



Carol Taylor LCSW



Theresa Robinett

Our Professional Support Team!



Scott Veatch



Dani Mandelstam-Guerttman

MISSION

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.



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.



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 education on the importance of staying physically active to keep your strength and to keep your loved one safe. You will also understand how safely transfer your loved one from one position to another.



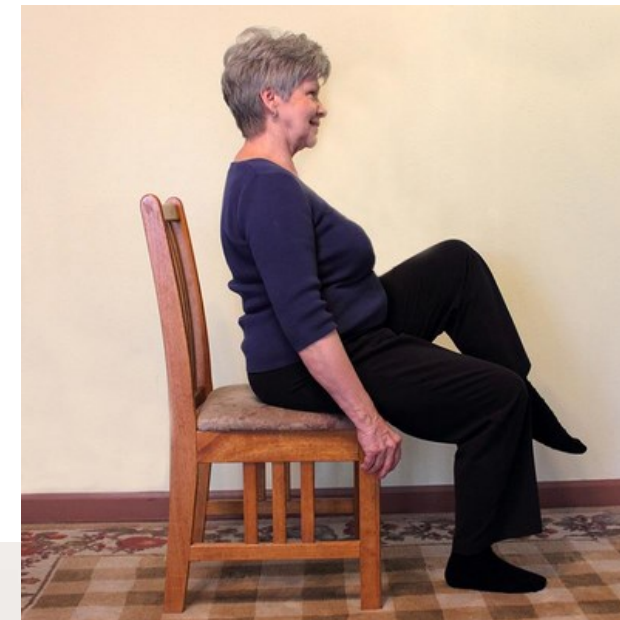
Sabine Schenck



Jenny Wolf

BUILDING CAREGIVER CONFIDENCE

Safe Transfers and Home Exercise Programs



Carley Applegate
Executive Director
Health Solutions
April 20, 2022

Today's Speaker



Carley Applegate, MHA, VP Devotion Health Care

Carley comes to Wyoming Dementia Together with nearly 20 years of Healthcare Experience, to include Long-Term Care, LTACH, Acute Care, Home Health and Hospice. In 2017, Carley successfully opened the first Accredited Home Health in the State of Wyoming and now operates 3 Home and Community Based agencies. She was trained as a Dementia Specialist, trained in Life Safety and has lectured at the University of Wyoming Medical Resident program. She currently is pursuing a nationally recognized Home Health and Hospice Operators certification through CHAP, again being the first in the State of Wyoming to hold this distinction. She grew up in Cody, WY and now resides in Casper with her husband, Ben and their 4 children.



Today's Agenda

1

Welcome and Introductions

2

Presentation:

Safe Transfers and Home Exercise

3

Discussion: Questions, Thoughts and Reflections.

4

Thank you

We are in this together

Today we will talk about ...

What are Transfers?

