WyCOA in action supporting Wyoming with education and resources

As the holiday season quickly approaches we reflect on the past year. And what a year 2016 has been for WyCOA! We have been very busy implementing and continuing with projects and objectives. It is hard to summarize all of our accomplishments but with UW ECHO in Geriatrics, the Aging & Tech Certificate, Dementia Care Certificate and others we continue to be a resource for health care providers in Wyoming. We also support our care partners and older adults with projects like Healthy U; which has been a tremendous success for WyCOA this year and is highlighted below! Our trainers around the state are sure to become a resource for many with chronic illnesses in the coming year.

For our latest events and educational opportunities check out our website www.uwyo.edu/wycoa! Like us on Facebook or send us an email at wycoa@uwyo.edu.

From the WyCOA Team, we wish you and yours the Happiest of Holidays and best wishes for the New Year!
For the Older Adult and Caregiver

**UPCOMING EVENTS:**
FOR MORE INFORMATION visit www.uwyo.edu/wycoa, under ‘Upcoming Events’ tab

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.

*Offered in Laramie:* to reserve your seat contact wycoa@uwyo.edu or call (307) 766-2829 and ask for Dominick

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

**Dementia Resource Guides:**
Information for services related to Dementia contained in a handy booklet. Each guide will include elder law providers, geriatric specialists and services provided by senior centers and other organizations around the state, organized by region. Find the latest version of your region at www.uwyo.edu/wycoa on the Resources on Aging Page!

**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.

**Stats to ponder:**
“On average, care contributors lose over $15,000 in annual income as a result of reducing or quitting work to meet the demands of caregiving.”
http://www.alz.org/facts/overview.asp#impact
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 contact WyCOA. **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**

- **Technology for Optimal Aging**: is an online certificate program that will review the aging process, aging demographics, theories of aging, available technology, importance of technology in aging, implementation of no-tech to high tech interventions. This course seeks to empower healthcare professionals by providing tools to appropriately assess and implement technology for an aging population. Brought to you in partnership with Good Samaritan Society and WIND (Wyoming Institute for Disabilities).

- **Geriatric Health Internet Series**: We have partnered with the Northwest Geriatric Workforce Enhancement Program to bring presenters that are nationally and regionally recognized faculty from the University of Washington. Professional Continuing Education Credits are available for most disciplines. **Contact WyCOA to host the series at your site!**
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

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

Congratulations to being honored for your professional achievements at the The Wyoming Pharmacy Association Annual Meeting: Tonja Woods, WyCOA Advisory Council member for being honored with the American Society of Health-System Pharmacists Leadership award. Joe Steiner, WyCOA Advisory Council member for being honored as Pharmacist of the year.

WyCOA/GWEP Partner Highlights:

⇒ Congratulations to Linda Loranger, WyCOA Project Coordinator at UW Family Medicine Residency Practice at Casper for being nominated to serve on the Board of Directors at the Casper Senior Center!

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

⇒ Cheyenne VA has created a Geri-PACT team (Geriatric Patient Aligned Care Team). The goal of the Geri-PACT is to improve geriatric capacity of primary care clinical training environments.