

Welcome! We will begin shortly!

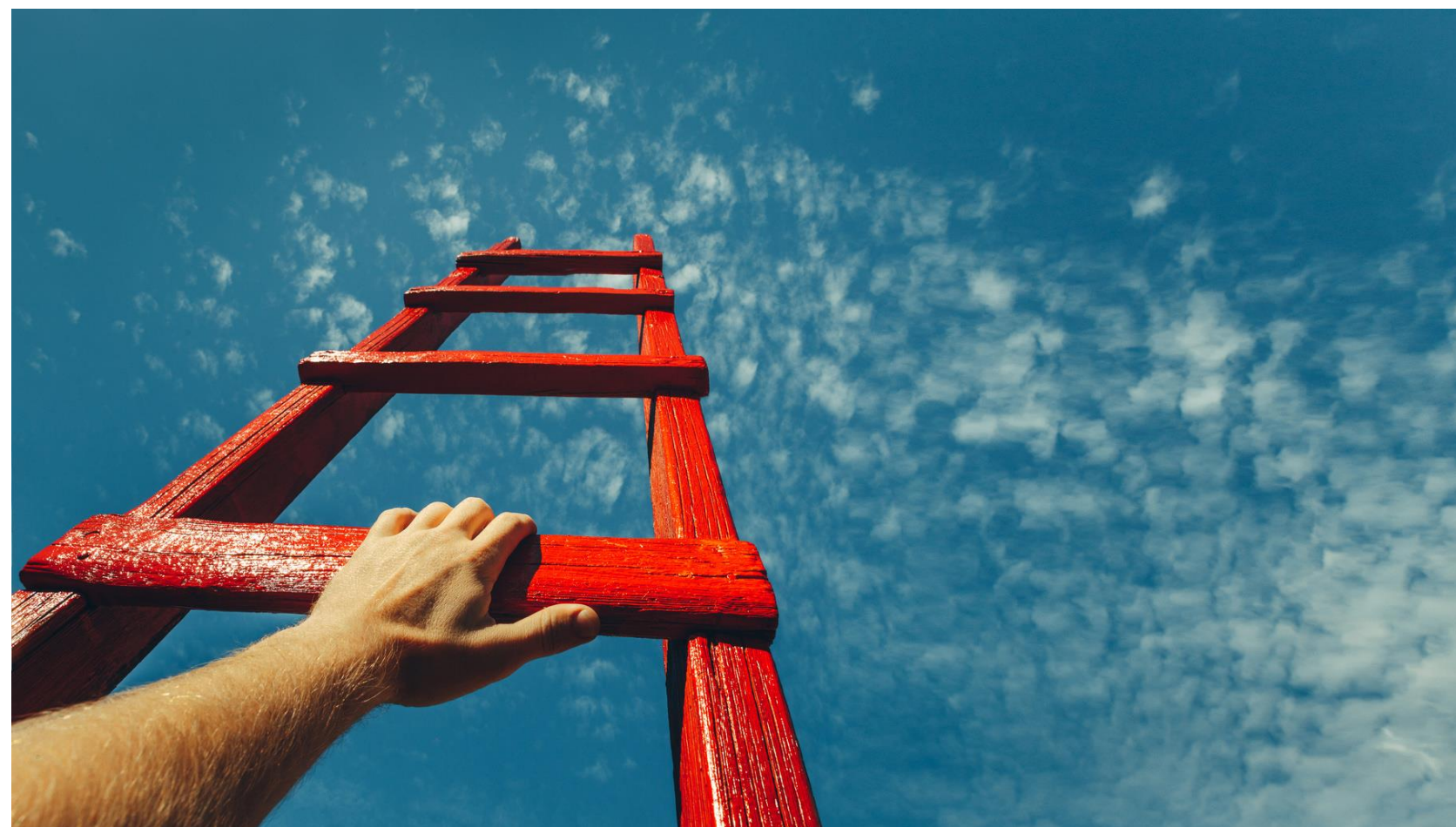
- 1 Enter your name and location into the chat box - left click on the chat icon located on the bottom of your picture.



- 2 You will see a "chat box" on the right part of your screen; click on "type message here" and type your name and your location.



WDT Caregiver Network Change - Opportunity and Challenge



**Carol Taylor, MSW, LCSW
Elder Care Advisor**

March 31, 2021

Our Vision

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.

Mission Statement

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf



Sabine Schenck



Jenny Wolf

The goal of today's session is to provide you with insight and education on how you can be the caregiver you strive to be.



Scott Veatch



Carol Taylor



Dani Mandelstam-Guerttman

Our Professional Support Team!



