

# 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.



# WDT Caregiver Network

## Who am I as a Caregiver



**Scott Veatch**  
**Spousal Caregiver**  
**Wyoming Dementia Care**  
**April 14th, 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.**



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**

# Today's Agenda

1

Welcome and Introductions

2

Educational Discussion: Scott Veatch,  
Spousal Caregiver, Wyoming Dementia Care

3

Caregiver Experience: Everyone

4

Thank you

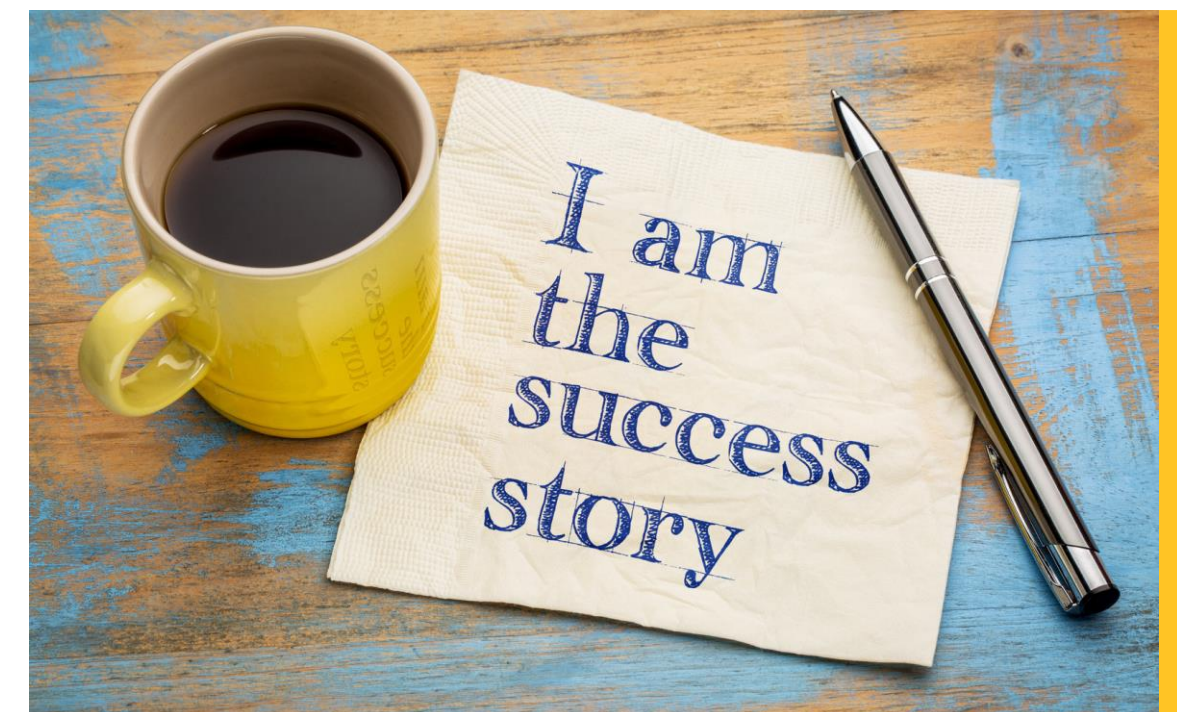




# How did it go?

**What are some things you did to practice your resiliency?**

**How do you look at both sides of the coin: challenges and opportunities?**



# We are in this together

Today we will discuss...

**Our Journey: Milestones**

**Decision Making  
Trust your Values**

**Helpful Thinking**





# Today's Speaker



**Scott Veatch**  
**Spousal Caregiver**



**YOU**  
**Family Caregivers**

Scott Veatch lives in Casper Wyoming and is a volunteer at the Wyoming Dementia Care in Casper. He has been married to his wife Mona for 45 years. Mona was diagnosed with Alzheimer's disease in 2007 and he has been on this journey with Mona since she was diagnosed. He has been blogging about their journey since 2015 and his blog can be found at <http://imgoingtocourage.blogspot.com>



