

PRESS RELEASE



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World Alzheimer's Day is September 21: Adult Day Program Supports People and Their Families Living with Alzheimer's

September is World Alzheimer's Month and the theme is "Remember Me." World Alzheimer's Day, September 21 of each year, is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and Dementia. Alzheimer's Disease is the most common form of dementia, a group of disorders that impairs mental functioning. Alzheimer's disease is the most common type of dementia. Dementia is a collective name for progressive degenerative brain syndromes which affect memory, thinking, behaviour and emotion. Symptoms may include:

- loss of memory
- difficulty in finding the right words or understanding what people are saying
- difficulty in performing previously routine tasks
- personality and mood changes.

Alzheimer's Disease is often called a family disease, because of the chronic stress of watching a loved one slowly decline affects everyone. For this reason, Campbellford Memorial Hospital and VON have partnered to offer the VON Adult Day Program on Wednesdays and Fridays at the Campbellford Memorial Multicare Lodge. The VON Adult Day Program is designed to offer engagement and relaxation in a secure and home-like setting for older adults who may be experiencing physical, social or cognitive challenges. While enjoying a day away from home, their caregivers enjoy a day of respite to spend as they wish. Taking time to rejuvenate their energies, go to work or attend to those items that are on hold.

"It has been proven that attending the Adult Day Program better supports clients to remain living in their own homes rather than early admissions to Long Term Care facilities as we work closely with family to better meet individual needs," says Lisa Corkery, Care and Services Manager, VON-Ontario Branch, adding: "Our clients attend the Adult Day Program to participate in a variety of planned activities being supported by trained staff such as Recreation Therapists, Activationists, PSW's and Volunteers."

The number of seniors living in Northumberland County is growing. In Northumberland County, between 2006 and 2012, the age-group with the greatest percentage increase in population was the 85+ age-group (a 27.9% increase). By 2034, the population aged 65 and up is projected to increase by 94%, including a more than doubling of the number of resident's aged 85 years and up, compared to 2012 estimates. Canadians are living

longer and in good health but the risk of developing a chronic condition increases with age, especially for individuals aged 80+.

“We’re pleased to partner with the VON to offer programs like the Adult Day Program as part of our role as a Rural Health Hub, bringing together a variety of health service providers to support the needs of the aging population that defines our community. While much of our effort is focused on patients receiving acute care, we are working collaboratively with a growing network of health service and community service providers, like VON, to create a wrap-around web of support for our growing senior community. We are demonstrating this leadership and our award-winning team is making a difference with our concerted effort to provide senior friendly care. Our aim is to enable seniors to maintain optimal health while they are hospitalized so they can return home or transition to the next level of care that best meets their needs,” explains Jan Raine, Chief Nursing Officer at Campbellford Memorial Hospital.

Adult Day Program activities are designed according to the individual interests and abilities of our clients and include: baking, crafts, hobbies, cards and board games, discussion groups, current events, reminiscence opportunities, daily exercise sessions to maintain strength and mobility, music and entertainment, seasonal events and celebrations, and home cooked noon meal.

Currently VON operates eight Adult Day Programs across the region in communities such as Curve Lake, Lakefield, Peterborough, Havelock, Campbellford, Cobourg and Port Hope. Funding for this program is provided in part by the Central East Local Health Integration Network, community donations and a small daily client fee. The regular client fee for services is \$19.00 per day which includes refreshments, a nourishing meal and all activities. A fee subsidy is available where financial need is indicated. To become a client of the Adult Day Program contact our Respite Service Supervisor to learn more about our easy referral process. 1-866-654-9638 ext 6423 or 705-9155 ext 6423

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