Theresa Robinett



Heidi Maxwell

Today's Agenda

1

Welcome and Introductions

2

Educational Discussion: Carol Taylor, MSW,
LCSW – Elder Care Advisors

3

Caregiver Experience: Everyone

4

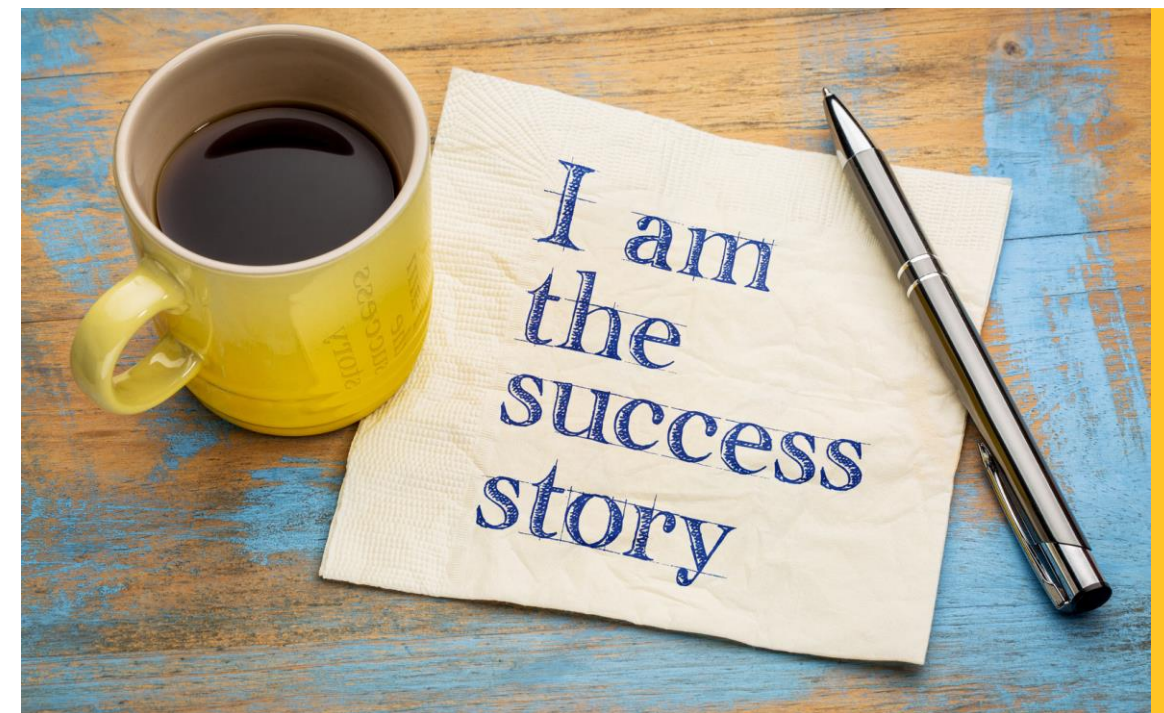
Thank you



How did it go?

What comes to mind when you think of ambiguous loss?

How are you balancing control with acceptance in your life now?



We are in this together

Today we will discuss...

**With each challenge we
have an opportunity**

**Identify your strength and
your capacity**

How to create resiliency



Today's Speakers



Carol Taylor, LCSW
Elder Care Advisors

Carol is a clinical social worker specializing in geriatric, hospice and medical social work. Carol has worked for nearly 40 years in various health care and community settings. Carol enjoys counseling and companionship with elders with dementia as well as teaching and coaching families, health care professionals and community members



YOU
Family Caregivers

Your Personal Change Matrix

1

Do you like change?

2

Are you a risk taker?

3

Do you prefer predictability?

4

Are you open to trying something new or different?

5

Do you resist or create change in your life?

6

Are you most comfortable with consistency?

7

What significant changes have you had in your life?

Change Responses

Variables influencing our responses to change:

- **Is the change expected and planned for?**
- **Is the change abrupt, reactive or crisis driven?**
- **Have you been engaged in making the change?**
- **How prepared are you for the change?**
- **Is the purpose or need for the change clear?**
- **Do you feel you are informed about all options and have sufficient information?**
- **Have you tended to your feelings about the change?**



Challenge? sure...

Opportunity? eh, not so much

- The power of reframing
- Context within our individual lives and experiences
- Our resilience factors
- Requiring problem solving beyond the obvious
- Can grow or modify Circle of Care



