

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.



Wyoming Dementia Together Caregiver Network Session

Caregiver Self Care: Mentally Taking Care of Myself



Robin Barry, PhD

March 3, 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: Robin Barry, PhD

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?

- **Body Mechanics**
- **Tips and Tricks (parallel shoulders and hips, feet shoulder width apart, bend at hips and knees, etc.)**
- **Isometric contraction of abdomen**
- **When to use these strategies**

We are in this together

Today we will discuss...

Ways thoughts may influence our well-being

Ways to shift our thoughts to enhance our well-being

Ways to keep mentally engaged to enhance well-being



Today's Speaker



Robin Barry, PhD.
Director, Dementia Support Center

Robin Barry is a clinical psychologist and Associate Professor at University of Wyoming. Her research and clinical expertise has primarily focused on family communication in intimate and family relationships. Recently, she has extended her research and practice to family caregivers, people living with dementia.

A
Activating Event

My husband
asked where his
wallet was for the
15th time today

C
Consequences

I feel agitated
I snap at my
husband

A
Activating Event

My husband
asked where his
wallet was for
the 15th time
today

B
Beliefs/Thoughts

“I can not stand
this”

C
Consequences

I feel agitated
I snap at my
husband

A
Activating Event

My husband asked where his wallet was for the 15th time today

B
Beliefs/Thoughts

“I wonder why he is concerned about his wallet”

C
Consequences

I feel curious
I pay attention to what is going on with my husband

A
Activating Event

B
Beliefs/Thoughts

C
Consequences

My husband asked where his wallet was for the 15th time today

“I can not stand this”

I feel agitated
I snap at my husband

Noticing

A
Activating Event

Recent or recurrent
activating event
that causes difficult
feelings or
behaviors for you

B
Beliefs/Thoughts

Thoughts/beliefs:

C
Consequences

How I Feel:

How I Behave:

A
Activating Event

Recent or recurrent
activating event
that causes difficult
feelings or
behaviors for you

B
Beliefs/Thoughts

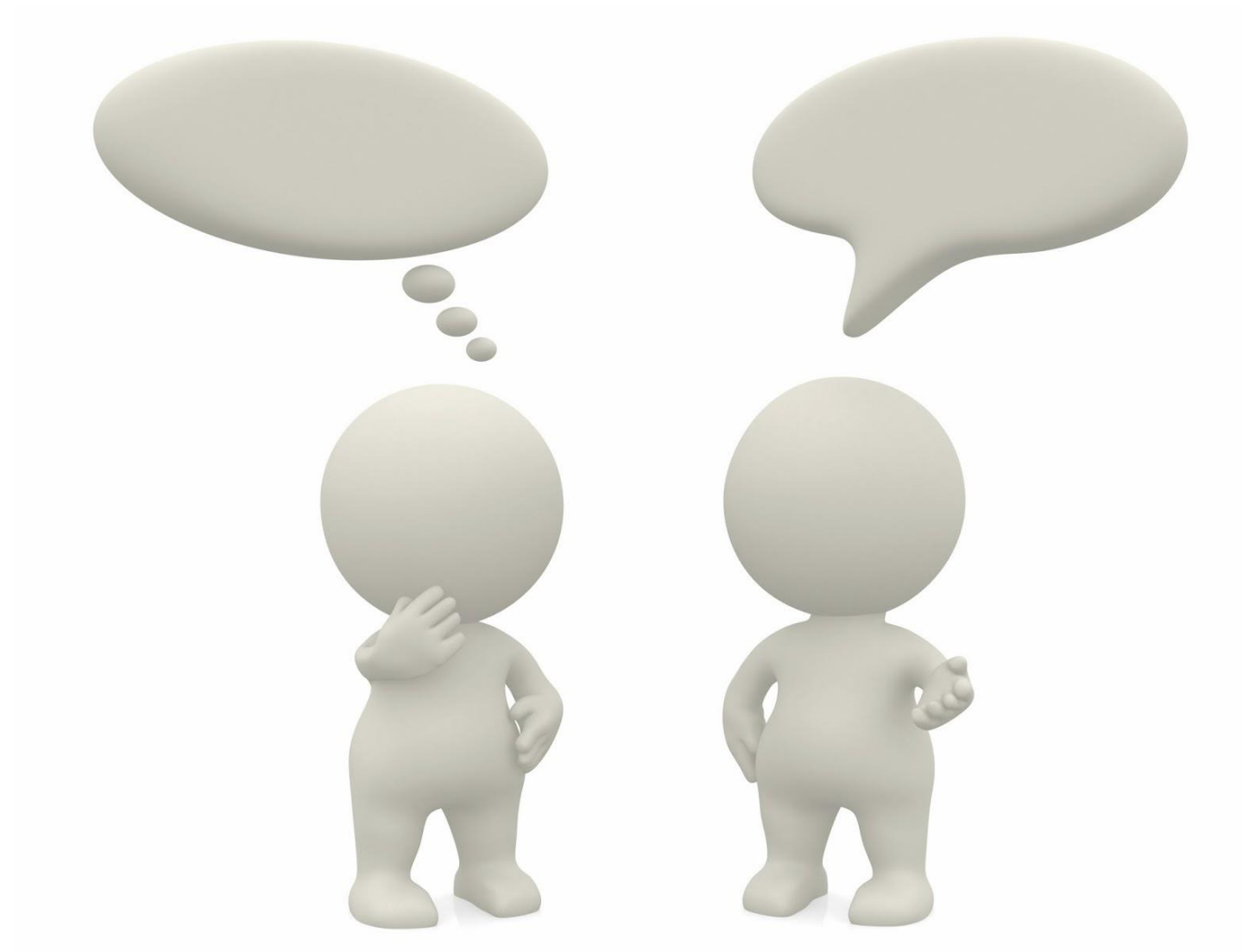
Alternative ways of
thinking about it:

