



BEHAVIOUR RESOURCES

E-LEARNING

Mental Health 101

<https://www.camh.ca/en/health-info/mental-health-101>

- Free online tutorials by CAMH on various mental health-related topics, such as depression 101, anxiety disorders, harm reduction, and more.

GPA eLearning – AGE

<http://ageinc.ca>

- Advanced Gerontological Education for GPA eLearning Certificate.
- Cost: \$95, 2-3 hours to complete.

Registered Nurses Association of Ontario (RNAO):

3 D's e-learning

<http://elearning.rnao.ca>

- Online course to differentiate between delirium, dementia and depression (3Ds) based on a person and family-centred care approach to caring for older adults.
- Explore a range of interventions uniquely suited to each individual's condition, preferences, needs and abilities.
- Identify ways to support a person's health, safety and quality of life when they have one or more of the 3Ds.

U-First!

<https://u-first.ca/training-registration>

- Cost: \$80 individual registration fee.
- Online 6 hour workshop (or two 3 hour sessions).
- For non-registered healthcare providers to develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and cognitive impairment by understanding the person and associated behaviour.



BEHAVIOUR RESOURCES

RESOURCES

Advocacy Center for the Elderly (ACE)

<http://www.advocacycentreelderly.org>

- Very brief overview of legal rights of the elderly.

Alzheimer Society London

<https://alzswp.ca/health-professionals>

- Aging Simulation Workshop and 5 – 25 minute lessons of CSS Dementia Education.

Aphasia Institute

<https://www.aphasia.ca/>

- Provides a variety of resources, tools, and programs designed to help individuals and their families manage and live with Aphasia.
- Key programs include: New Beginnings, the Community Aphasia Program, and Primary Progressive Aphasia Program.
- Provides training, workshops, and webinars for healthcare professionals to learn how to work with clients with Aphasia to ensure communicative access to healthcare services.

Behavioural Education and Training Supports Inventory

<https://brainxchange.ca/Public/Special-Pages/BSO/Files/BETSI/Behavioural-Education-and-Training-Support-Invento.aspx>

- An educational program inventory starting on page 24 that includes a relevant and in-depth breakdown of each learning opportunity, the target audience and the key takeaways.



BEHAVIOUR RESOURCES

RESOURCES CONTINUED

Brainxchange

<https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z>

- Extensive resource centre including BSO, one pagers, toolkits and trainings.
- Option to join Community of Practice groups and highlights of current initiatives and projects.

Canadian Coalition for Seniors' Mental Health (CCSMH)

<http://www.ccsmh.ca>

- Canadian Clinical Practice Guidelines for Assessing and Managing Behavioural and Psychological Symptoms of Dementia as well as a series of Behaviours in Dementia toolkits for health care professionals BPSD - Health Care Professionals - **BPSD - Health Care Professionals - Canadian Coalition for Seniors' Mental Health (ccsmh.ca)**.
- Also includes clinical guidelines, toolkits and info sheets for: Anxiety, Delirium, Depression, Mental Health Long-Term Care, Social Isolation and Loneliness, Suicide Risk and Prevention, Substance Use and Addiction and Wellness in Aging.

DementiAbility

<https://dementiability.com/>

- Fee-based workshops, training, and educational resources for professionals supporting individuals with dementia by using the “DementiAbility Method.”

iGeriCare

<https://igericare.healthhq.ca/en/lessons>

- Simple lessons and helpful resources online that allow individuals with a diagnosis of dementia to learn about all aspects of dementia at their own pace.



BEHAVIOUR RESOURCES

RESOURCES CONTINUED

National Initiative for the Care of the Elderly (NICE)

<http://www.nicenet.ca>

- One pager tools such as: Understanding Aging Issues, Medication Utilization, 3 D's screening, Depression Assessment, Screening for Alcohol Issues, etc.

Positive Approach to Care by Teepa Snow

<https://teepasnow.com/>

- Teepa's Snow Approach™ methods, is a series of simple techniques based on understanding the areas of the brain that are no longer working in those with dementia and making use of the parts of the brain that are still active.
- Provides educational materials, training programs, and workshops designed to help caregivers, professionals, and individuals better understand and manage dementia.

Registered Nurses Association of Ontario (RNAO)

<https://ltctoolkit.rnao.ca/clinical-topics/delirium-dementia-depression>

- Resource and information hub including links to check lists, toolkits, eLearning, etc.
- Includes above 3 D's e-module.

Seniors Health Knowledge Network

<https://sagelink.ca/shkn/>

- The electronic frailty interprofessional toolkit (eFit) includes one section for Health Care Professionals and one for Individuals & Caregivers.
- The toolkit provides evidence-based tools and resources.



BEHAVIOUR RESOURCES

RESOURCES CONTINUED

National Initiative for the Care of the Elderly (NICE)

<http://www.nicenet.ca>

- One pager tools such as: Understanding Aging Issues, Medication Utilization, 3 D's screening, Depression Assessment, Screening for Alcohol Issues, etc.

Positive Approach to Care by Teepa Snow

<https://teepasnow.com/>

- Teepa's Snow Approach™ methods, is a series of simple techniques based on understanding the areas of the brain that are no longer working in those with dementia and making use of the parts of the brain that are still active.
- Provides educational materials, training programs, and workshops designed to help caregivers, professionals, and individuals better understand and manage dementia.

Registered Nurses Association of Ontario (RNAO)

<https://ltctoolkit.rnao.ca/clinical-topics/delirium-dementia-depression>

- Resource and information hub including links to check lists, toolkits, eLearning, etc.
- Includes above 3 D's e-module.

Seniors Health Knowledge Network

<https://sagelink.ca/shkn/>

- The electronic frailty interprofessional toolkit (eFit) includes one section for Health Care Professionals and one for Individuals & Caregivers.
- The toolkit provides evidence-based tools and resources.

PIECES

<https://piecescanada.com/pages/about-pieces-canada>

- Guiding collaborative engagement, shared assessment, and supportive care.



BEHAVIOUR RESOURCES

RESOURCES CONTINUED

Behavioural Supports Ontario (BSO) in Acute Care

<https://brainxchange.ca/BSOResources>

- Provides clinical tools and resources designed to help caregivers, professionals, and individuals better understand and manage adults with responsive behaviours associated with dementia, complex mental health, substance use and/or other neurological conditions.

Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI)

<https://clri-ltc.ca/resources/>

- Resource and information hub including e-learning for long-term care.

Canadian Coalition for Seniors' Mental Health (CCSMH)

https://ccsmh.ca/wp-content/uploads/2024/03/V4-CCSMH-BPSD-Clinical-Guidelines_Final-for-webinar.pdf

- Assessing and Managing Behavioural & Psychological Symptoms of Dementia 2024

Behaviours in Dementia Toolkit (powered by CCSMH)

<https://behavioursindementia.ca>

Dr. Ali Ahmad, M.D.

<https://www.drahmad.ca/resources>

- Geriatric program based out of the Owen Sound hospital includes inpatient consult services supporting five regional hospitals, comprehensive geriatric and memory clinics, in-home and community assessments.
- Provides educational materials and resources.