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FOR IMMEDIATE RELEASE: September 22, 2020 –. It is the vision of this program to create a vibrant, active community that touches every caregiver in Wyoming to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia. The program is made up of 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.

The community will meet over Zoom technology to learn how to best support their loved one with dementia; learn how to ask for support and connect to community resources and how to build their own resources and finally how to manage their stress and deal with challenging situations.

The first session will be held on November 4 where an introduction of the Wyoming Dementia Together Caregiver Network will be provided. The next sessions will focus on caring for the caregiver and topics will include resiliency skills and mindfulness, communicating with family and friends and celebrating the holidays. These sessions will not only be a great opportunity for learning but sharing successes and struggles with other caregivers who have a family member living with dementia.

Team Lead Carol Taylor, LCSW of Elder Care Advisors based in Jackson is excited for this program to take off. She states,

“As the number of those with dementia continues to grow in our state, so too does the number of family members caring for their loved one. The need for accessible and consistent support, education and professional care throughout the long journey is critically important. Wyoming Dementia Together has been developed for just that purpose. Our program is available to anyone who is looking for support. Comprising a group of professionals along with the caregivers who are in the trenches every day, our

goal is to offer best practices along with practical advice about options and approaches to the ever-changing landscape of dementia. We recognize families living with and caring for a loved one with dementia as true heroes. It is our honor and commitment to walk this journey with them.”

For questions about Wyoming Dementia Together or to sign up, visit the website at [uwyo.edu/wycoa](http://uwyo.edu/wycoa) or contact Sabine Schenck at (307)766-2802 or [sschenck@uwyo.edu](mailto:sschenck@uwyo.edu).