

*Soci t  Alzheimer Society*  
NOVA SCOTIA

# African Nova Scotian (ANS) Dementia initiative

Presented by: Charisma Grace BSc. Nursing, RN, BA. Hon. Psychology & S.  
Anthropology

Project Coordinator, Education and Outreach – African Nova Scotian  
Communities



*Soci t  Alzheimer Society*  
NOVA SCOTIA

# Objectives of Presentation:



## **Describe**

the Alzheimer Society  
of Nova Scotia  
Collaboration



## **Outline**

the objectives of ASNS'  
ANS Dementia Initiative



## **Describe**

the role Project  
Coordinator



## **Describe**

the format of the  
Community Outreach

# Alzheimer Society of Nova Scotia & Health Association of African Canadians (HAAC) Partnership



# Objectives of the African Nova Scotia Dementia Initiative:



ALZHEIMER SOCIETY OF NOVA SCOTIA IS EXPANDING ITS LEVEL OF SERVICE



PROVIDE A SERVICE THAT IS CULTURALLY COMPETENT



TO RAISE AWARENESS ABOUT ASNS PROGRAMS AND SERVICES



TO UNDERSTAND THE SPECIFIC NEEDS OF AFRICAN NOVA SCOTIANS COMMUNITIES

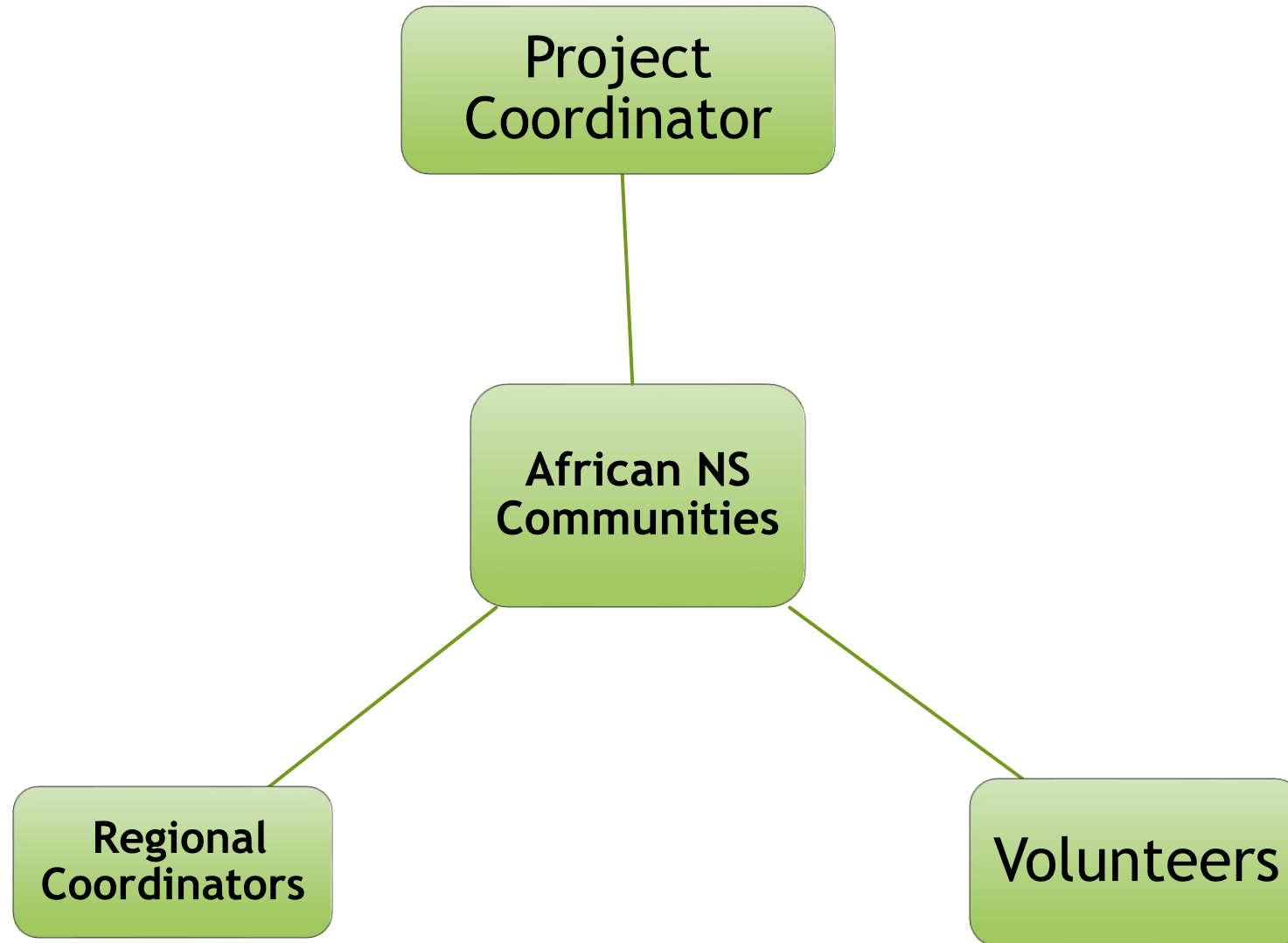


BUILD SUSTAINABLE RELATIONSHIPS

# Role of the ANS Project Coordinator:



# Get It Done!



# Get It Done!



## NOVA SCOTIA



# Overview of Outreach (to date):

- ▶ 10 outreach sessions throughout the province
- ▶ 60 members of the ANS communities were engaged
- ▶ 43 respondents participated in the survey questions
- ▶ 8 potential clients





## Format of Community Outreach:



Presentation



Facilitated discussion



Questionnaire & Form

# Presentations Details:



What is Dementia?



Warning Signs & Symptoms



Difference between Dementia & Alzheimer's disease



Types of Dementia



Incidence of Dementia amongst People of African Descent (POAD)



Risk Factors



Reducing Risk



Programs and services

# Incidence & Risk Factors of Dementia in POAD



Being of African Ancestry



Diagnosis, onset and prognosis



Family history



Pre-existing cardiovascular conditions

# Facilitated Discussion Questions

- ▶ How can we at ASNS best support you, and your community, with this information, education and support?
