

Did You Know?

To date, the KTHR Rural Memory Clinic has evaluated over 150 people for memory and dementia in Kelsey Trail Health Region.

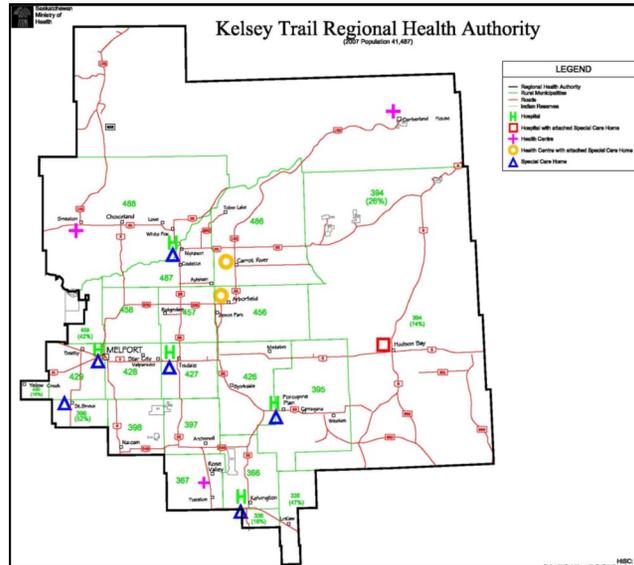
564,000 people in Canada over the age of 65 years are living with dementia. By 2031, that number is projected to increase to 937,000. In Saskatchewan, 18,332 people are living with dementia.

~Rural Dementia Action & Research
9th Annual Summit
Rural & Remote Memory Care
University of Saskatchewan

For more information about the KTHR Rural Memory Clinic or to make an appointment for yourself or a loved one, contact:

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The Rural Memory Care Clinic is a brochure of the KELSEY TRAIL HEALTH REGION

For more information about this or other services
of the Kelsey Trail Health Region
contact the Regional Office at
306-873-6600 or visit our website
www.kelseytrailhealth.ca

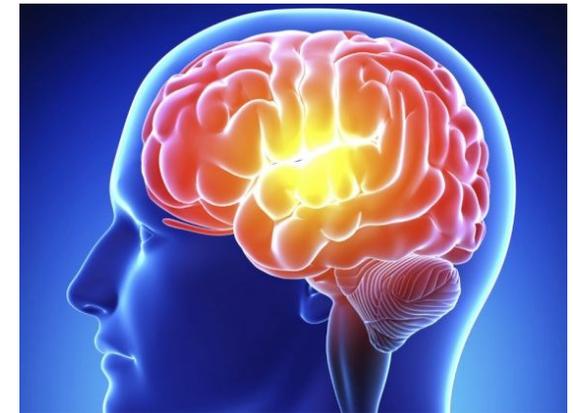
Provincial Health Line—24 hour health advice



KTHR Quality of Care Coordinator
1-877-573-6601



Rural Memory Care Clinic



Information
for
Clients & Families

Healthy people in healthy communities

Kelsey Trail Health Region is the first rural health region in Saskatchewan to provide the services and support of a memory care clinic.

The KTHR Rural Memory Care Clinic is operated by Tanis Bronner, a KTHR Nurse Practitioner practicing out of the Northeast Medical Clinic in Tisdale.

Tanis has spent time learning about memory care at the Geriatric Evaluation unit and the Rural and Remote Memory Clinic in Saskatoon. She has completed a Certificate in Dementia Studies from the University of Stirling in Stirling, Scotland and, more recently, has completed a study course from the Wicking Dementia Research and Education Center.

In addition to family practice at the Northeast Medical Clinic in Tisdale, Tanis works regionally in memory care and the diagnosis and supports of dementia, and supports senior medical visits in the community of Tisdale.

The Rural Memory Care Clinic began serving residents of the northeast in the fall of 2014 from the Northeast Medical Clinic in Tisdale. It is modelled after the Geriatric Evaluation and Management (GEM) Centre in Saskatoon. Dr. W.E. DeCoteau from the GEM has been a valued and constant support to the program since inception.



According to the Alzheimer Society of Canada, dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss, difficulty with thinking, problem-solving or language, changes in mood or behavior and may be severe enough to reduce a person's ability to perform everyday activities.

Some treatable conditions can produce symptoms similar to dementia, such as stress, vitamin deficiencies, thyroid disease, sleep disorders, or mental illness. It is therefore important to arrange for a full medical assessment as early as possible.

While there is no cure for dementia, timely diagnosis is critical to understanding and coping with the disease, as well as finding the resources and support to help the individual and family members manage it.

Program Objectives

The focus of the Rural Memory Care Clinic are to:

- Provide community-level access to memory assessment;
- Multidisciplinary collaboration in the diagnosis and treatment of memory-related conditions; and
- Provide person-centered support for people with dementia and their loved ones

Process

Referrals to the KTHR Rural Memory Care Clinic are open. Physicians, healthcare providers, multidisciplinary professionals, family members and/or self-referrals are accepted.

The KTHR Rural Memory Care Clinic is a regional clinic. Those referred to the program are required to travel to Tisdale for assessment and evaluation.

Once a referral has been made, clients may have to wait 30-45 days before their assessment can be completed.



Assessments

All clients referred to the KTHR Rural Memory Care Program receive a multi-focused assessment that will help to determine if their diagnosis is related to dementia or other causes.

Initial assessments and evaluation may take up to three hours to complete and include both a clinical and medication review, a cognitive assessment and personal histories.

Following the assessment, consultation letters and recommendations are returned to each patient's physician or nurse practitioner. Follow-up is based on patient requirement. Follow-up and support are provided on an ongoing basis.