WyCOA in action supporting Wyoming with education and resources

We are excited to begin our eighth year serving the healthcare professionals and caregivers who work to provide care and support for older adults across our region! WyCOA features resources for healthcare professionals, students, faculty, older adults, and family caregivers. Do you need instruction materials for your class/program? Do you need more information on Alzheimer's disease for your family? We have many formats and topics ranging from online education to a lending library of DVDs, videos and publications; refer to page 4 for available aging resources from WyCOA. We are planning numerous upcoming events as well! See page 2 and 3 for more details or on Facebook at https://www.facebook.com/wycoa/

When you are in the College of Health Sciences building, we invite you to visit us at room 130F. We also encourage you to take advantage of the WyCOA lending library. Submit your articles, events or other ideas for this newsletter. We are always interested in featuring your stories.

Thank you for supporting the Wyoming Center on Aging!
"Our Family Journey" workshops are provided to caregivers (professional and family) with a focus on dementia, and is delivered once per week for 4 weeks. Topics covered in the workshop include starting the journey together with support, changing difficult behaviors, communication, and planning for the future. Contact WyCOA to learn about the communities who offer this program.

Are you interested in learning more about techniques and strategies that will help you live a healthy life? Healthy U is a six-week program that meets once a week to help empower you to manage your own care and live the best life possible.

Save the Date:
Alzheimer’s Disease Workshop for the Caregiver
October 21st, 2016 in Laramie

Save the Date
Rocky Mountain Alzheimer's Summit
June 2017 in Cheyenne
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

For Healthcare Professionals

**UPCOMING EVENTS:**
FOR MORE INFORMATION www.uwyo.edu/wycoa

- **UW ECHO® in Geriatrics:** Creating and supporting a state-wide geriatric care community of practice. Sites will have the opportunity to receive best-practice recommendations for consideration in management of their geriatric patients by presenting their challenging cases for discussion and feedback to a network of colleagues in the state as well as a specialist care team. Each network features a brief didactic on a variety of important topics related to geriatric care. To join this unique community of practice please email wycoa@uwyo.edu or call (307) 766-2829. Professional CMEs/CEs are available, and PARTICIPATION IS FREE.

- **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 providers 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.

- **Save the Date:** Rocky Mountain Alzheimer's Summit June 2017, Cheyenne

- **SAVE THE DATE:** Alzheimer's disease workshop: Capacity to Make Medical Decisions. October 21st, 2016 in Laramie
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:

- Alzheimer's Disease - What you need to Know
- 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
- Advances in Pharmacologic and Non-Pharmacologic Management of Alzheimer's

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, and “Nine to Ninety” DVD. 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 - for ethnogeriatrics: Illuminates 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 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 bacteria 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 information about managing diabetes, safe driving, elder abuse, healthy aging and many more topics online at www.uwyo.edu/wycoa. If you do not see information about a topic you are interested in, please let us know!
Wyoming Assistive Technology Resources (WATR) offers loan programs, such as communication devices and assistive technology to aid in daily living, vision, hearing and learning.

WATR is great for assistive technology users, students, instructors, community members, or anyone who wants to learn more about assistive technology and WATR resources!  watr@uwyo.edu  |  (307) 766-6187

Wyoming’s iCanConnect program provides communications technology free of charge to low-income people of all ages who have combined vision and hearing loss. This program will distribute communications equipment to qualified individuals and provide equipment installation, training and support to help recipients make the most of this technology.

Call: 1-800-825-4595 or E-mail: wwarren@uwyo.edu

Check us out at: https://www.facebook.com/wycoa

Foster Grandparents of The Wyoming Rockies
Making a difference in the lives of Children!

* 55 years or older and on a fixed income
* Able to work a min of 20 hours a week
* Willing to help a child with reading
* And can use $275 or more a month

Please call 307-223-1051

Help us in sending best wishes to our wonderful medical student Kadi Cooley who has taken the MCAT this summer!

Kadi has been a welcome addition to our team with an eye for detail and smiling face!

Congratulations to Pamela Oiler, LCSW (UW ECHO in Geriatrics hub member) who applied for and recently received a $11,200 grant from the AAFP to develop and implement strategies to increase influenza and pneumococcal immunization rates for geriatric patients.

For Students

⇒ Minor in Aging Studies: Whether your interest is in hospital care, residential care, or as-yet undefined allied health care, a minor in aging studies will compliment your major.
⇒ Clinical training and internships in geriatrics and gerontology
⇒ Opportunities to engage/learn about innovative aging services
⇒ Community Support Immersion Program opportunities
⇒ ASPIRE! to Geriatrics encourages, promotes, and nurtures scholarship, leadership, and professionalism in our future health care professionals through mentorship and professional dvmt.