

BAYCREST BULLETIN

A snapshot of Baycrest news and events / August - September 2023

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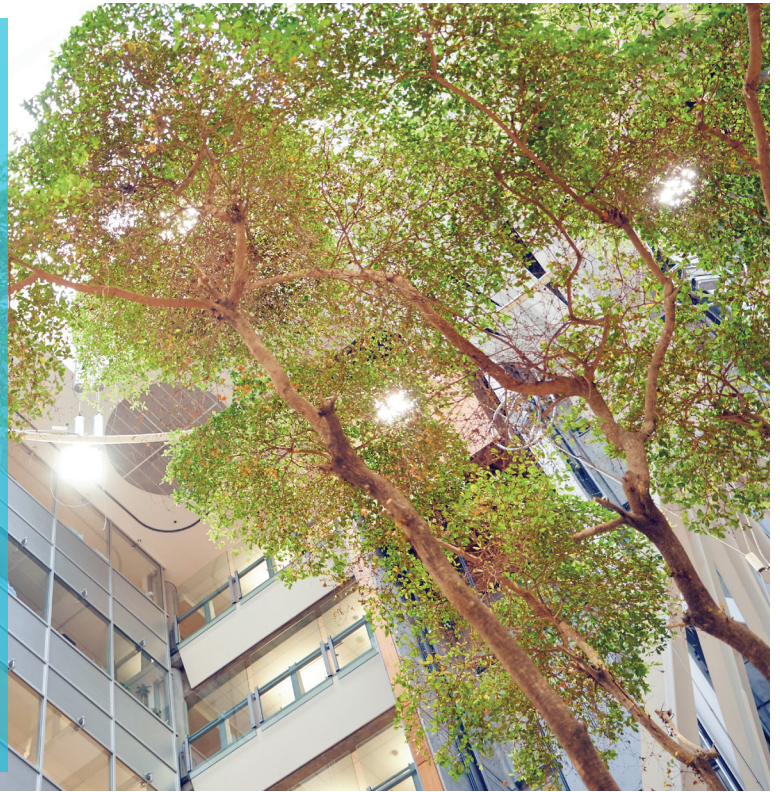
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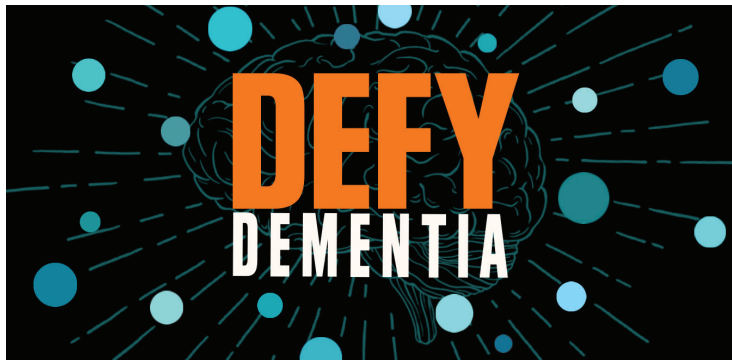
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Introducing *Defy Dementia* - The Podcast for Anyone With a Brain



Defy Dementia is an empowering new podcast by Baycrest dedicated to helping you reduce your dementia risk. Join us on a captivating exploration of key dementia risk factors as we interview experts, hear inspiring stories from persons with lived experience and share practical advice to help you optimize your aging journey.

Tune in and subscribe at defydementia.org or anywhere you get your podcasts, and unlock the power to age fearlessly and defy dementia. Each episode will be complemented by a short video, infographic and related resources to help you take control of your brain health.

Defy Dementia is hosted by Jay Ingram (Canadian author and broadcaster) and Dr. Allison Sekuler (President and Chief Scientist, Baycrest Academy for Research and Education, and the Centre for Aging + Brain Health Innovation). The podcast is supported through a Public Health Agency of Canada Dementia Strategic Fund award to the Baycrest Academy for Research and Education.

Fitness Classes for Staff

Join us for weekly fitness classes.

ZUMBA and YOGA classes alternate each week.

When: Classes every Thursday

1:30 p.m. - 2:30 p.m.

Where: Spiro Garden, Loftus Hall or Jacob Family Theatre

See weekly schedule on the intranet.

What to bring: Be sure to wear movable clothing and bring water. Please bring a yoga mat when attending the yoga class.



Baycrest, NT OHT and Toronto Senior Housing Corporation Partner to Support Aging at Home

The Toronto Senior Housing Corporation (TSHC), Baycrest Hospital and North Toronto Ontario Health Team (NT OHT) have partnered to help low-income seniors age at home and improve their quality of life.

