

Welcome! We will begin shortly!

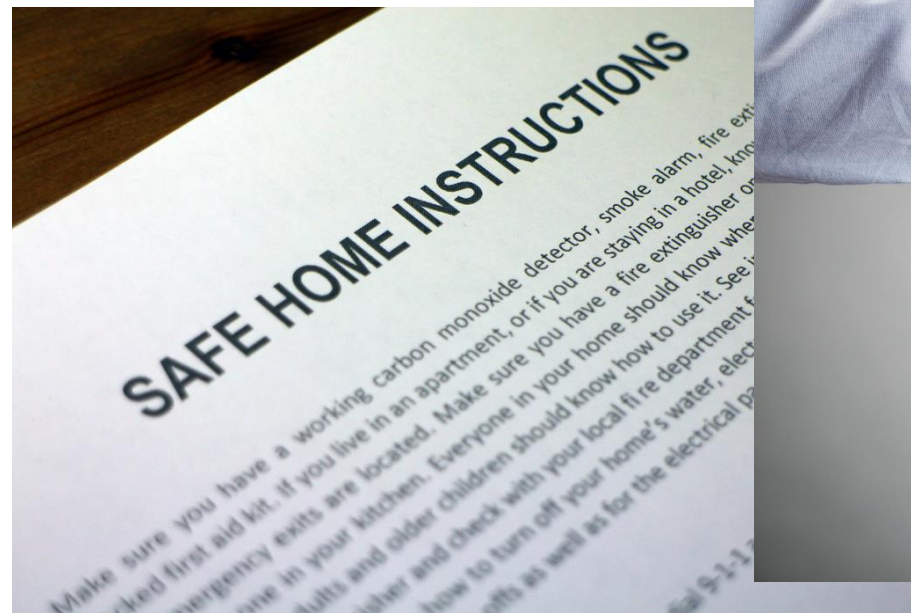
- 1 Enter your name and location into the chat box - left click on the chat icon located on the bottom of your picture.



- 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 Caregiver Decision Making Home Safety



Theresa Robinett, OT
Scott Veatch, Spousal Caregiver
July 7th, 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: Theresa Robinett, OT
Technical Support: Jenny Wolf



Theresa Robinett



Jenny Wolf

The goal of today's session is to provide you with insights 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 : Home Safety
Theresa Robinett, MOT, OTR/L

3

Caregiver Experience: Scott Veatch

4

Thank you

Today's Speakers



**Theresa Robinett, MOT, OTR/L
Casper College**



Scott Veatch, Spousal Caregiver

We are in this together



Changing the Care Environment

Basic Home Set-up

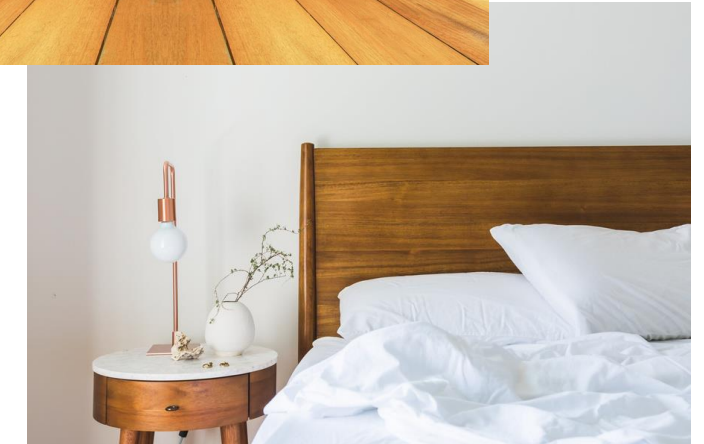
Communication

Why does the environment matter?

- We **cannot** change the disease process of dementia
- We **can** change the environment
 - We **can** recognize where people are and then change the environment for their successes
- The environment **can** help us and make things work better