- ▶ How can we best get this information out to your community members? Are there contacts we should know about? Events we can take part in?
- ▶ What are important considerations as caregivers of people with dementia that we should know about?

# Facilitated Discussion Feedback

- ▶ Representation and reflection of the African Nova Scotian communities.
- ▶ Communication with the African Nova Scotia Communities
- ▶ Consistent relationship building efforts
- ▶ Consistent presence in the communities
- ▶ Collaboration with other organisations within the communities

# Survey Questions:

- ▶ Are you living with, or caring for, a person with dementia?
- ▶ Are you an interested community member?
- ▶ My understanding of Alzheimer's disease and other dementias has improved:
- ▶ My awareness/knowledge of resources available through the Alzheimer Society of Nova Scotia has improved:
- ▶ I would recommend this presentation to others:
- ▶ Make suggestions or recommendations

# Future Contact Form:



## Future Contact Form African Nova Scotian Public Education Project

You are welcome to call the InfoLine for information, support and referral anytime at 1 800-611-6345 or 902-422-7961.

Providing ongoing care and support for someone with dementia is complex and you may have additional questions and concerns throughout your journey. We are here to help. If you would like us to reach out to you by phone over the coming months please tick the box below and provide us with your contact information.

- Please contact me within 3 months for a confidential supportive counselling check in call.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_

Telephone/Cell: \_\_\_\_\_

2. In order to serve you better, would you like to identify as a member of any of the communities listed below?

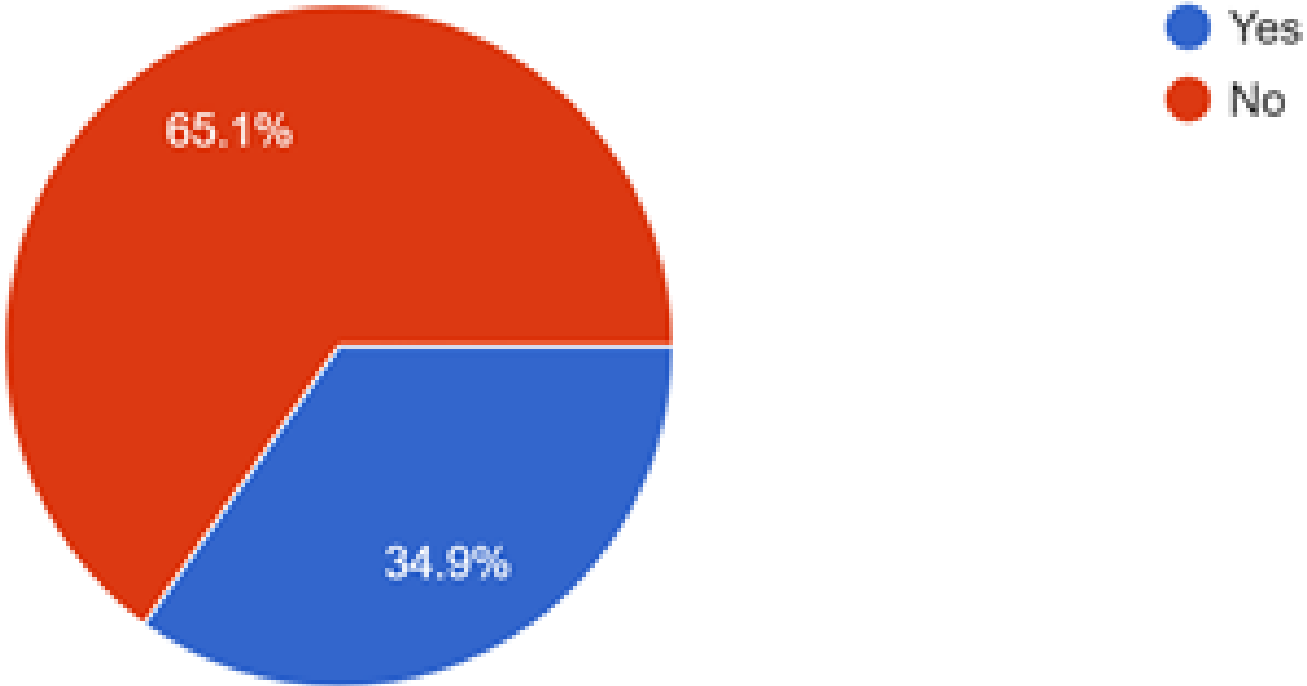
- African Nova Scotian
- Persons of African Descent
- Indigenous Peoples
- Acadian/French
- LGBTQ2S+
- Newcomer to Canada

