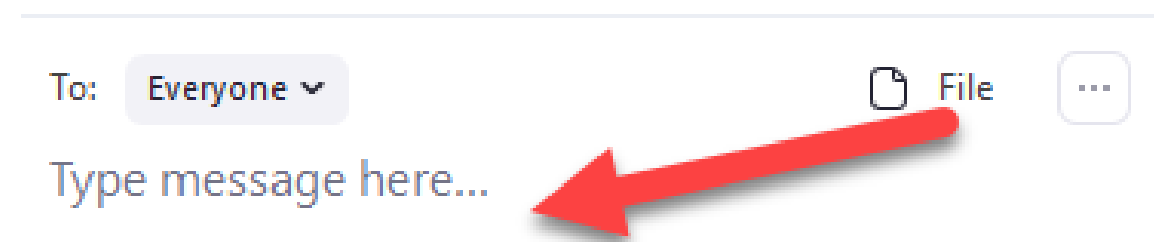


Welcome! We will begin shortly!

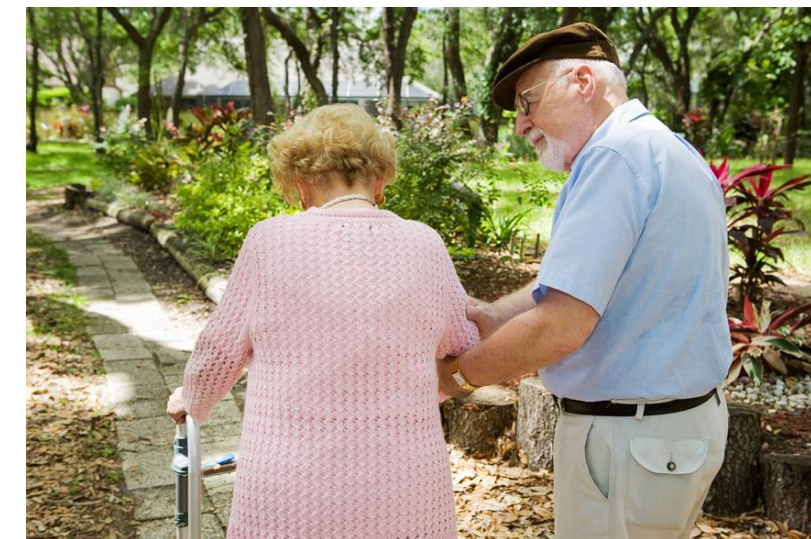
- 1 Enter your name and location into the chat box - left click on the chat icon located on the bottom of your picture.



- 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 Session 3 Caregiver Self Care: Physically Taking Care of Myself



Theresa Robinett, MOT OTR/L
Casper College
Caregiver Sharing
February 17, 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.

Today's Agenda

1

Welcome and Introductions

2

Educational Discussion: Theresa Robinett,
MOT, OTR/L Casper College

3

Caregiver Experience: Everyone

4

Thank you

Welcome !

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



Sabine Schenck



Jenny Wolf



Scott Veatch



Carol Taylor



Dani Mandelstam-Guerttman

Our Professional Support Team!