Let's Talk

- **Basic home set-up**
- **Changing the care environment**



Basic Home Set-Up



General Physical Environment

Toileting

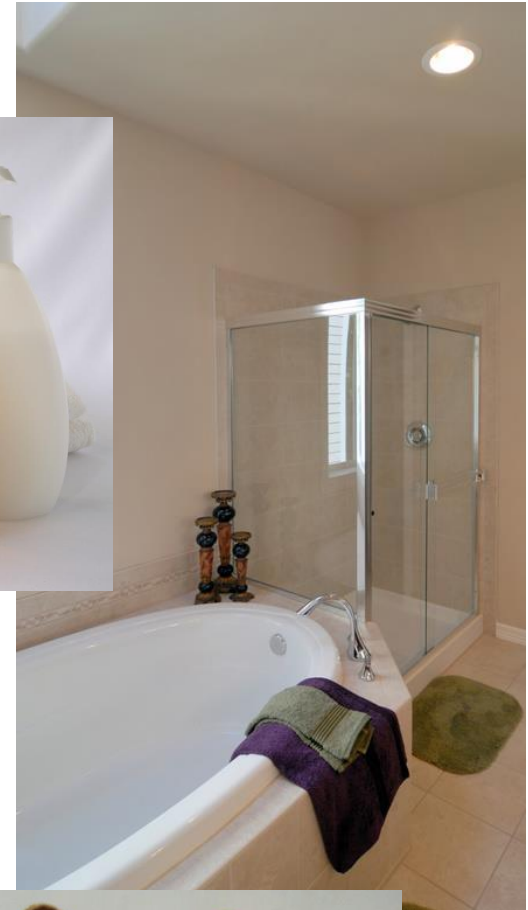
- **Have a clear path to the bathroom**
- **Have necessary items within reach**
- **Assistive devices/environmental changes**
 - **raised commode**
 - **grab bars**
 - **bright lighting**



General Physical Environment

Bathing

- Use bright colored objects
- Arrange objects in order they will be used



General Physical Environment

Getting Dressed

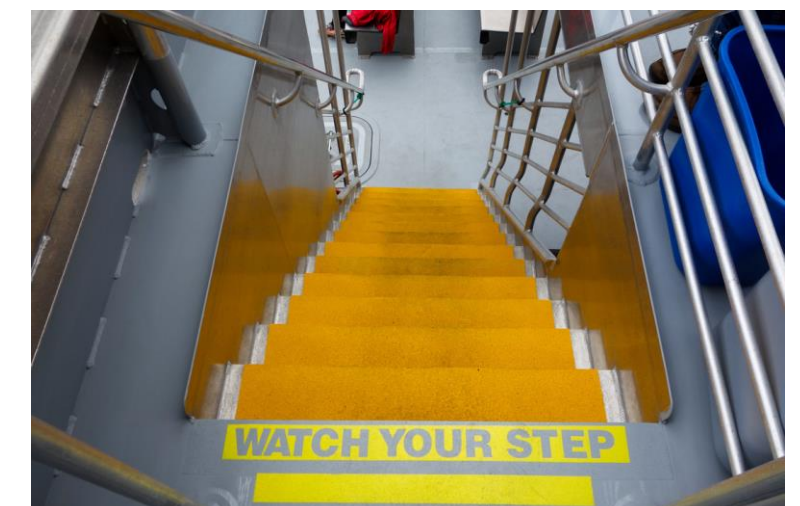
- Lay out clothing in correct sequence
- Provide clothing that is easy to put on and take off (buttons, zippers, shoes without laces)
- Be aware what materials your loved ones likes/dislikes



General Physical Environment

Mobility

- **Make sure you have sturdy furniture**
- **Identify possible tripping hazards**
- **Use bright tape to show a step**



General Physical Environment

Eating

- Create a quiet environment
- Minimize distractions
- Keep table setting simple
- If needed provide 1 food item at a time
- If needed or preferred provide easy to chew items



General Physical Environment

Safety

- **Label items as necessary (Hot/Cold)**
- **Light colored letters and dark background**
- **Secure Cabinets**
- **Night lights**
- **Remove knobs from the stove or disable**
- **Have a bell over the door to alert you when loved is going outside**

Level of Care

When is it time?

- Home Care assistance
- Assisted Living
- Skilled Nursing Facility
- Other options



