

Let's Talk About Self-Care: Encouraging Resilience in Care Partners in Sheridan, WY



Bailey (Theis) Stuart | RUOP III | 2022 | UW School of Medicine

Hypothesis

- Self-care activities and care planning strategies will increase resilience in people caring for family members with dementia in Sheridan, WY.



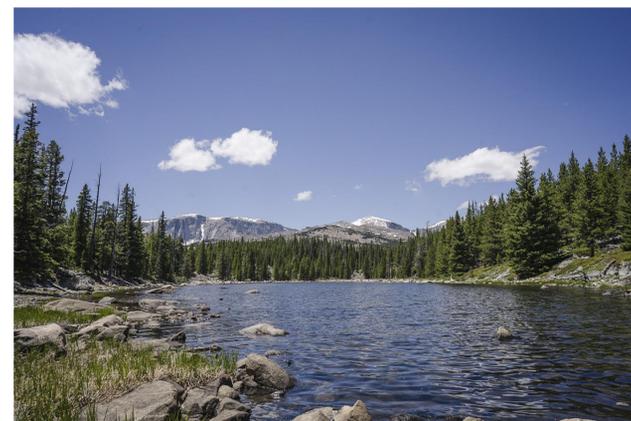
Sheridan, in Sheridan County, Wyoming

Background

- 19,000 people
 - >20% over the age of 65 (national average 16.8%)
- Aging population needs more day-to-day support and preparation for end-of-life care decisions
 - Caregiver burnout

Literature Review

- Increased acts of self-care led to decreased feelings of depression and perception of caregiver burden
 - "Self-care" ranged from sleep hygiene and heart-focused breathing to cognitive-based therapy
- Self-care strategies were more effective when implemented early and often
- Because of Sheridan's lack of professional mental health providers, self-motivated actions are most applicable
 - Numerous support groups/respice resources
 - Outdoor recreation



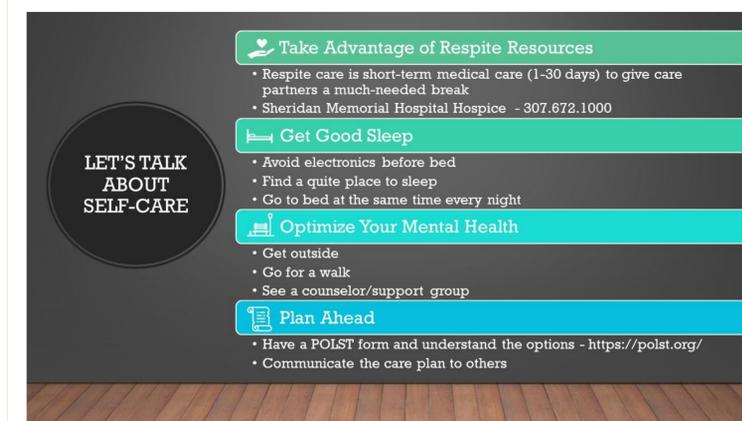
Bighorn Mountains in Northern Wyoming

Deliverables to Community

- Dementia-Friendly Wyoming
 - Nonprofit organization in Sheridan, WY
 - Aim to make Sheridan a place where all people thrive
 - Community education
 - Access to healthcare
 - Patient and caregiver support
- Self-care magnet
 - Offers potential ways for caregivers to practice self-care
 - Reminds caregivers to acknowledge their own needs
- Provider Orders for Life Sustaining Treatment (POLST) frequently asked questions handout
 - Covers the choices patients have, and how that might look in a hospital setting
 - Defines terms and sets the stage for discussion with primary care provider

Next Steps

- Distribution Plan:
 - Target current and future care partners in Sheridan, WY
 - Distribute magnets and POLST form to primary care clinics
 - Friendly reminder to acknowledge personal needs and make/communicate end-of-life plans
 - Providers administer Patient Health Questionnaire 9 (PHQ9) to care partners at annual wellness exams to screen, track progress, and offer additional resources as needed



"Let's talk about self-care" magnet to be distributed