C
Consequences

How I Feel:

How I Behave:

Self-Compassion



Self-Compassion



A
Activating Event

Recent or recurrent
activating event
that causes difficult
feelings or
behaviors for you

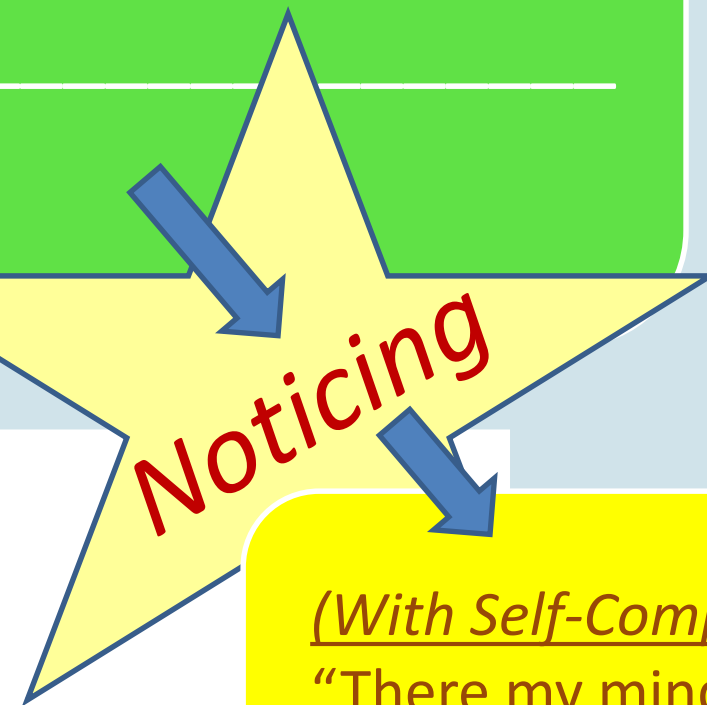
B
Beliefs/Thoughts

Thoughts/beliefs:

C
Consequences

How I Feel:

How I Behave:

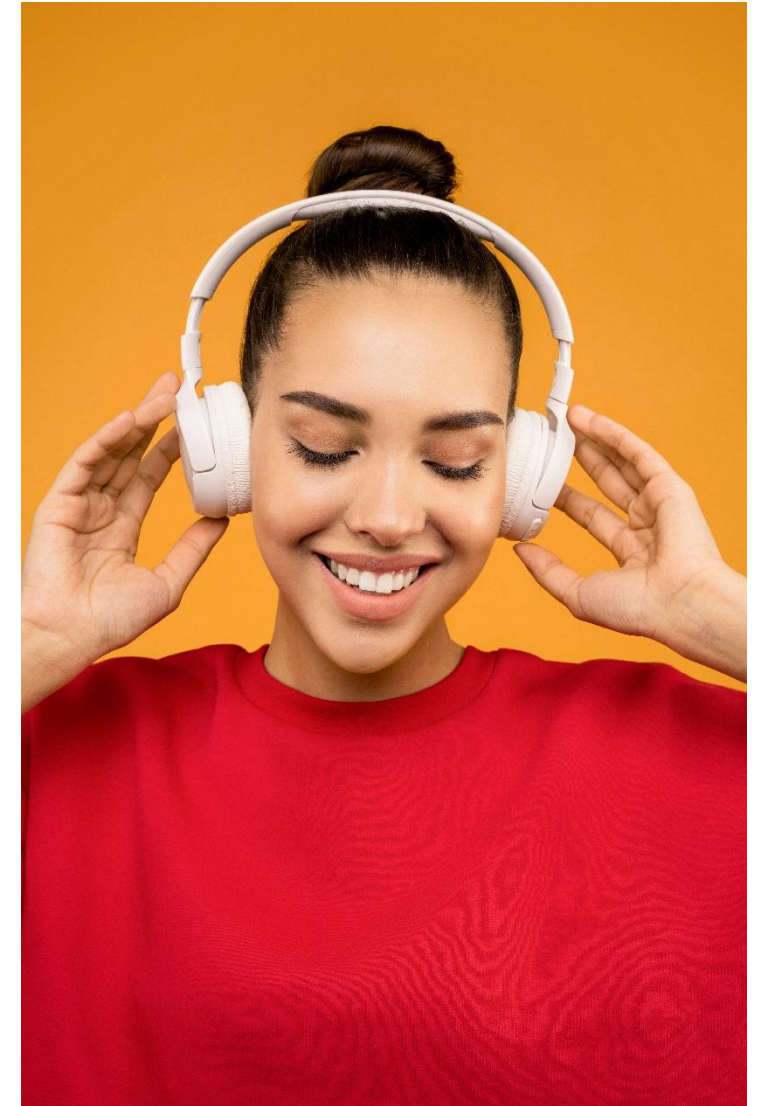


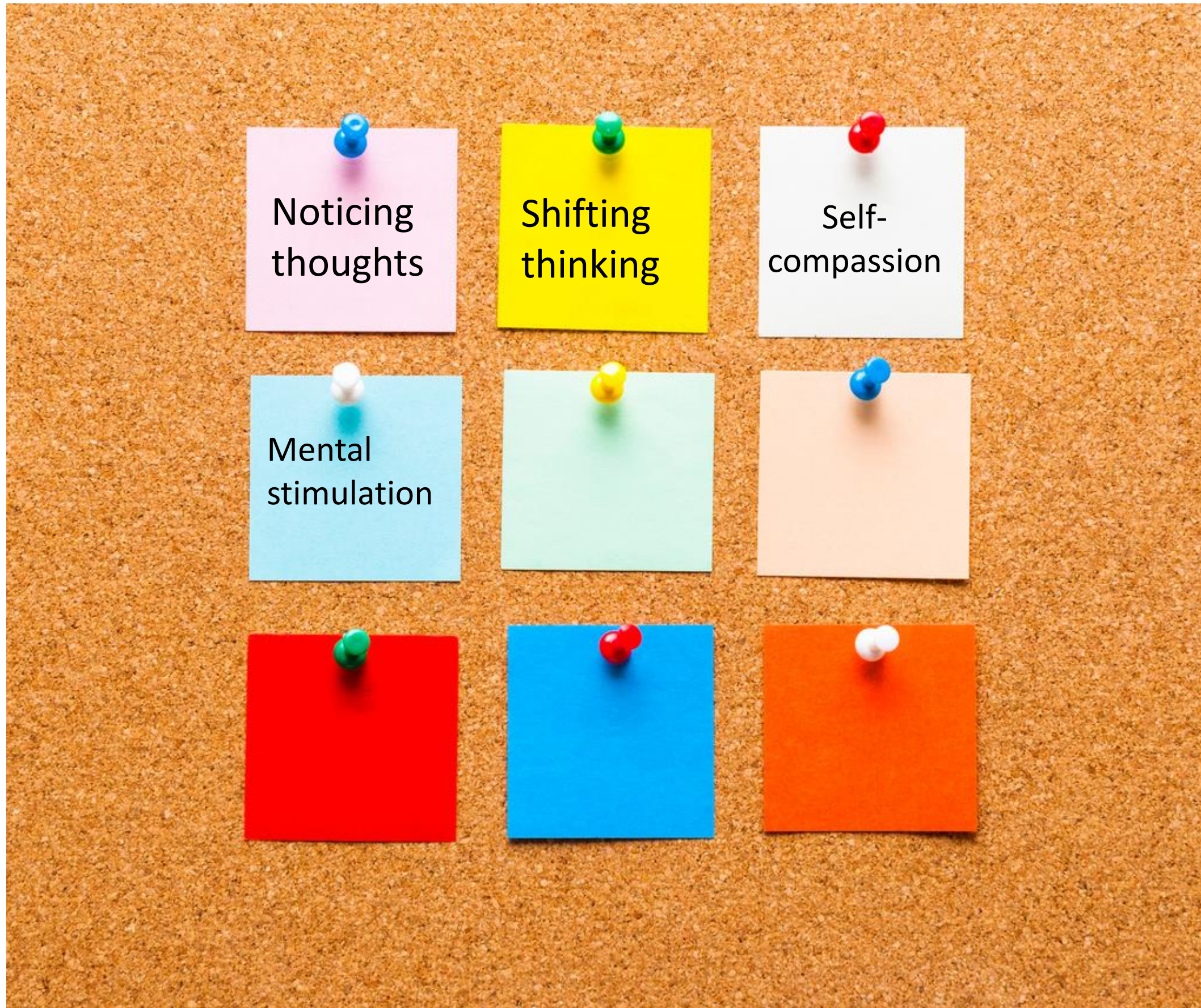
(With Self-Compassion)
“There my mind goes
again, telling me ‘I can
not stand this!’”

“I am a person who is also a caregiver”

“I am a person who is also a caregiver”

What activities stimulate your mind and give you a sense of vitality?





Toolkit

Group Discussion

Let's hear some of your reactions to what Dr. Barry presented today...

**What is one piece of
information you are
taking with you
today?**

Professional Support Team

Recommendation

① _____

② _____

③ _____



My Blog - I'm going to Courage

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

Next Session:

THE FAMILY CAREGIVER

Session 5: Caregiver Self Care - Emotionally Taking Care of Myself

Heather Comstock, The HUB - Sheridan, WY

March 17th, 2021 @ 10:30 am MTS

Contact information

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