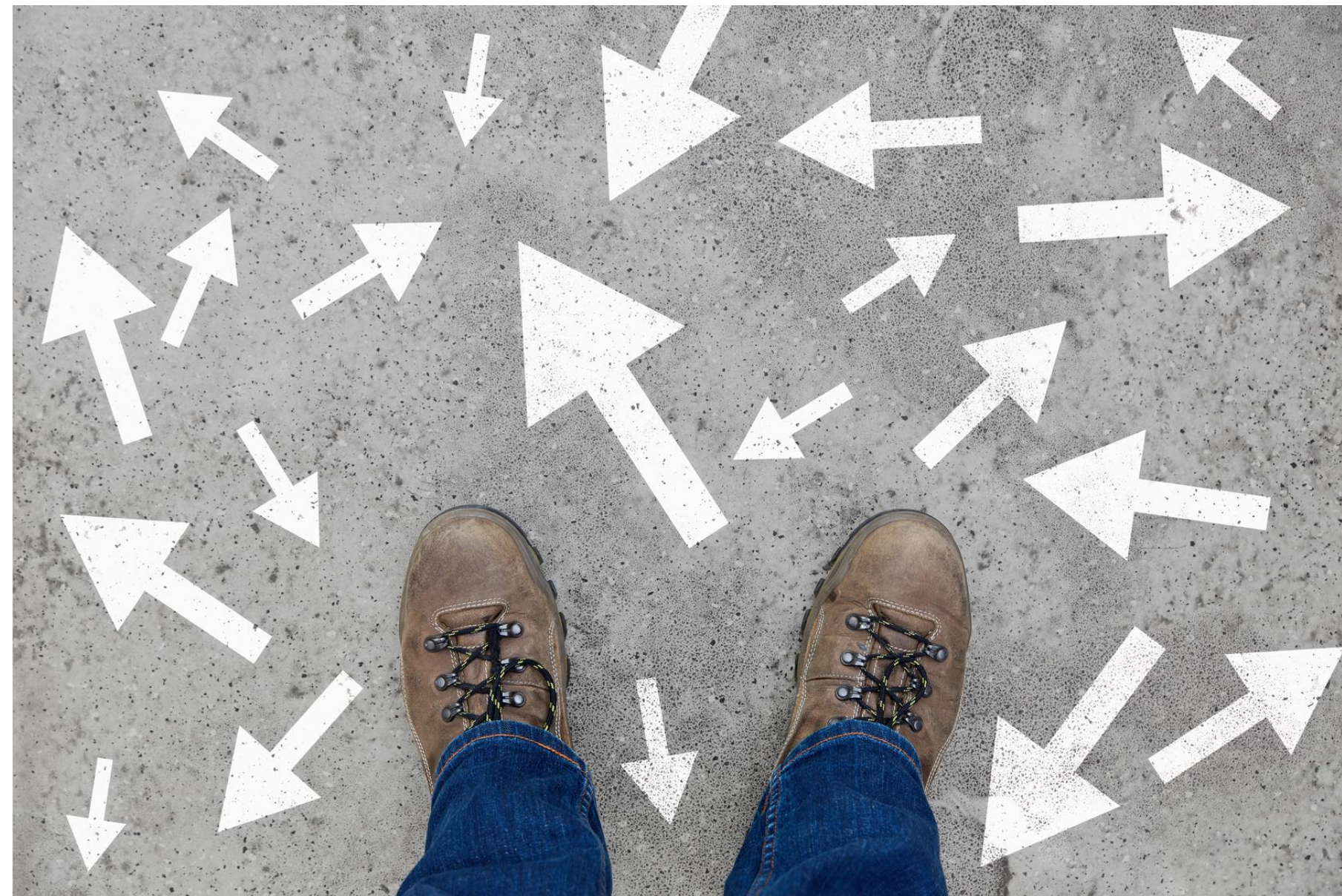
Level of Care

Who do I talk to?

- **Family Physician/Specialist**
- **Family/Friend**
- **Dementia Professional /Support Group**
- **Other**

Level of Care

How do I make the decision about next steps?



Level of Care

How do I talk about this decision with...

- **Loved one with Dementia**
- **Family and Friends**
- **Others**





How to begin

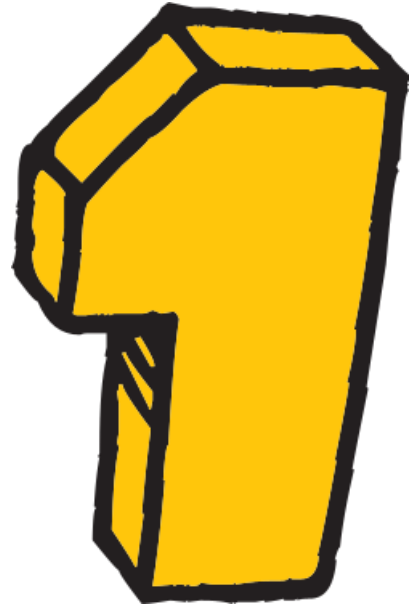
What questions do you have for Theresa and our professional support team?

How can we best support you?

WDT Caregiver Network Survey

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_6r1a1XI99gQTxWK





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Take the Interactive Driving Safety Questionnaire >

Safety Tips for Older Drivers >

Ask the Expert About Driving >

Older Adult Driver Safety Tips from Heal...

Hear from an Expert on Driver Safety
Watch our animated explainer with Dr. Alice Pomidor, MD, AGSF, to learn about how we can stay safe on the road as we age.

<https://www.healthinaging.org/driving-safety>

WDT Caregiver Network

http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wdt-resources.html



Next Session: July 21st, 2021 at 10:30 am

The Nuts and Bolts:

Caregiver Decision Making: Health and Well-Being

Presenter: Dr. Tabitha Trasher

Contact information

Wyoming Center on Aging

Jenny or Sabine: (307) 766-2829

wycoa@uwyo.edu

www.uwyo.edu/wycoa



Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

The Nuts and Bolts

June 9th, 2021

June 23rd, 2021

July 7th, 2021

July 21st, 2021

August 4th, 2021

August 18th, 2021

Caregivers Count Too - Caregiver Values and Preferences

Decision Making: Overview

Decision Making: Creating a Safe Environment

Decision Making: Health and Well Being

Decision Making: Financial Planning

Decision Making: Legal Planning

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