



Episode 13

From Early Detection to Better Days: Advancing Dementia Care Through Research, Diagnosis & Person-Centred Support

KEY INSIGHTS



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ABOUT THIS EPISODE: This episode explores advances in Alzheimer's disease research, the growing importance of early identification and emerging treatment options, and how person-centred approaches can translate evolving clinical knowledge into meaningful, day-to-day support for individuals living with dementia.

KEY EPISODE INSIGHTS

Recognize cognitive changes and encourage early assessment.

Understand the difference between changes that may occur with normal ageing and signs that warrant further evaluation. Earlier recognition can create opportunities for assessment, diagnosis, care planning, support and consideration of available treatment options.

Stay informed about advances in Alzheimer's research and treatment.

Research into Alzheimer's disease continues to evolve, including disease-modifying therapies, clinical trials, biomarkers and approaches to earlier identification. Healthcare professionals can help individuals and families understand when additional evaluation or specialist consultation may be appropriate.

Look beyond the diagnosis to understand the individual.

Dementia affects each person differently. Recognize remaining abilities, preferences, routines, communication styles and personal history to help preserve independence, dignity and quality of life.

Consider behaviour and communication as important information.

Changes in behaviour may reflect an unmet need, discomfort, environmental factors or difficulty communicating. Person-centred approaches such as DementiaWise® can help care teams look for potential causes and adapt their response to the individual.

Strengthen continuity throughout the dementia care journey.

Share important information across the care team, including changes in function, successful approaches, triggers, preferences, routines and communication strategies. Consistency can help individuals and families navigate transitions from assessment and diagnosis through ongoing support at home.

STRATEGIES IN ACTION

- Encourage early conversations when changes in memory, thinking, behaviour or daily function are observed rather than assuming they are simply part of ageing.
- Focus on remaining abilities and adapt activities, communication and the environment to help individuals continue participating in meaningful daily life.
- Look for the "why" behind changes in behaviour and consider possible unmet needs, triggers or changes in health before responding.
- Communicate what works across the care team so families, healthcare professionals and care providers can reinforce successful, person-centred approaches.

RESOURCES:

[DementiaWise® Certified Care](#)

[Memory Clinic - Clinique Mémoire](#)

[Alzheimer Society of Canada](#)

[McGill University – Dementia Education and Caregiver Resources](#)