

PARTNERS IN PRIMARY CARE

Newsletter

WINDSOR

TEAM | CARE | CENTRE

Memory Clinic supporting early diagnosis and care for dementia to launch in October

The Team Care Centre (TCC) will begin a monthly memory clinic starting this October. The clinic, which follows the best practice MINT model, will be open to referrals from all affiliated/non-team based Primary Care Providers (PCPs) across Windsor-Essex. Individuals over the age of 55 with new onset memory and/or cognition issues, not related to an Acquired Brain Injury or a psychiatric diagnosis, are eligible for the program.

MINT Memory Clinics provide early diagnosis, treatment and education for people living with dementia and other memory disorders. For many of these conditions, early diagnosis and treatment can help to maintain independent living and quality of life for as long as possible. Patients and their caregivers are supported by an interprofessional team of physicians, nurse practitioners, nurses, social workers, pharmacists and other allied health professionals that are trained in caring for dementia and other memory difficulties. The team works closely with the patient's PCP, and with community groups like the Alzheimer's Society to ensure their health and wellness needs are met.

The MINT model, was created by Dr. Linda Lee and her team in Kitchener-Waterloo, and has been acknowledged by the Ontario Government as a best-practices for dementia care and diagnosis. Staff from the Windsor Family Health Team, including TCC program, have been trained by and are now part of the National MINT Memory Clinic Primary Care Collaboration.



“We’re excited to add this program to our services and help individuals and families deal with the challenging journey of dementia, and make their experience the best it can be”, noted Margo Reilly, Executive Director, Windsor Family Health Team.

For more information on MINT Memory Clinics or on the Team Care Centre Program visit mintmemory.ca or windsortcc.ca.

Partnership with Windsor Regional Hospital helping patients after hospital stay for mental health

Windsor Regional Hospital (WRH) and the Windsor Family Health Team partnered to improve the experience and outcomes for mental health patients.

Launched as a pilot in 2021/2022, the Post Hospital Transitional Care Pathway provides patients with follow-up and transitional care after they have been discharged from WRH in hopes to reduce readmission rates. The Windsor Team Care Centre (WTCC) Nurse Health Promoter contacts the patient within 72 hours after their discharge to review next steps in their treatment plan, answer any questions, and provide system navigation through internal/external referrals to mental health and substance use supports, and other health and psychosocial supports.

The pathway has proved to be very successful. Referrals more than doubled to 111 in 2022/2023, with only 6 patients (5.4%) being re-admitted to WRH within 90-days. In contrast, acute hospitals in Canada are averaging 90-day re-admission rates for a mental health condition of approximately 12% while Ontario experiences a rate of approximately 13%.



Chrissa McLoughlin, Jeff Giancarlo, Sandra Dumitrescu and Aleyna Rocheleau (Social Workers); Windsor Team Care Centre: Kristie Laforet (Nurse Health Promoter), and Caitlin Haugh (Nurse Practitioner)

“I review and confirm their care plan with them so their able to follow through with it and remain stable and well. They (the patients) voice their appreciation for the support we provide them and that they feel cared for”, said Kristie Laforet, Nurse Health Promoter, WTCC.

The pathway continues as a standard practices and partnership between WRH and WTCC.



Self-Esteem Psychoeducational Treatment Group

/self - es teem/

program

This six-week treatment group is focused on exploring and improving one's self-esteem. Individuals must be **18+** to participate in programming. **Self-esteem is multifaceted** and encompasses one's relationship with themselves on a physical, emotional and cognitive level. This groups is meant to assist participants in exploring their self-esteem through a lens of **cognitive behavioural** and **narrative psychotherapy**.

Referral required by primary care provider

First Session: Wednesday, August 30th 5:30pm - 7:30pm