**Available Tools for
Purchase or Rent**

**Building a Home Exercise
Program**





Safe Transfers and Home Exercise

PRESENTED BY CARLEY APPLGATE, MHA, CHHPO

Safe Transfers and Home Exercise



WHAT ARE TRANSFERS



AVAILABLE TOOLS FOR
PURCHASE



BUILDING A HOME EXERCISE
PROGRAM

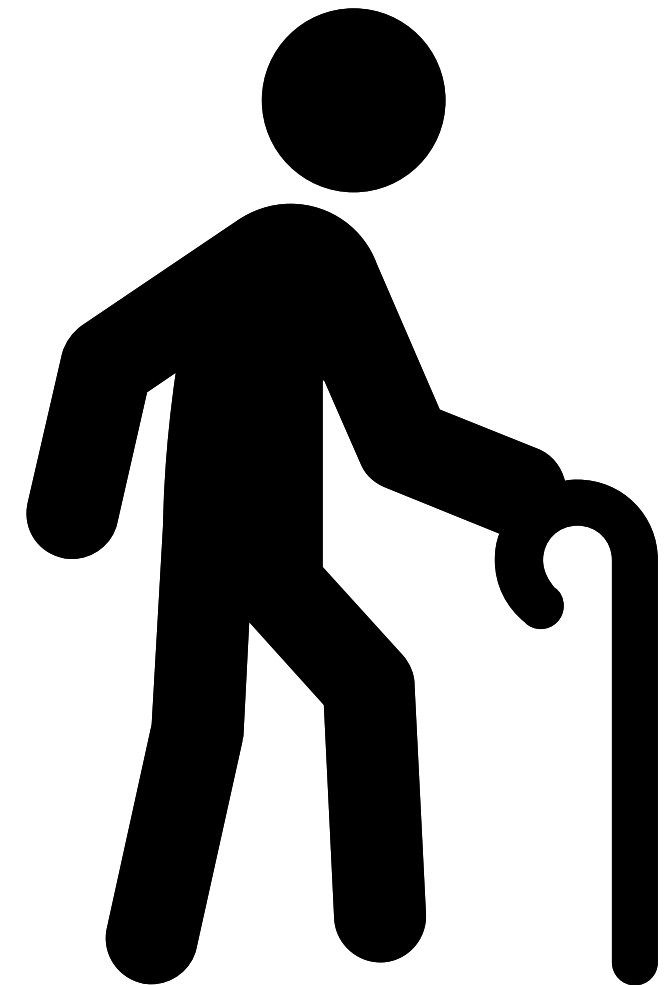
What is a Transfer

- ▶ A transfer is a any change from one plane to another
- ▶ Transfers can be self propelled, assisted or dependent on another person
- ▶ One's ability to transfer can decline over time, or due to illness.
- ▶ Assisted or dependent transfers should be only be completed with appropriate tools.
- ▶ Transferring a loved one creates the highest risk of injury for caregivers in the home.
- ▶ The best way to learn transfers is through Physical or Occupational Therapy, either via outpatient or Home Health services.



Different Tools for Transfers

- ▶ Canes, Walkers, and wheelchairs are commonly known assistive devices. Though easily available for purchase these devices should be measured and fitted by a therapist to ensure that they are a proper size and device for your loved one.
- ▶ Other devices that can assist are car bars, gait belts, transfer pads, slide boards, maxi slides, adjustable beds, lift chairs, etc.



Wyoming Institute for Disabilities Device Loan Program

DEVICE LOANS

WATR's Assistive Technology Device Loan Center offers a wide variety of Assistive Technology (AT) for Wyoming residents interested in borrowing a device to meet the needs of communication, daily living, learning, vision or hearing. Loan periods are typically six weeks and offer individuals the opportunity to trial devices so they can make an informed decision prior to a purchase.

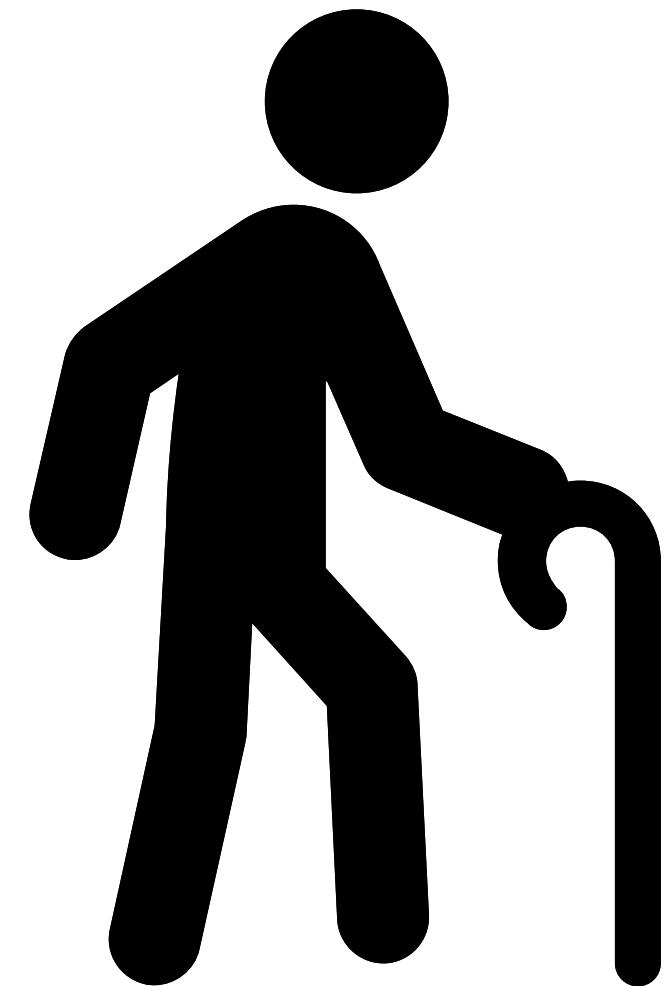
To view and search devices, visit the [Wyoming AT4ALL website](#).

To begin borrowing items, fill out a [WATR Device Loan Agreement](#) for individuals or school districts.

Visit the [WyRamp Project site](#) to learn more about access ramp loans for a home.

[WyRAMP Loan Agreement](#) to be completed only for the WyRAMP Project.

[Device Loans \(uwyo.edu\)](http://uwyo.edu)





Home Exercise Programs

Let's Talk – Physical Activity

- ▶ What are some exercises you currently do?
- ▶ What physical activities do you do with your loved one?



Let's Talk – Physical Activity

- ▶ What are some reasons physical activity is so important as we get older and as dementia progresses?

