Innovative approaches in dementia care-breaking language and cultural barriers and reaching out to South Asian Tamil Seniors using a person centred approach

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1. Introduction
2. Why and what was it about?
3. How did it go?
4. Lessons learnt
5. Conclusion
Introduction
Hermann Grid
HOW DID IT START?

- Goals
- Dream
WHY WAS THERE A NEED?

- Goals
  - Dream/have crazy ideas

- 200,000 in Ontario
- 85,045 in Toronto
- Barriers
BARRIERS

Stigma

Language Difficulties

Lack of Resources

Cultural Myths

Role Expectations

Lack of Awareness

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WHO WAS IT FOR?

- Goals
  - *Dream/have crazy ideas*

- 200,000 in Ontario
- 85,045 in Toronto
- *Barriers*

- To support Tamil speaking Seniors, caregivers and PWD
  - *Bridging the gap*
WHEN DID THIS HAPPEN?

- Goals
  - Dream/have crazy ideas

- 200,000 in Ontario
- 85,045 in Toronto
- Barriers

- To support Tamil speaking Seniors, caregivers and PWD
  - Bridging the gap

- Social Worker from AST from March 2014
  - Take the plunge

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WHERE DID THIS HAPPEN?

- Goals
  - Dream/have crazy ideas

- To support Tamil speaking Seniors, caregivers and PWD
  - Bridging the gap

- 200,000 in Ontario
- 85,045 in Toronto
- Barriers

- Toronto/Scarborough
  - Going beyond comfort zone

- Social Worker from AST from March 2014
  - Take the plunge
WHAT DID IT INVOLVE?

- Range of ongoing services - counselling, family caregiver education, outreach, FYW, support groups
- Collaboration with community agencies
- No cookie cutter formula

- Toronto
- Not giving up, going beyond comfort zone

- Goals
  - Dream/have crazy ideas

- 200,000 in Ontario
- 85,045 in Toronto
- Barriers

- To support Tamil speaking Seniors, caregivers and PWD
- Bridging the gap

- Social Worker from AST from March 2014
- Take the plunge
Collaboration with community agencies

Tamil workshops

Providing Counselling and Support

Development of Tamil brochures

Launch of Finding your way in Tamil

Providing in home support

Tamil Support Group

www.alz.to AWARENESS

REFERRALS
Alzheimer Society of Toronto is offering a unique support group for Tamil speaking family members caring for people with dementia.

Family caregivers will have a safe and confidential opportunity to:

- Learn about Alzheimer’s disease and other dementias
- Develop coping strategies
- Learn about resources
- Connect with others and learn that you are not alone

Lunch will be provided.

We look forward to seeing you there!

**When:**
Four Week Sessions
Thursday, June 4, 11, 18, 25, 2015.
Time: 10:00 am - 12 pm

**Where:**
The Hub mid-
Scarborough,
2660 Eglinton Avenue
East, Scarborough,
M1K 2S3

**Cost:**
Free.

**To Register:**
Please contact Sudha Vavilla at 416-640-6325 or by email at svavilla@alzheimertoronto.org.
OUTCOMES

- Evaluation surveys results from 321 participants indicated a high level of satisfaction with workshop content (98%).

- Workshops helped in building awareness about adopting lifestyle changes and preventive strategies related to brain health (97%).

- English brochures related to Dementia translated to reinforce the learning.

- Participants contacted the Social Worker for ongoing counselling and support.
OUTCOMES

• There has been an increase in referrals received from agencies requesting services for Tamil speaking clients.

• These efforts have led to an unique Tamil caregiver support group which was held for caregivers of people caring for dementia.

• Tamil support group participants reported increased knowledge, change in attitude toward care giving and feelings of not being alone
Caregiver qualitative feedback

All main topics were addressed-Excellent-”
Tamil Support group participant

“It was very helpful to learn about the risk factors and how dementia can be delayed”- Tamil Workshop participant

“We learnt how to identify the warning signs of dementia and how to help someone who has the disease”- Tamil Workshop participant

“Being able to share my feelings in Tamil makes it so special”-Tamil Support group participant

“We feel that everyone understands what I’m saying and I’m not alone when I’m here!” -Tamil Support group participant

What did you like best in the session?
Idea to innovate and develop a new service

Developed Tamil brochures

Brain Health Awareness workshops

Increase in referrals

Tamil support group

Agencies reaching out

*1st week

*6 Months

* Time lines are indicative
Tamil Focus Group
Summary Report 2016

Sudha Vavilla

Alzheimer Society of Toronto

IMPACT ON POLICY
LESSONS LEARNED

• Dream a big picture
• Start somewhere
• Little steps will take you there
• Hermann grid
• Learning/knowledge
• Challenges and not giving up
• Learn to like it
QUESTIONS

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