This partnership will establish clinical rooms in TSHC buildings with local support teams and clinical services that will increase senior tenants' access to services that they need, including healthcare, home care and social services. Service providers from NT OHT partners will support these rooms, working in the place where the tenants live. This new program will be complemented by digital solutions to create a barrier-free and responsive care system at the doorstep of TSHC senior tenants.

To launch this initiative, TSHC has signed a lease agreement with Baycrest Hospital for clinical rooms located within eight TSHC buildings. Baycrest will be the lead collaborator on behalf of the NT OHT partners for this implementation. Work is already underway to initiate the program in four of the buildings, with plans to expand in the coming months.

This project was developed in response to TSHC's Integrated Service Model, which works to improve tenant access to housing services, healthcare and community support, while building trusting relationships between tenants and staff. The

approach puts tenant voices and co-design at the forefront, in alignment with the findings of the Seniors Health and Wellness study conducted by Health Commons Lab in August 2022. The study emphasized the need for close engagement and co-design with housing tenants to understand their local needs. The study stated that there should be "no shortcuts to listening."

Accordingly, this new program was informed by comprehensive consultations with tenants through door-knocking surveys, lobby engagements, tenant voting and co-design sessions to enable tenants to drive the priority and structure of the service delivery. In addition, consultations will be repeated to ensure the program is refined and adjusted to meet tenants' changing needs.

This project is possible thanks to the increasing membership of the NT OHT: a group of hospitals, primary care providers and home and community care providers that are working together to provide easier access to care for people in North Toronto. Currently, membership includes Sunnybrook Health Sciences Centre, SPRINT Seniors Care, Vibrant Health, LOFT, Home and Community Care Support Services Toronto Central, SE Health, UNISON Health, VHA Homecare Health and Baycrest Hospital.

Employee Spotlight: Simonne Cumberbatch



For Simonne Cumberbatch, working with people with dementia and their families is more than a job, it is a passion that drives her every day. As a leader and clinician in the Community Behaviour Support Outreach Team at Baycrest, Simonne and her team provide non-pharmacological interventions to support people with dementia who exhibit responsive

behaviours, such as agitation, aggression, wandering or apathy. They also offer counselling, education and training to caregivers and staff in long-term care homes and in the community.

Simonne's passion is backed by extensive experience in geriatric care across different sectors. She has worked in various settings, from adult day programs and shelters to hospitals and rehab centres. She has also helped seniors who needed to be placed in a nursing home within 90 days by conducting behavioural assessments and creating care plans. She understands how each sector flows and its unique strengths and barriers.

In addition, Simonne is committed to equity and diversity in healthcare. She is a member of Baycrest's Equity, Diversity and Inclusion Group, where she advocates for the needs and rights of marginalized communities. She is also involved in the Toronto District School Board's Committee for Black Excellence for Students and her neighbourhood's Social Justice and Anti-Racism Committee. Her involvement in these groups motivates her to make a positive impact on the people she serves.

Simonne's interest in healthcare started from a young age. She grew up in Barbados, where she studied biology and psychology at the University of the West Indies. She was inspired by a woman who worked at an occupational therapy clinic who gave her the opportunity to shadow her and interact with patients. She realized that she had a knack for listening to people and understanding their needs. She decided to pursue a master's degree in occupational therapy at McMaster University in Canada.

Simonne chose to join Baycrest because she wanted to work at an organization that was at the forefront of dementia

Continued on the next page

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research and care. She likes that everyone at Baycrest knows about dementia and that the organization has a good reputation as a leader in the field. She also appreciates the support and resources that her managers provide to help her and her team do their best work.

When asked to give advice to those interested in working for Baycrest, she says, "You need to have a genuine personality and a sincere desire to be there for the clients." She adds, "Technical skills can be taught, but not the ability to see people as people and not as numbers."

Baycrest Partners With UHN's Toronto Rehab to Expand Virtual Behavioural Medicine Program to Support Aging At Home

Baycrest is pleased to announce a new partnership with Toronto Rehab - University Health Network (UHN) to expand its Virtual Behavioural Medicine (VBM) program. VBM is an integrated service between Baycrest's Pamela & Paul Austin Centre for Neurology and Behavioural Support, Inpatient Behavioural Neurology Unit, and Toronto Central Behavioural Support for Seniors Program (TC-BSSP), which sees patients through virtual visits over secure video networks including the Ontario Telemedicine Network (OTN). VBM has now grown to include University Health Network's Toronto Rehab, which operates an integrated inpatient Specialized Dementia Unit and specialized outreach services to be able to better support older adults with complex responsive behavioural symptoms of dementia.

"We are proud to expand Baycrest's VBM program through this new partnership with Toronto Rehab," says Scott Ovenden, President and CEO, Baycrest Hospital and Long-Term Care Home. "The growth of this sector-leading program showcases the collaborative relationship with our system partners and our unified goal to provide innovative solutions for more individuals living with dementia."