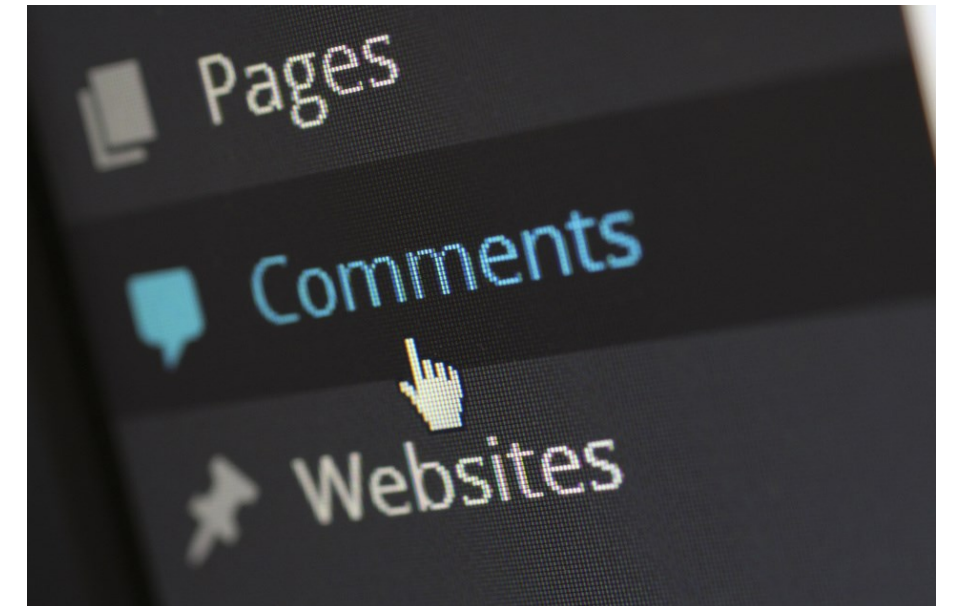




Physical Activity

- ▶ Early Stages of Dementia
- ▶ Middle Stages of Dementia
- ▶ Late Stages of Dementia

Did we address everything you wanted to learn today?



What questions do you have?



If you found today's session useful,
**Consider inviting a friend or family member to our next session on
may 4th, 2022.**

**Topic: Compassion Fatigue and Caregiver Self-Care
with Carol Taylor, LCSW and Scott Veatch**

**Contact information
Wyoming Center on Aging
Jenny or Sabine: (307) 766-2829
wycoa@uwyo.edu
www.uwyo.edu/wycoa**

What caregivers are saying about us...

“

"Great presentation. I thought I knew all about what was going to be presented. I am glad I came anyway because I learned a lot."

”

“

"Great information. It will help us plan for the future. As my mother's disease progresses, we will have good plan. Right now she can still tell us what she wants."

”



Stay in the moment



Breathe



We are in this together

Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

April 20th , 2022

Safe Transfers and Home Exercise Programs



Save The Date



Rocky Mountain Alzheimer's Summit

"A BOLD Approach to Alzheimer's Disease"

The Summit will feature plenary presentations from the CDC BOLD Centers of Excellence on Alzheimer's Disease.

May 18th-20th, 2022

In-person at Little America Hotel & Resort, Cheyenne, WY
or online via the WyCOA Events App

Join us in sponsoring
Wyoming's premier
networking & educational event
on Alzheimer's Disease

Preconference Workshops Wednesday, May 18th

For caregivers of older adults.
Options include:

- ⇒ Medical Caregiving Workshop
- ⇒ Dementia Behavior Management and Communication Workshop

- *Attend in-person or online
- *Registration fee \$25
- *Certificate of Completion available
- *Respite Care Available

Rocky Mountain Alzheimer's Summit Thursday, May 19th and Friday, May 20th

For healthcare professionals, social service providers, and direct care workers

The Summit will feature plenary presentations from the CDC BOLD Centers on Alzheimer's Disease. Topics will include early detection of dementia, supporting dementia caregivers, reducing risk for dementia, effects of COVID on brain health, and much more. Participants will receive continuing education credits and opportunities for networking.

- Attend in-person or watch online
- Registration fee \$125
- Continuing Education Credits will be available

More information and registration coming soon!



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[WyCOA | Rocky Mountain Alzheimer's Summit \(uwyo.edu\)](https://uwyo.edu/wycoa/summit)

[RMAS Registration Link](#)

<i>Educational Discussion Topics: March - June 2022</i>	
<i>Topic Series: Building Caregiver Confidence</i>	
March 23rd	Vitals - the Good, the Bad and the Basics
April 6th	Managing your Loved one's Medications
April 20th	Home Exercise Programs and Safe Transfers
May 4th	Compassion Fatigue and Caregiver Self-Care
May 18th	NO SESSION! <u>Join WyCOA for the Rocky Mountain Alzheimer's Summit!</u>
June 1st	Engaging Activities for Your Loved One and You to Enhance Cognitive Engagement
June 15th	Continence Care and Personal Hygiene
June 29th	Planning for Good Health - Medical Decision Making
<p><i>SAVE THE 2022 DATES:</i> <i>June 29th, July 13th, July 27th, August 10th</i> <i>And more!</i></p>	

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