*I get the
challenge part
.... but when
does the
opportunity
show up?*

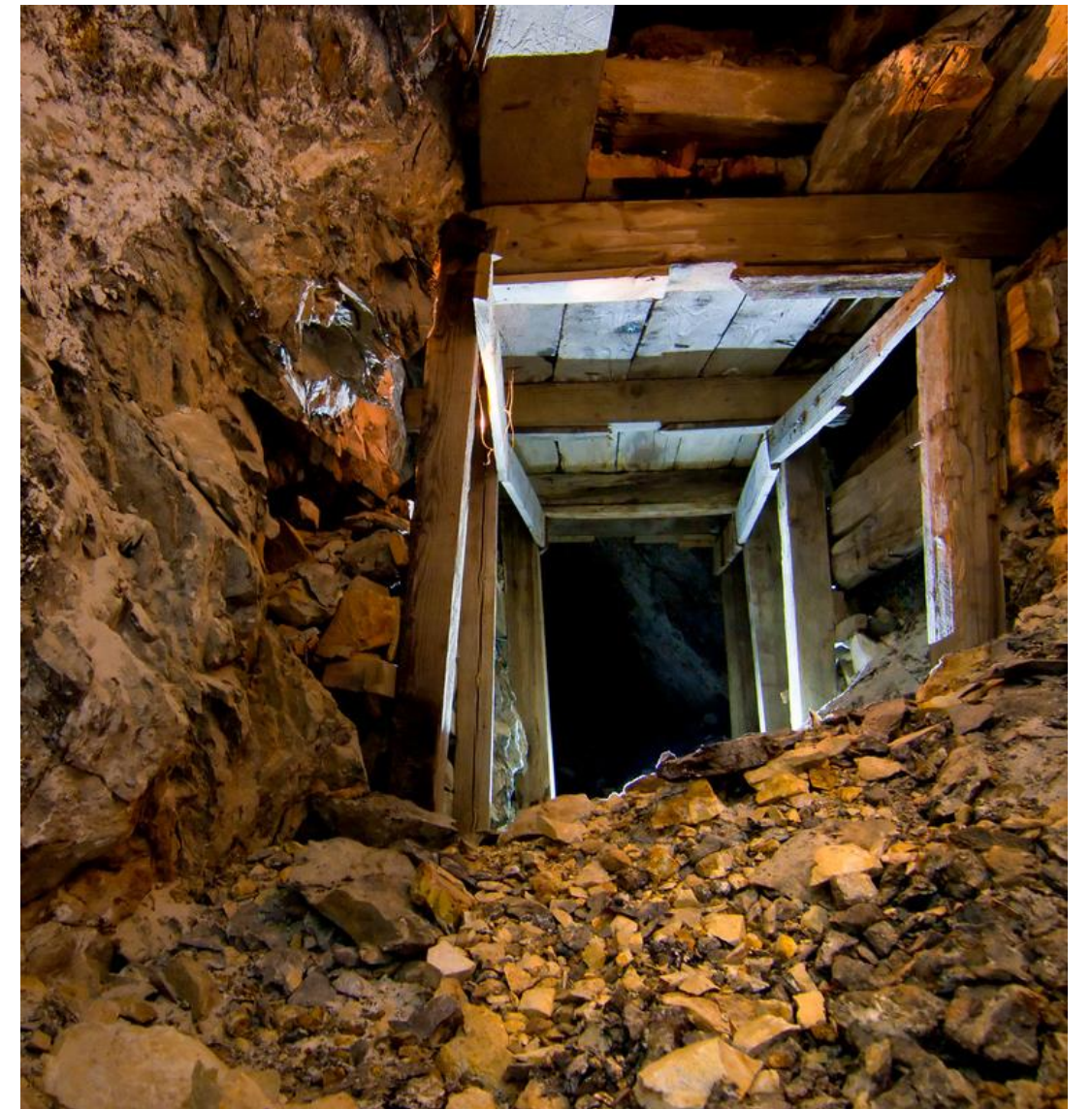
What is Resiliency?

- It is the capacity to recover (quickly) from difficulties; ability to spring back into shape.
- Psychologists identify resiliency as empowering people to accept & adapt to changes and move on.
- Many resiliency models not personal attributes or types of resiliency (physical, mental, emotional and spiritual).
- There is significant literature and research about resiliency.



Change: Unmined Resources

- Consider one significant change within the last 15 years of your life and write it down.
- As you reflect on that change, note how the change came about- chosen or imposed?
Crisis or planned?
- What feelings come up for you looking back?
- Did you adapt to the change? If so - how did you do it?
- Who was your companion through the change?



Strength and Capacity Inventory

- How were you able to move through the change and adapt?
- What strengths and assets lie within you? Name them and write them down to identify your resiliency.
- Recognize your "change mastery" or "change stumbling blocks".



Bugling Elk and Dancing Cranes



- The blessing of Wyoming
- Learning from nature
- Take time to look deeply inside
- Reflect honestly, listen carefully, embrace your victories as well as your missteps
- Recognize the wonder of YOU



Being Gentle with Yourself

- Create 5-minute getaways
- Take a breath
- Practice forgiveness - of ourselves and others
- Receive with grace and appreciation
- Perfection is not in our human job description



JUST SAY YES!!!!



How to begin

What is one thing you learned today that you would like to try out in the next couple of days?



How to begin

What do you need from our professional support team and the caregiver network team to make this happen?

Professional Support Team

Recommendation

① _____

② _____

③ _____



Every challenge, every adversity,
contains within it the seeds
of opportunity and growth.

Roy Bennett - 1957-2018 - Politician



INSI^gHT
OF THE DAY

Next Session: April 14th, 2021 at 10:30 am

Dementia is a Moving Target: Who am I as a Caregiver?

Speaker: Scott Veatch

Contact information

Wyoming Center on Aging

Jenny or Sabine: (307) 766-2829

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www.uwyo.edu/wycoa



Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

April 14th, 2021

Session Topic: Dementia is a Moving Target: Who am I as a Caregiver?

April 28th, 2021

Session Topic: Dementia is a Moving Target: Where am I as a Caregiver in this process?

May 13th, 2021

Session Topic: Dementia is a Moving Target: Relationship Changes in my Circle of Care

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