Other \_\_\_\_\_

The facilitator will collect and send completed sheets to:

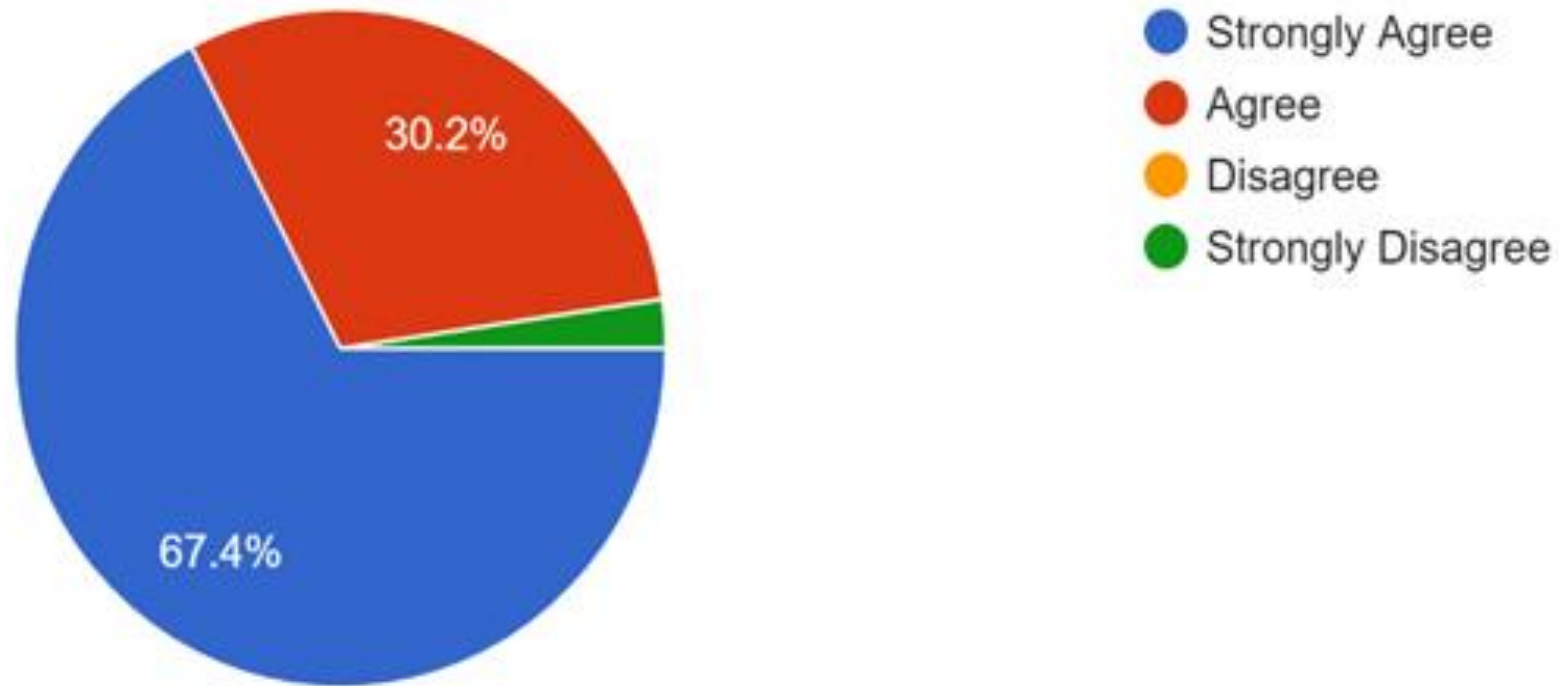
Alzheimer Society of Nova Scotia  
112-2719 Gladstone Street  
Halifax, Nova Scotia B3K 4W6