Theresa Robinett



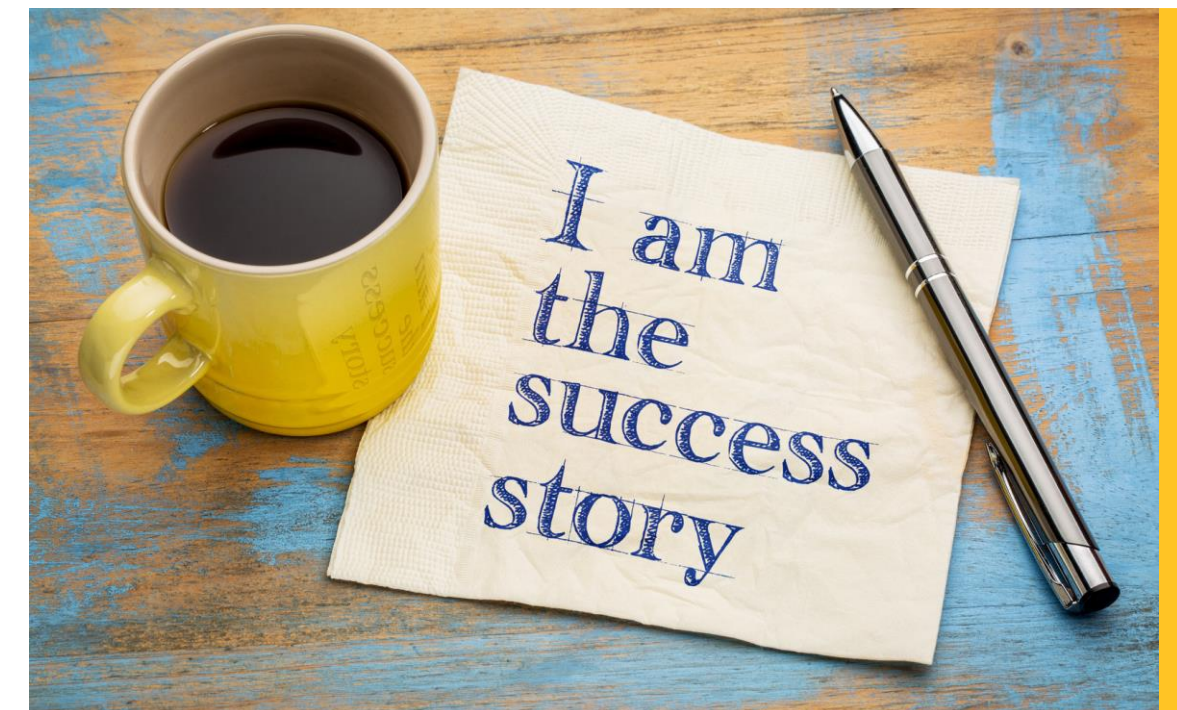
Heidi Maxwell



How did it go?

What were you going to try out after our last session?

How did it work out? Successes/Challenges



We are in this together

Today we will discuss...

**Strategies to improve
your current routine**

**Use good body mechanics
to prevent injury**

**Practice basic body
mechanics principles**



Today's Speakers

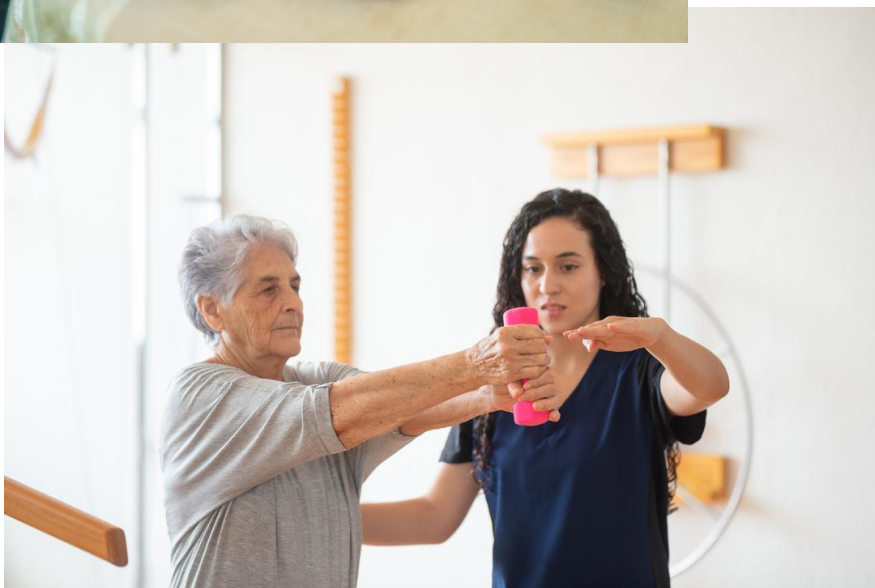


Theresa Robinett, MOT, OTR/L
Casper College

Theresa Robinett is an occupational therapist who works in Casper, Wyoming. Theresa is a lifelong resident of Wyoming, growing up on her family's ranch outside of Newcastle, Wyoming. During her education at the University of North Dakota's Occupational Therapy Program, she developed a strong interest and passion for working with older adults, especially those with dementia. Theresa also teaches at Casper College in the Occupational Assistant program. When not working, Theresa enjoys spending time with her husband and son on their ranch west of Casper.



