Kicking off 2016 with numerous WyCOA events!

The mission of the Wyoming Center on Aging is to optimize the health and wellbeing of Wyoming’s older residents and their caregivers through interagency partnerships, basic and applied research, community education, clinical training and services. The Wyoming Center on Aging is a visionary and innovative collaboration that proactively responds to the needs of older Wyoming residents while harnessing the strengths of our communities and the honoring the legacy of our elders. The need for a Wyoming Center on Aging is great. Wyoming is one of the most rapidly aging states, and by 2030 will be the state with the highest concentration of individuals over 85. The benefits of a Center on Aging include connecting Wyoming residents, researchers, service providers and educators, as well as fostering innovative aging research, training care providers, disseminating evidence-based practices, and serving as a resource for older adults and their family caregivers. We will continue to develop this center through fundraising activities and secured program grants to bring additional tried-and-true as well as innovative aging services to Wyoming. Donations will be a vital source of support as WyCOA continues to develop. To discuss specific funding opportunities or to make a donation, please see page 5. As always, visit our website for the latest WyCOA events & news at www.uwyo.edu/wycoa and like us on Facebook! We look forward to working with you, have a wonderful spring.
Stats to ponder:
“The majority (83%) are family caregivers—unpaid persons such as family members, friends, and neighbors of all ages who are providing care for a relative”
http://www.cdc.gov/aging/caregiving/facts.htm

For the Older Adult and Caregiver

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

Casper Caregiver Conference: Supporting Wyoming Caregivers in Excellence
in partnership with AARP-WY, Casper Senior Center, Casper Reveille Rotary, Caring Hands of Wyoming, & Wyoming Dept. of Health Aging Division/Family Caregiving Program

Friday April 15th and Saturday April 16th, 2016
Casper, WY at the Ramada Plaza Casper Hotel and Conference Center

This two-day event will focus on many aspects of caregiving. Featured Topics: Interactive Caregiving Discussions and Panels; Behavior and Communication Tips For All Caregivers; Community Supports and Resources; Q & A with Healthcare Providers; POLST & End of Life Care planning; UW Estate Planning Clinic And More! In addition, Respite Care is offered through Casper Senior Center in partnership with Caring Hands of WY.

Our Family Journey

The “Our Family Journey” training is provided to caregivers (professional and family) with a focus in Dementia, and is a workshop 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.

Are you interested in learning more about techniques and strategies that will help you live successfully with your chronic illness? 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 with a chronic illness.

The Wyoming Center on Aging and the Alzheimer’s Association-WY Chp invite you to join us for:
Dementia Caregiver Webinar Series: Essentials for You
May 13th - June 10th, 2016: Fridays from 10:30-11:30am
Topics include: Basics of Dementia, Effective Communication Strategies, Understanding and Responding to Dementia-Related Behavior, Caring for the Care Partner, Legal and Financial Planning

Wyoming Center on Aging (WyCOA) Newsletter Page 2
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. Build your expertise in geriatric care through regular consultation with a specialty team and network of colleagues. Project ECHO is a model for lifelong medical learning and collaborative practice that links front-line healthcare providers with specialist care teams to manage patients who have chronic conditions requiring complex care. It is transforming the way medical knowledge is shared and translated into everyday practice – and, in the process, enabling thousands of people in remote and medically underserved communities to get care they couldn’t easily get before, if at all. Through the UW ECHO® in Geriatrics, sponsored by the Wyoming Center on Aging, healthcare professionals throughout the state 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 will also feature 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.

- **Geriatric Health Internet Series:** March 29th through May 31st, 2016. 5:00pm-6:30pm every Tuesday. The 10 week series will be focused on providing health care to individuals with Alzheimer's disease (AD) and/or their caregivers. CEs will be available. CONTACT US FOR HOST SITES IN YOUR AREA, or to become a host site!

- **Casper Caregiver Conference:** Supporting Wyoming Caregivers in Excellence. Friday April 15th and Saturday April 16th: Casper at the Ramada Plaza Casper Hotel and Conference Center. The events on Friday, April 15th will include info important to professional caregivers. CE’s offered!
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; and "Activities to do with your Parent who has Alzheimer’s Dementia" book. To receive a complete list of available library resources, please contact WyCOA at 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 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) kicks off our new open lab hours to the public!

We are located at the intersection of 9th and Clark streets, in the University of Wyoming Health Sciences Building, RM 151. Check out our renovated lab facility and see what equipment WATR has to offer in our short term (6 week) loan program, *such as communication devices and assistive technology to aid in daily living, vision, hearing and learning.* Subsequently, WATR will have open lab hours every Thursday between 1-4:30 p.m.

Great for assistive technology users, students, instructors, community members, or anyone who wants to learn more about assistive technology and WATR resources!

For questions, contact WATR at [watr@uwyo.edu](mailto:watr@uwyo.edu) | (307) 766-6187

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**WyCOA is expanding!** We are happy to have welcomed Abby Miller, Beth Jones, MS and Trena Anastasia, PhD to our team. Abby Miller is a Project Coordinator and manages the Dementia Care Certificate and other curriculum development. Abby brings her background of nutrition and exercise to the team. Beth is a Project Coordinator and spends a majority of her time working on the development and launch of programs that directly engage older adults and/or caregivers. Beth brings a vast knowledge of grants and public health to boost our team. Trena Anastasia is the project evaluator for the GWEP grant and bolsters our evaluation strategies and capabilities. Let us know how we can support you at [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)!