

THE MONTHLY POINT

Pivot Point Newsletter



Alzheimer's Awareness Month in Canada

In 2020, 8.4% of Canadians over 65 had some form of dementia. By 2050, the percentage of Canadians over 65 [living with dementia](#) may go up to 13.2%. In 2020, 61.8% of people living with dementia in Canada were female.

Alzheimer's disease, a progressive neurodegenerative disorder, poses significant challenges not only for those diagnosed but also for the caregivers who play a crucial role in supporting their loved ones. As the disease advances, individuals with Alzheimer's experience cognitive decline, memory loss, and changes in behavior, making caregiving an emotionally and physically demanding responsibility.

Supporting caregivers is essential in ensuring the well-being of both the patient and those providing care. One key aspect is education. Caregivers benefit from understanding the stages of Alzheimer's, potential behavioral changes, and effective communication strategies. Education empowers them to navigate the complexities of the disease and respond to their loved ones' needs with compassion and patience.

Respite care is another vital component of caregiver support. It offers caregivers a temporary break from their responsibilities, allowing them to recharge and maintain their own physical and mental health. This can be achieved through professional respite services or by enlisting the help of friends and family members.

Creating a strong support network is crucial for caregivers. Joining local or [online support groups](#) provides a platform for sharing experiences, advice, and emotional support. Connecting with others facing similar challenges reduces feelings of isolation and fosters a sense of community.

By addressing the diverse needs of caregivers, we can contribute to an environment that fosters the well-being of both those affected by Alzheimer's and those dedicated to caring for them

Pivot Point helps to create resiliency in all three levels: Children and adults with Diverse Abilities are recognized as individuals; celebrated for their whole character and potential. Families are embraced as essential in the process of change and the building of success. Community members are welcomed to join with individuals and their families in their quest for health and happiness.

Learn more about our [System of Care](#) today!

Newsletter Content Submissions

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Rochelle at: marketing@pivotpoint.ca

Newsletter Feedback

Rochelle would like to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in upcoming newsletters by completing our [Feedback & Suggestion Form](#). Thank you for your input!

Staff in the News - Shana Harrison



Shana was first diagnosed as autistic when she was just 4 years old. Today, she stands as a beacon of inspiration, carving her unique journey to success as a dedicated staff member within the Pivot Point family.

In her role as a Child Care Worker, Shana passionately guides pre-teens and teens, with a special glow of pride emanating from the remarkable achievements of some of her teens, currently thriving in university and acing their classes with straight A's. Shana's journey embodies resilience, accomplishment, and the power of sharing expertise to uplift others.

Read Shana's [journey through autism](#) on our blog.

H.A.N.G. South Fraser / Cloverdale Eco Adventures

Unleash the Adventure Seeker in Your Child!

Join the HANG Eco Adventures Club - Where Adventure Meets Friendship!

Make Saturdays unforgettable!

Starting, January 27, 2024 – February 24, 2023
From 10:00 am to 2:00 pm, the fun never stops.
Additional session dates from March through June.

Participants will have a blast with indoor activities at a local spot or out and about exploring cool outdoor places, your child will love discovering awesome things to experience shared with peers. It's all about building confidence and friendships while honing their life skills along the way!



[Register now and let the adventure begin!](#)

Supporting Neurodiverse Youth: Unique Mental Health Insights

Autistic and neurodiverse youth face unique mental health challenges that require specialized attention and understanding. These individuals often experience sensory sensitivities, difficulties in social interactions, and a propensity for repetitive behaviours, contributing to heightened stress and anxiety. To address their [mental health needs](#) effectively, a tailored approach is essential.

Understanding and accommodating sensory differences is paramount, as sensory stimuli can be overwhelming for neurodiverse youth. Providing quiet spaces, sensory tools, and recognizing individualized coping mechanisms are crucial steps. Social challenges, a common aspect of neurodiversity, may necessitate targeted social skills training and support to enhance interpersonal interactions.

Moreover, acknowledging and validating the diverse range of neurodivergent experiences is crucial for fostering a positive mental health environment. Promoting inclusivity and reducing stigma are essential components of comprehensive [mental health care for autistic](#) and neurodiverse youth.

Collaboration among educators, mental health professionals, and families is vital to creating a supportive network. Tailoring interventions to individual needs, embracing neurodiversity as a valuable aspect of human variation, and fostering an inclusive environment contribute to the overall well-being of autistic and neurodiverse youth. By recognizing and addressing their unique mental health needs, society can promote a more compassionate and understanding approach to neurodiversity.

In 2024, we aspire to continue being a beacon of empowerment for our neurodiverse community. Together, let's set goals of inclusivity, understanding, and unwavering support.

May this year be marked by milestones, breakthroughs, and a sense of belonging for all, as we work hand in hand to create a world where everyone's unique journey is celebrated and supported!

[Request a Meeting](#) with a Regional Manager today, for a free consultation.