



community living society

January
2025

imagine it - live it

HAPPY NEW YEAR
2025

Late Life Planning

Planning for the later stages of life is important for all of us to do. Over the past few years CLS has been working on a provincial initiative with the BC CEO Network to develop tools, resources and processes to ensure that the people we support and their personal support network have planned appropriately for the later stages of life. A Late Life Planning Guide has been developed, and a consultant and two self-advocates have just finished converting this guide to an easy read version. We are currently piloting these resources and processes and will be launching to all applicable CLS programs in February, 2025. All feedback thus far has been very positive, and the materials have been well received.

One tool used in the Late Life Planning process is the *NTG Early Detection Screen for Dementia*. This tool will be used as a baseline assessment and then annually thereafter to record changes. Even though only some CLS programs and Supported Individuals will be participating in the Late Life Planning process, this tool will be available to everyone to use.

Through our involvement in the Late Life Planning provincial initiative we connected with the National Task Group (NTG) on Dementia and Intellectual Disabilities. This connection has led to other exciting initiatives. CLS will be participating in a research project with Queen's University on the implementation of the *NTG Early Detection Screen*

for Dementia tool for people with an intellectual disability. The research team will track our process and progress. This is a nationwide research initiative that will involve other like organizations across Canada. The overall goal of this three-year research project is to learn about the implementation of the *NTG Early Detection Screen for Dementia* tool by community agencies and families across Canada.

In the next *Family Matters* edition, we will share the link to these resources and look forward to updating you on the research project.



Annually the CLS partners with the Disability Alliance of BC to assist the people we support in filing their personal income tax. This is a free service and is available to everyone we support. We highly recommend you take advantage of this great service. In February, more information will be sent to the Leaders of each CLS program which will then be shared with Supported Individuals and their personal support network members.

VIRTUAL MINDFULNESS FOR FAMILY CAREGIVERS PROGRAM

Mindfulness Programs for Family Caregivers Across Canada

Join our 6-week program for family caregivers of loved ones with disabilities, those who are aging, and those experiencing a challenging illness

Program Highlights:

- Sessions led by mindfulness expert Sue Hutton, MSW
- Audio links and resources to support your practice
- No cost to participate!

2025/2026 DATES

TUE JAN 28 to MAR 4, 1:00-2:00 pm

FRI MAY 9 to JUN 13, 1:00-2:00 pm

TUE OCT 7 to NOV 11, 1:00-2:00 pm

TUE JAN 27 to MAR 3, 1:00-2:00 pm



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camh | Azrieli Adult
Neurodevelopmental Centre

SIGN UP TODAY

Click the link or
scan the QR code



<https://redcap.link/cqkbctj5>



Canadian Centre for
Caregiving Excellence

Centre canadien d'excellence
pour les aidants

This program is being offered through the Centre for Addiction and Mental Health (CAMH) with the support of the Canadian Centre for Caregiving Excellence.