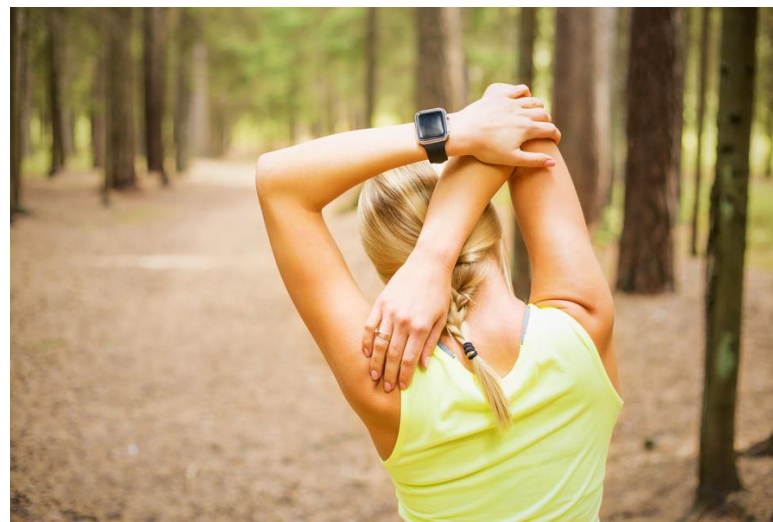
YOU
Family Caregivers



- What is Occupational Therapy?
- Why is it called Occupational Therapy?
- What can Occupational Therapists do?
- Occupational Therapist and Occupational Therapy Assistant

What is Self Care?

- Attending to your own needs.
- "Filling your gas tank" so you can take care of others.
- Sleep, Nutrition, Physical and Social activities are areas of self-care.
 - Caregivers struggle caring for themselves.
 - Lack of self care ➔ injury or illness



Physical Act of Caregiving

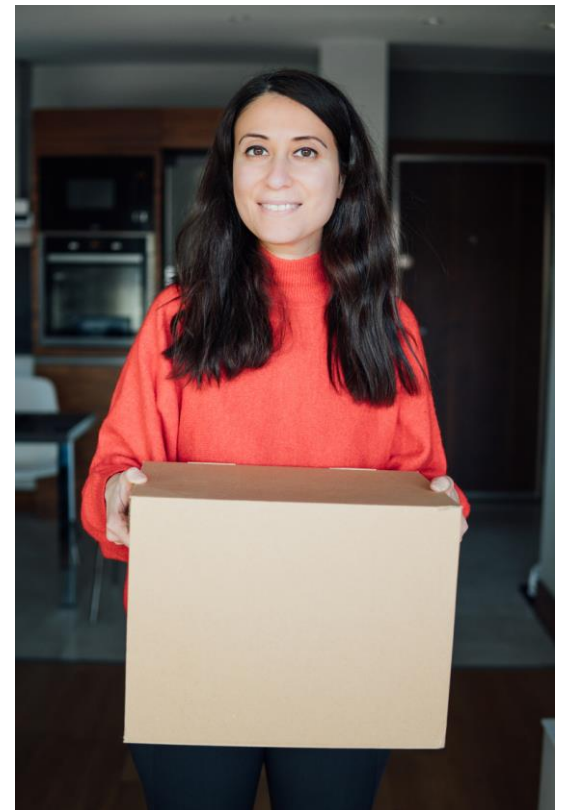
It is going to be different for everyone

Raise your hand or type in the chat box if you provide transfer for your loved one.

- **What is working for you?**
- **What are some of the physical demands that you find most challenging?**

Body Mechanics

- **Body mechanics is a term we use to describe how we mover our body**
- **Body mechanics are those patterns we use when completing our every day activities**
 - **Sitting**
 - **Standing**
 - **Walking**
 - **Lifting**
- **When we practice good body mechanics we lessen our chances for injury**



Body Mechanics - Tips

- **Shoulders and hips parallel**
- **Avoid trunk rotation and twisting (especially when lifting)**
- **Feet shoulder width apart**
- **Lift with legs (use big muscles)**
- **Bend at hips and knees and back straight**
- **Hold objects close to your body**
- **Isometric contraction of the abdomen**



Activity: Isometric Contraction

- An isometric contraction is when our muscles tighten and contract but there is no joint movement
- Isometric contraction of the abdomen during lifts or spinal movement helps protect the back.

Let's Practice



When to Use these Strategies

- **When helping with bed mobility**
- **Transfers**
- **Lifting objects**
- **Carrying items around the house or in the house**
- **When getting in and out of the car**
- **Meal preparation**
- **Household management and upkeep**



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 _____



**"My life isn't what I thought it would be,
my life isn't what I'd like it to be, but my
life is still MY life, and so my life is as
good as I make it to be."**

Scott Veatch

My Blog - I'm going to Courage

- imgoingtocourage.blogspot.com
- **Google it - I'm Going to Courage**

Next Session: THE FAMILY CAREGIVER

Session 4: Mental Self Care

Robin Barry, PhD

March 3rd, 2021 @ 10:30 am MTS

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)

March 3rd, 2021

March 17th, 2021

Session 4: Caregiver Self-Care: Mental Self-Care

Session 5: Caregiver Self-Care: Emotional Self-Care

And more!

Contact information

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Wyoming Center
on Aging