

## Client and Caregiver Council Minutes

Date: March 24, 2022

Time: 10:00am - 11:30am

Location: Via Zoom

### Attendees:

Staff: Karen Johnson, McCormick Dementia Services Director; Becky Clark, Day Program Manager; Allison McInnis, Social Worker; Natalie Kozinska, Administrative Assistant  
Caregivers: Bob J., Christine T., Douglas J., Judy O., Vickie S.

Agenda Item	Discussion Items and Decisions	Actions Required
Welcome	<ol style="list-style-type: none"><li>1. Welcome from Karen Johnson, Director of McCormick Dementia Services<ul style="list-style-type: none"><li>• Reminder to participants that past council minutes are available on the McCormick Dementia Services Caregiver's Corner website</li></ul></li><li>2. Approval of Agenda<ul style="list-style-type: none"><li>• All participants approve of agenda items, no items to add</li></ul></li></ol>	
Day Program Expansion Update	<ul style="list-style-type: none"><li>• Beginning April 12th, all clients will be moving to a weekly spot in the day program</li><li>• Current expansion plans are limited to directions from the health unit in regards to mixing cohorts and reducing physical distance between clients</li><li>• The next steps in expansion would be offering multiple days per week, seven nights of respite, and offering weekend and afternoon programs - no set timeline on these yet</li><li>• Karen also confirmed that all PPE is still being used by staff, and this will continue until there is further direction from the health unit</li></ul>	
Zoom Recreation Update	<ul style="list-style-type: none"><li>• The day program requires five recreation staff on the floor each day, working face to face with clients</li><li>• If a staff member or their family member tests positive for COVID, they must stay home for 10 days, which has led to staffing shortages that have affected Zoom programming</li><li>• In order to avoid having to cancel Zoom recreation last minute, as of April 1<sup>st</sup>, the Zoom schedule will change to one program in the morning and one in the afternoon</li><li>• The daily social and exercises will remain in the morning, Monday-Friday</li></ul>	

	<ul style="list-style-type: none"> <li>• Becky will continue to monitor the Zoom participation numbers in order to know if this change will result in decreased interest</li> <li>• Bob inquired whether or not the daily exercises could be recorded, Becky will look into this option</li> <li>• Doug inquired if it is an option for staff to lead Zoom programs from home, if they need to isolate but are not sick themselves</li> <li>• Becky explained that staff have asked about this, but would need remote access to our charting system in order access client information, such as emergency contacts, and that is not possible from home</li> <li>• Christine inquired about the recruitment process for new staff</li> <li>• Becky confirmed that it has been challenging to recruit for positions, more so in the nursing department than recreation</li> <li>• The council discussed the possibility of creating a recruitment video to market to potential employees, and to get caregivers involved</li> </ul>	
<p>Caregiver Emergency Care Plan</p>	<ul style="list-style-type: none"> <li>• Lindsay, our RAI CHA assessor, collaborated with council members and the emergency care plan has now been completed</li> <li>• It is available to view on Caregiver’s Corner as a fillable PDF document</li> <li>• A hardcopy will be going home with all on-site clients</li> <li>• The council approved the proof of the “Emergency Carer Card” for caregivers to keep in their wallet, this will be attached to the hardcopies and sent home as well</li> <li>• Judy mentioned that there should be a way for caregivers to be reminded to update the care plan every six months</li> </ul>	
<p>Bath Q&amp;A Document</p>	<ul style="list-style-type: none"> <li>• Karen shared the finalized bath Q&amp;A with the council</li> <li>• Council approved the document</li> <li>• Council also discussed the possibility of creating a video of the spa to have in addition to the document</li> </ul>	
<p>Upcoming Webinars</p>	<ul style="list-style-type: none"> <li>• Council discussed the upcoming online webinars: <ul style="list-style-type: none"> <li>○ Understanding Legal Capacity – Wednesday March 30<sup>th</sup>, 7-8:30pm</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>○ Navigating Long Term Care - Wednesday, April 20<sup>th</sup>, 7-8:30pm</li> <li>• A three-part nutrition webinar is in the works, which will focus on healthy eating, simple recipes, and modifying the meal process for those with dementia</li> <li>• Bob suggested putting together a webinar to learn about how to cope with caregiving stops, either when a person passes away or moves to Long Term Care</li> <li>• Karen shared that Catherine Robson, a McCormick Dementia Services social worker, is working on putting together a grief and bereavement support group</li> </ul>	
New Ex N' Flex Machines	<ul style="list-style-type: none"> <li>• Becky demonstrated the program's new "Ex N' Flex" machine</li> <li>• The Ex N' Flex is a piece of exercise equipment that can allow clients to work on their lower body range of motion, it has pedals similar to those on a bicycle, and the client is seated when using it</li> <li>• There is also a passive mode, in which clients do not have to put any effort into the motion, and the machine will still move their legs for them</li> <li>• The day program will be updating its exercise consent form to allow caregivers to consent to the use of the Ex N' Flex machine</li> </ul>	
Round Table	<ul style="list-style-type: none"> <li>• Vickie inquired whether there was any progress on the additional respite unit - Karen shared that she will be meeting with Ontario Health soon, and things are hopeful</li> <li>• Bob inquired whether there are any updates on a new art therapist - Karen shared that there have been a couple of applications, and she will be connecting with them in the coming weeks</li> </ul>	

Next meeting: Thursday, June 23, 2022 at 10:00a.m. via Zoom