http://rgp.toronto.on.ca/prcp/PRCProgramOverview2006.pdf
In addition to their routine educational activities, the program’s educational consultants have also made contributions to conferences and journals. Over the last year these contributions include:

- Presenter at a Detail Healthcare Conference entitled “Dementia: Understanding Challenging Behaviours & Exploring Practical Approaches for Direct Care”.
- “Making it Safer - A Health Centre’s Strategy for Suicide Prevention” co-authored with Nora McAuliffe.
- Keynote speaker for the North York CCAC Placement Forum.
- Invited speaker at UHN Rehabilitation Department. “Intimacy & Aging”.
- Co-presenter for Toronto Hostels Training Centre: Working with the Invisible Homeless Senior.
- Co-Facilitator for Trillium Health Centre Mental Health System Vision Day on Patient Centred Care.
- “Non-Traditional Methods for Problem Solving Behaviours in Dementia” presented at the OPGA 2005 Conference.
- Pain Awareness and Treatment in Long Term Care Project poster was presented at the OGA Conference 2005.
- LTCH Education Day presented on “Delirium, Depression and Dementia – The 3D’s: Getting the knowledge into Practice”.

Not Just Kids’ Stuff - Montessori Based Dementia Activities in LTC
Heli Juola, PRC North York and Lynda Perry, PRC, Etobicoke

PRCProgram staff actively seek creative curricula for dementia caregiving such as PIECES, UFirst and the Gentle Persuasion approach. Recently Heli Juola and Lynda Perry, PRC consultants in North York and Etobicoke, trained in the use of the Montessori Based Dementia Approaches in Dementia Caregiving, developed by Dr. Cameron Camp of The Meyers Research Institute in Beachwood Ohio. Initially developed in the context of children’s education, Dr. Camp and his team have developed, implemented and tested hundreds of Montessori-like activities to enhance self-care skills and increase the well-being and enjoyment of people with a dementing illness.

Heli and Lynda are now beginning to work with staff in LTC facilities and Supportive Housing to introduce the Montessori philosophy and activities to their caregiving toolkit. Programs like Memory Lane Bingo, Comedy Club, Reading Circles, and sorting, scooping, and matching exercises engage residents in pleasant activities while stimulating them to develop and retain abilities. Like all Montessori based activities, exercises are tailored to match the individual’s abilities and interests and designed to maximize success and minimize the sense of failure. Montessori, Heli and Lynda tell us, is fun for resident and for staff alike.

If you are interested in knowing about opportunities to implement Montessori exercises in your dementia care programs please use the PRCP contact information found in the table below.
Aggressive Behaviour Workshop Series: Managing the Crises that Emerge Despite our Best Efforts

Sometimes, despite our best efforts to prevent them, behavioral crises emerge and staff who manage these crises need skills to handle them safely. The PRCP in association with the Public Education Coordinators and staff of the Psychogeriatric Outreach Teams in each region of the city are planning a day-long workshop focused on the needs of Personal Support Workers in these complicated situations.

The series of workshops will be offered regionally throughout the next year beginning with a workshop for staff of Long-Term Care Homes in Scarborough. Each region’s long term care homes will be invited to send groups of PSWs along with PIECES prepared people, in-house psychogeriatric resource staff and a nursing manager in order to enhance the knowledge to practice process.

Workshop participants will have an opportunity to:
- Review “person-centered” models of dementia care
- Understand the “aggression cycle” concept
- Practice specific skills for managing each stage of the ‘aggression cycle’
- Identify organizational interventions to enhance resident and staff safety
- Share learning with community resources

The workshop for Scarborough LTC staff will be held at the McLaughlin Lecture Theatre and auditorium at Sunnybrook Health Sciences Centre, 2075 Bayview Avenue on October 23, 2006. The registration form for this workshop is online at URL: http://rgp.toronto.on.ca/prcp/behaviorconferenceS2006.pdf

For information contact Kerri Fisher at kerri.fisher@sunnybrook.ca or 416-480-5881. For information on the workshops in your region keep your eye on the PRCP of Toronto website at URL: http://rgp.toronto.on.ca/prcp

June 15, 2006

World Elder Abuse Awareness Day

The PRC Program is coordinated by the Regional Geriatric Program of Toronto's distributed matrix model of management. This alignment of the PRC and the RGP has been value adding. And, one value-adding element is the integration of the PRC Program of Toronto’s online information services with the RGP Knowledge to Practice Portal. Bulletin readers can also take advantage of the information services available on the RGP Portal which contains information on access to specialized geriatric services across the RGP network, folders on important clinical topics, teaching resources, reference databases, email list services and the caremapsforseniors.ca website. The portal is located at http://rgp.toronto.on.ca

### PRCP services – Consultant Contact Information

<table>
<thead>
<tr>
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You can find a consultant by using the program’s website at [http://rgp.toronto.on.ca/prcp](http://rgp.toronto.on.ca/prcp) and clicking on the map, hospital name or CCAC region near you or you can contact the program’s central access number at **416.480.5881** and speak with Kerri Fisher, Coordinator of Educational Services. Even if you call over the weekend and holiday periods we will strive to get back to you within 24 hours. If you need to contact us about a difficulty with the program you can call Dr. David Ryan, Director of Education for the Regional Geriatric Program of Toronto at **416.480.6100 ext. 3369** or email him at david.ryan@sunnybrook.ca.