



WYOMING CENTER ON AGING QUARTERLY

The mission of the Wyoming Center is to optimize the health and wellbeing of Wyoming's older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services.

INSIDE THIS ISSUE

- News & Events
- Aging Resources
- Features

1000 E. University Ave, Dept. 3432, Laramie, WY
 (307)766-2829 | wycoc@uwyo.edu
www.uwyo.edu/wycoa
 Find WyCOA on Facebook!

SAVE THE DATES for 2018

WyCOA is pleased to announce several trainings available for 2018. This spring WyCOA is again partnering with the NW GWEC for the **2018 Spring Geriatric Health Internet Series** with a focus on Alzheimer's disease and related dementias March-May 2018, Tuesday evenings 5-6:30pm MST. This series is for healthcare professionals & students. Presenters are nationally and regionally recognized faculty from the University of Washington and Professional Continuing Education Credits are available. Contact WyCOA if you would like to host this series at your site or need more info!

Also this spring we have a scheduled **facilitator training for Healthy U**, the Wyoming implementation of Stanford University's Evidence-Based Chronic Disease Self-Management Program (CDSMP). This training will take place in Thermopolis, Wyoming on April 24-27 and is being offered entirely free of charge. If you would like to be certified to offer CDSMP or if you would like more information, visit bit.ly/healthyuwyoing.

This August the annual **Wyoming Quality Health Care Conference: From the Patient to the Payment, Keeping Quality First** will be August 8 & 9, 2018 at Little America Hotel & Resort in Cheyenne, Wyoming. The featured topics include: Nursing Home Quality; Care Coordination; Medication Safety; Technology, Payment and Quality. Registration will open May!

And finally, save the date for the **Wyoming Conference on Aging** to be held October of 2018 in Laramie! This dynamic learning event designed for healthcare/social service professionals, legal professionals, caregivers, the public, or anyone with an interest in the emerging issues impacting older adults. More information coming soon!

UPDATES AND MORE can be found at <http://www.uwyo.edu/wycoa>

WyCOA
Serves:



Older Adults and
Caregivers



Faculty



Healthcare
Professionals



Students



Trainings & Events

For the latest updates visit: www.uwyo.edu/wycoa

FOR HEALTHCARE PROVIDERS

UW ECHOs offered by WyCOA: Sites will have the opportunity to receive best-practice recommendations by presenting their cases for discussion and feedback to a network of colleagues as well as a specialist care team.

- **UW ECHO In Geriatrics:** Through the UW ECHO® in Geriatrics sponsored by the Wyoming Center on Aging in partnership with Project ECHO; healthcare professionals throughout the state will have the opportunity to receive best-practice recommendations for consideration in management of older adults. Each ECHO network features a brief community discussion on a variety of important topics related to person centered care and culture change.
- **UIW ECHO in Rural/Frontier Care Transitions:** Mountain-Pacific Quality Health, working under contract with the Centers for Medicare & Medicaid (CMS), and the Wyoming Center on Aging (WyCOA) have collaborated with Project ECHO® to bring UW ECHO in Rural/Frontier Care Transitions to Wyoming and Montana. Health care professionals throughout the two states have the opportunity to receive education from experts in the field of care transitions and learn the latest best-practices.

To join either community of practice please contact WyCOA. CMEs/CEs are available, and PARTICIPATION IS FREE.



"Thank you. Please pass on to the team how beneficial their guidance has been. I've been able to utilize the information & recommendations to many of the professionals I work with. We are proceeding with their recommendations!"

Online Dementia Care Certificate: The certificate is designed for professional direct care providers of older adults across care settings. The goal of the certificate is to increase provider's knowledge of dementia and to enhance confidence in caring for people with dementia. The certificate is a self-paced program where all content, quizzes and evaluations are provided online.

Technology for Optimal Aging: Considerations Across a Spectrum: SAVE THE DATE Spring 2018. This program is an online certificate that seeks to empower healthcare professionals by providing tools to appropriately assess and implement technology for an aging population.

AND MORE!

Wyoming Caring with Confidence DVD Training Series:

Identifying and Managing Problem Behaviors Associated with Dementia in the Long Term Care Setting



Caring with Confidence is a program designed to educate Certified Nursing Assistants (CNAs) and other direct care workers on how to manage challenging behaviors that are often associated with dementia. Topics covered in the training are: person-first philosophy, factors in behavior, managing behaviors & tips for communication and managing caregiver stress.

Cost: \$95.00 and includes DVD, USB and 2 hours of training *to request an order form email wycoa@uwyo.edu

Wyoming Center on Aging also offers:

Healthy U: A FREE 6-week health workshop for people with a chronic illness and their family, friends, and caregivers. Learn to better manage your health and become more confident and empowered using evidence-based techniques. Contact Dominick for workshops in your area! dduhamel@uwyo.edu, (307)766-2765



WYOMING DEMENTIA RESOURCE GUIDE FOR CAREGIVERS, FAMILIES, & FRIENDS: available for download now! A new resource from WyCOA, the guides contain information for services related to dementia the state, organized by region and contained in a handy booklet. *Find the latest version for your region at www.uwyo.edu/wycoa on the Resources on Aging Page



AND MORE!