"We're excited to be able to offer this new, innovative service to patients because there is a growing need for our specialized services to support long-term care homes. This program will allow us to use the expertise that we have developed on Toronto Rehab's Specialized Dementia Unit to help more people and help them faster," says Dr. Andrea Iaboni, Geriatric Psychiatrist at Toronto Rehab and Senior Scientist at The Kite Research Institute.

In the fall of 2022, Baycrest received a \$2.6M investment from Ontario Health Toronto Region and the Ministry of Long-Term

Care as part of Ontario's Plan to Stay Open: Healthy System Stability and Recovery. The funding will allow the program to serve up to 500 patients per year in 2024, supporting the government's plan to bring more long-term care capacity to prevent unnecessary hospitalization that compromises their quality of life.

Baycrest's VBM program is part of the new Pamela & Paul Austin Centre for Neurology and Behavioural Support and was created in 2019 by Dr. Morris Freedman, Medical Director of the Austin Centre, as a response to growing severe responsive behaviours in individuals with dementia.

The program helps reduce the pressure on acute care hospital beds by offering pharmacological and non-pharmacological interventions to stabilize dementia-related responsive behaviours such as physical and verbal aggression and allowing patients to be transferred back to the community or to long-term care homes. The program also enables the management of many individuals with responsive behaviours while they are in long-term care or the community without uprooting them by being transferred to specialized behavioural units or sent to emergency departments.

The VBM team of specialists includes behavioural neurologists, geriatric psychiatrists, nurse practitioners, behavioural neurology fellows, nurses, pharmacists, social workers, administrative support staff and behaviour support clinical navigators.

Together, this team provides a rapid response and works in collaboration with care teams and specialized geriatric services across acute care hospitals and long-term care homes from communities all across Ontario.

Baycrest Senior Scientist Develops New Technique to Examine COVID-19's Impact on the Brain



Dr. Jean Chen, Senior Scientist at Baycrest's Rotman Research Institute, led a recent study demonstrating the use of a new brain imaging tool to uncover extensive brain changes due to COVID-19.

Dr. Chen, who is also Baycrest's Canada Research Chair in Neuroimaging of Aging, believes this work opens new possibilities for brain researchers and will benefit the clinical translation of neuroimaging techniques that she and others are committed to developing.

Innovation Updates



Innovative Solutions for Reducing Responsive Behaviours at TBSU

Baycrest's Transitional Behavioural Support Unit (TBSU) is implementing several innovative solutions, such as Smart Gardens, Interactive Wall Tiles, Virtual Reality (VR) and most recently, the Tovertafel. These non-pharmacological interventions and leisure activities are meant to help reduce responsive behaviours. Early results have demonstrated positive and meaningful impact, and with the support of the Centre for Aging + Brain Health Innovation (CABHI) Spark Grant, VR is now undergoing a formal evaluation. If you are interested in exploring or piloting cutting-edge innovations and technologies, we encourage you to contact the Baycrest Innovation Office (BIO) at innovation@baycrest.org to discuss potential opportunities.



Home Society Innovation Projects Begin Implementation Across Baycrest

Baycrest has begun the implementation of four innovation projects, made possible by a generous donation from the Home Society. The projects, ranging from touch-free musical instruments to cutting-edge gardening technology, are designed to enhance the lives of our residents in unique and meaningful ways. The projects include Soundbeam, a device that translates body movements into sound; Motiview, which promotes physical activity and social engagement via immersive scenic videos; Music Share for Seniors, personalized music playlists; and Apotex TBSU Package of Solutions, a suite of innovative technologies aimed at reducing responsive behaviours. For more information or to get involved, please contact the BIO at innovation@baycrest.org.



Baycrest's Online Hearing Screening Tool Finds Success

Preserving hearing is crucial to maintaining brain health and promoting healthy aging. Recent research suggests that untreated hearing loss is a significant risk factor for dementia, but early detection and care can mitigate this risk. To facilitate this, BIO assisted Baycrest Hearing Services in launching an online hearing screening tool that provides immediate results, enabling users to identify potential hearing loss swiftly. Those seeking further information can also schedule a free 15-minute consultation with a Baycrest audiologist. This pilot initiative has already seen impressive engagement, with over 1,000 users completing the screening and 64 requesting consultations. For more information or to use the tool, visit www.baycrest.org/hearing.

BUBBY'S BLOOMS

Drive-thru Pick Up Flower Sale

Friday, September 15, 2023 | 9 a.m. to 1 p.m.
Kimel Entrance, Baycrest

100% of all proceeds support Baycrest programs
baycrestfoundation.org/bubbysblooms

Pre-order a beautiful bouquet for \$20.
Please place your order by Thursday, September 14.
For more information, contact
Joanne Gittens at 416-785-2500 ext. 2023
or JGittens@baycrest.org.

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