# Dementia is a Moving Target



# Dementia is a Moving Target

## Who am I as a Caregiver?





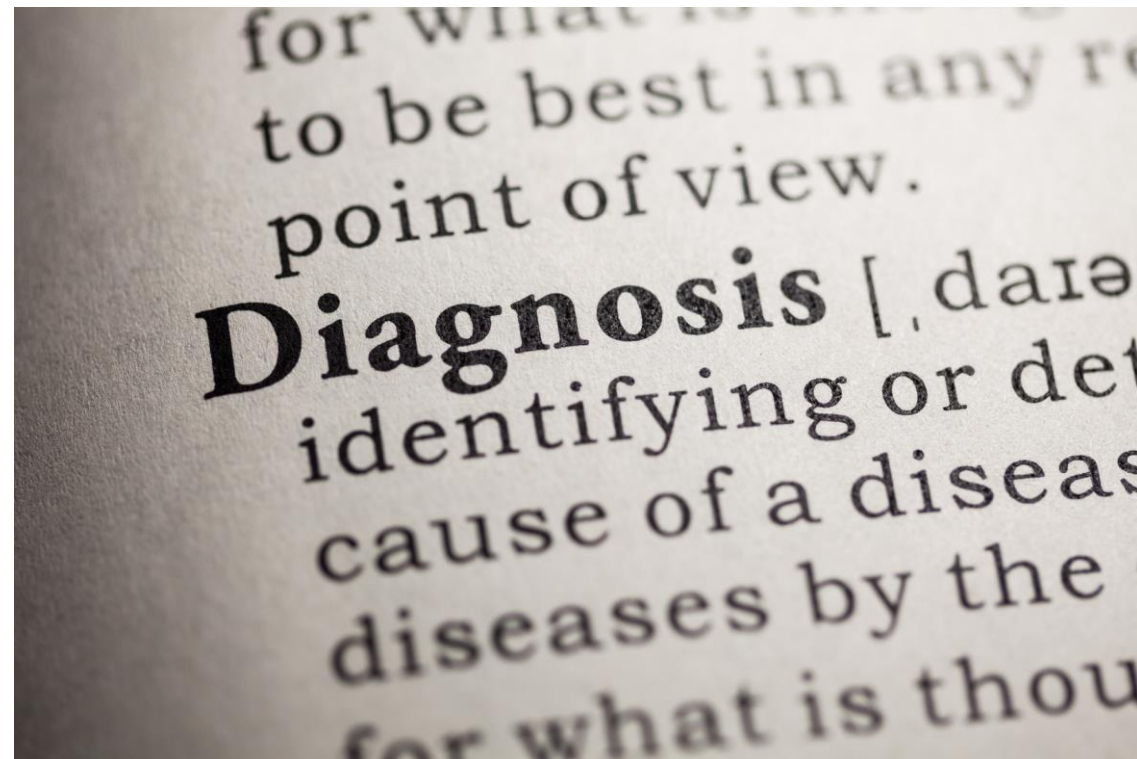
# Milestones of my Journey

## Diagnosis



- **Thoughts**
- **Feelings**
- **Conversations**
- **What now? What is next?**

# Let's Talk



**What thoughts or feelings came up for you during our discussion?**



# Milestones of my Journey

## Moving to Wyoming

- Thoughts
- Feelings
- Conversations
- What now? What is next?





# Let's Talk

What are some of your reactions you had during our discussion?



# Milestones of my Journey

## Moving to Assisted Living

- Thoughts
- Feelings
- Conversations
- What now? What is next?



# Let's Talk



What feelings or thoughts came up for you?



# Decision Making

**Trust my feelings?**  
*or*  
**Trust my instincts?**



- **Anchored in my values**
- **Based on conversations**
- **Based on professional advice**

# Helpful Thinking

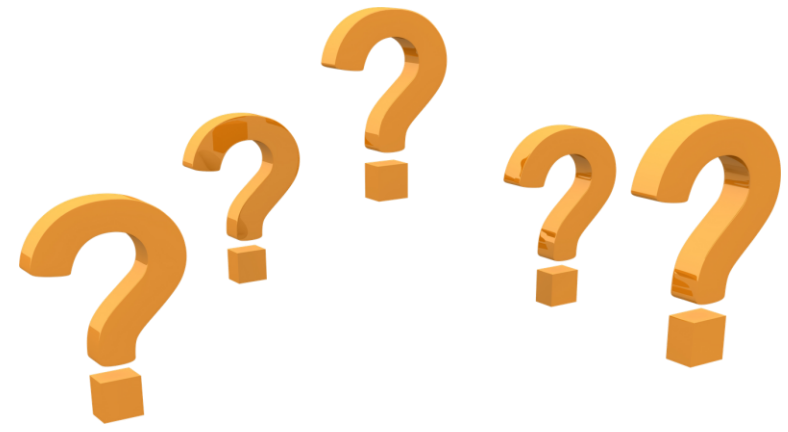
- **I don't want to do this anymore and I can make this work.**
- **I anchor my decisions in my values, and I ask for help.**
- **It is never easy, and it does get better**



# How to begin

**What is one thing you learned today that you would like to try out in the next couple of days?**





# How to begin

**What do you need from our professional support team and the caregiver network team to make this happen?**

# Professional Support Team

*Recommendation*

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_



**"My life isn't what I thought it would be,  
my life isn't what I'd like it to be, but my  
life is still MY life, and so my life is as  
good as I make it to be."**



*Scott Veatch*



# My Blog - I'm going to Courage

- [imgoingtocourage.blogspot.com](http://imgoingtocourage.blogspot.com)
- **Google it - I'm Going to Courage**



**Next Session: April 28, 2021, at 10:30 am**

**Dementia is a Moving Target:  
Where am I as a Caregiver in this process?**

**Contact information**

**Wyoming Center on Aging**

**Jenny or Sabine: (307) 766-2829**

**wycoa@uwyo.edu**

**[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)**





# Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

April 28, 2021  
May 12, 2021

Session 3: Dementia is a Moving Target: Where am I as a Caregiver in this process?  
Session 4: Dementia is a Moving Target: Relationship Changes in my Circle of Care