Aging Resources

Found under the 'Resources on Aging' tab at www.uwyo.edu/wycoa.

*Certificates of Completion can be provided for CE reporting!



The Wyoming Center on Aging is dedicated to providing trustworthy and credible information about aging-related topics. We feature resources for healthcare professionals, students, faculty, older adults, and family caregivers. We have many formats ranging from online education to a lending library of DVDs, videos, and publications.

Online Education Modules:

Over 50 Recorded training modules on relevant geriatric topics by experts in their field including:

- Dementia, HIPAA and Decision-Making Capacity
- Management of Problematic Behaviors of Elderly patients
- Dementia in the Patient with Intellectual Disability
- An update of the diagnosis of Alzheimer's, from preclinical to Dementia: NIA-AA, DSM5 and IWG Criteria Considered
- Caregiver Resources and Support
- Caring for our Older LGBT Adults
- Native Americans (American Indians) and Dementia
- And many more, available online for anyone with an interest!

Lending Library List (DVDs, videos and publications):

Topics include general aging, Alzheimer's and other forms of dementia, family and caregiving, women and aging, long-term care, healthcare management, stroke, end-of-life care, elder abuse, education/students, and bereavement. Available for anyone with an interest. **CHECK OUT OUR NEW ADDITIONS:** *"Mouth Care without a Battle" DVD; "Activities to do with your Parent who has Alzheimer's Dementia" book, "Nine to Ninety" DVD; and "Creative Solutions to Challenging Situations": A workbook/DVD set from Teepa Snow-Positive Approach.* To receive a complete list of available library resources, please contact wycoa@uwyo.edu

Infusion Units:

Infusion Units are packaged lecture materials featuring a film or PowerPoint with teaching notes, discussion questions, and resources for additional reading assignments. Our collection includes:

- Hold Your Breath - a film illuminating the pivotal role of cross-cultural communication in healthcare decision-making, and the urgent need for cultural competence and diversity training in the healthcare professions.
- Age of Champions: An uplifting documentary story of competitors who sprint, leap, and swim for gold at the National Senior Olympics.
- Health Literacy and Older Adults Module: The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.
- Aging Etiquette: Understanding and implementing respectful communication and interaction with people who are aging.
- Oral Health: Understand the importance of oral health and how it relates to total physical health; understand the oral bacterial infection process; show and teach caregivers how to provide oral care for residents with compromised physical or mental abilities; explain how nutrition/eating habits can impact the success of oral health.
- Older Adults Driving: 2 versions are available: caregiver and healthcare. Overview points include: Age itself does not make an unsafe driver; Modifications to behavior and equipment can help promote safe driving; Collaborative conversations with older drivers are important; and understand that there are resources available.

General Aging Topics:

Find info about managing diabetes, safe driving, elder abuse, healthy aging and many more topics online at www.uwyo.edu/wycoa. If you do not see info about a topic you are interested in, please let us know!

Features:



Are you a student?

The Wyoming Center on Aging offers an **Aspire to Geriatrics Program**: The Wyoming Center on Aging is proud to announce the launch of the first interprofessional Aspire! Program – “Aspire to Geriatrics!” Students selected to participate in this program will be given many opportunities to develop their knowledge of aging and geriatric healthcare. Opportunities will include a lunch and learn series with leaders in geriatrics in Wyoming, as well as networking, funded travel, and conference attendance. There are also benefits such as priority registration and recognition at graduation.

Contact WyCOA for more info and find us on Facebook!

Did you know Medicare covers a yearly appointment to discuss a plan of preventive care in the coming year?

Watch the informational video (and more) at our online educational resources page! ***You can request a WyCOA Certificate of Completion for the modules you view!**

Spotlight:

Congrats to Morgan Longstreth, Clinical Psychology Graduate Student with WyCOA, who has been selected to present during the Presidential Poster Session at the 2018 Annual Scientific Meeting of the American Geriatrics Society (AGS). Abstracts receiving the highest scores through the peer review process are included in the Presidential Poster Session. Posters in this session will be reviewed by the AGS Research Committee and one poster award will be given in each of the abstract categories.



Leave a Legacy

Please consider a gift to the Wyoming Center on Aging.

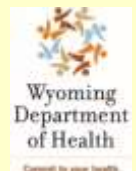
Go to www.uwyo.edu/foundation/ways-to-give to learn more.

For questions about other giving options including planned gifts or the state matching gift program, please contact the College of Health Sciences' Major Gift Officer, Angela Ver Ploeg to discuss your gift and options for donating.

**Angela.verploeg@uwyo.edu
(307) 766-1939**

WyCOA Partner & Collaborator Highlights:

WyCOA is working closely with the Dept. of Health - Aging Division to enhance and revamp the ADRC Website as an online resource for Aging and Disability Resource inquiries. The website will give access to Aging and Disability Resources in our region!



CRMC is having tremendous success in training primary care practices in the Transitions Across Continuum Teams (TACT) model! With support from WyCOA they have provided training to over 40 healthcare professionals around the state.