# Are you living with, or caring for, a person with dementia?

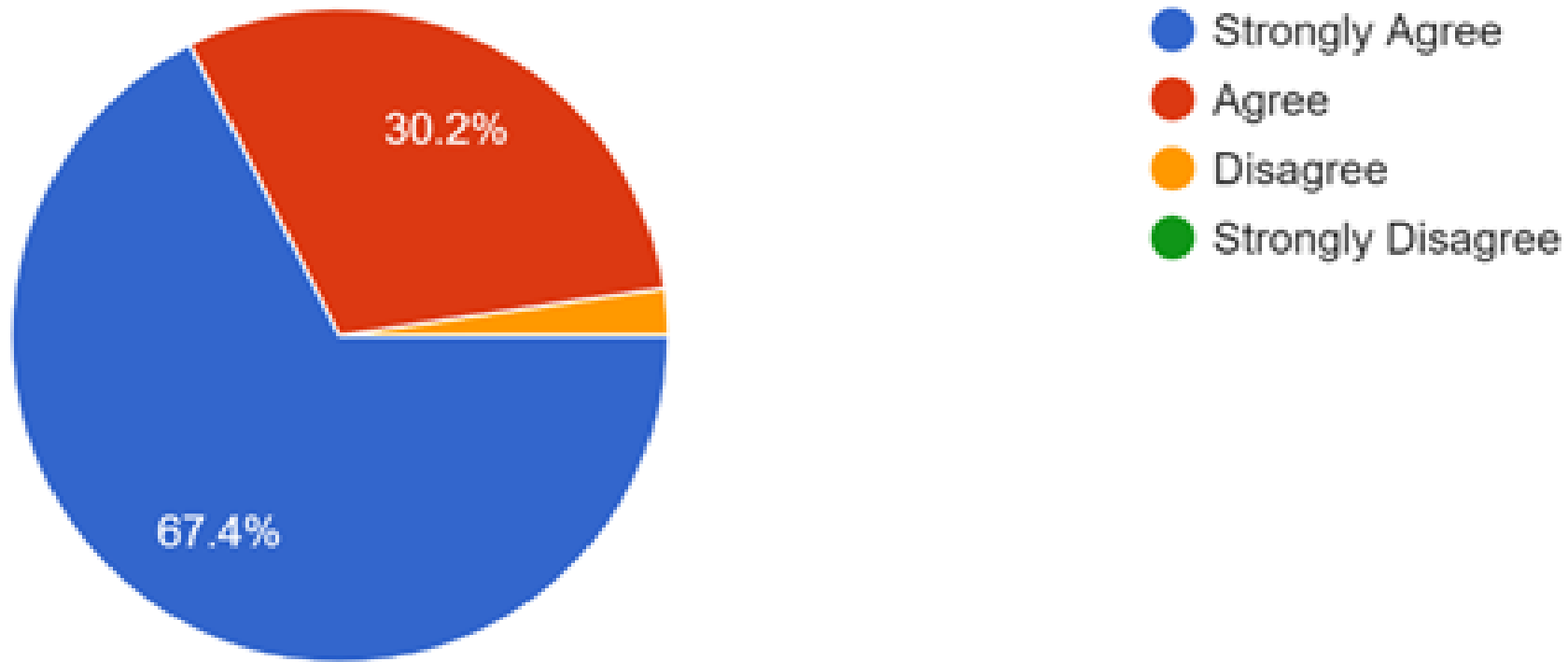




# My understanding of Alzheimer's disease and other dementias has improved:



My awareness/knowledge of resources available through the Alzheimer Society of Nova Scotia has improved:



# Testimonials

“Excellent Presentation! It was great to have a presenter who looked like me and who understood and experience my culture and life's journey. She was more than competent and knowledgeable. Thank you!!”

# Testimonials

“ Great presentation that improved my knowledge of Alzheimer's disease and other dementias. It was great to have visuals and handouts. ”

# Testimonials



I learned a great deal about the differences between dementia and Alzheimer's. The coping mechanisms, symptoms. It was great to hear about a heart healthy diet. I will be changing some things in my life to better prevent Alzheimer's. ”

# Lessons Learned:



- ❑ Consistency in efforts to engage with the community
- ❑ Representation and reflection
- ❑ We need race and ethnicity specific data
- ❑ Customized education, supports & services

# Next Steps:

- Complete the project
- Seek core funding
- We hope to...



**Thank You!**

**Questions??**