



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 keeping a record of basic vital signs, such as weight, pulse and blood pressure. You will also understand how to build a routine that works best for you and your loved one.



Sabine Schenck



Jenny Wolf

# BUILDING CAREGIVER CONFIDENCE

## Managing Medications: What, When and How?



**Carley Applegate**  
**Executive Director**  
**Health Solutions**  
**March 23rd, 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:** Managing Medications

3

**Discussion:** Questions, Thoughts and Reflections.

4

Thank you



# We are in this together

Today we will talk about ...

**What medications?**

**Building a routine**

**When and how to give medications?**





# Medication Management

PRESENTED BY CARLEY APPLGATE, MHA, CHHO



# Medication Management



DIFFERENCES IN MEDICATIONS,  
OTC AND SUPPLEMENTS



SETTING UP A ROUTINE  
MEDICATION HYGIENE



MEDICATION LOGS,  
CONVERSATIONS WITH  
PHARMACISTS

# RX vs. OTC and Supplements

## RX

Prescriptions ordered by PCP

Can only be filled by Certified Pharmacy

Overseen by a Pharmacist

Monitored for side effects

Highly Regulated

Includes most pain medications and all psychotropics

Monitored by DEA and FDA

## OTCs

Can be purchased at will

Not monitored by Pharmacists for interactions unless Pharmacist is part of care team.

Regulated under FDA, little to no monitoring for side effects

Can be highly dangerous

## Supplements

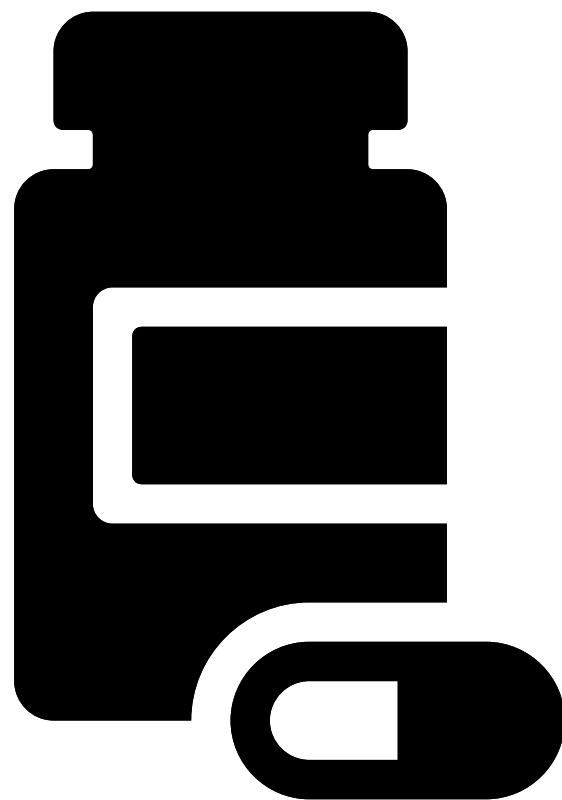
No regulations, no oversight

Most supplements are not on tested for side effects or interactions

Highly dangerous

Should only be added to Medication regime under PCP recommendations.

# Medications can come in different forms



There are several different forms of Medication, these are the most common;

Oral- can be capsules, tablets, liquids or granules these medications are taken by mouth

Inhalants- these medications that are inhaled through the mouth or nose.

Injectables/infusions- these medications are delivered by a syringe or IV into the person's body.

Creams/Ointments- Applied to the skin and affected body part

Transdermal- Usually patches that look like bandages affixed to the skin for an extended amount of time.

Suppositories- specialized capsules that are designed to enter the body rectally or vaginally.

Drops- usually for the eyes or ears; drops are the hardest to manage accurate dosages



# Medication Hygiene & Setting up a Routine

- ▶ Choose a day and time that fits into your current routine. Set this time aside for Medication Management.
- ▶ Choose an area that can be cleaned before and after filling medication planner(s)
- ▶ Prepare on going Medication List & Administration log
- ▶ Gather all medications, OTCs & Supplements together in 1 area, in a cool dry place.- The bathroom is not an appropriate place to store medications.
- ▶ Remove distractions and interruptions.
- ▶ **Wash hands immediately before and after handling ANY medications, OTCs or supplements.**



# Preparing Medication Logs

START WITH YOUR MEDICATION LIST; IF YOU DO NOT HAVE ONE ASK YOUR PHARMACIST TO PRINT ONE FOR YOU OR FILL OUT THE MEDICATION LOG PROVIDED TO YOU.

A LIST WILL HELP YOU ENSURE THAT YOU DON'T MISS ANYTHING.

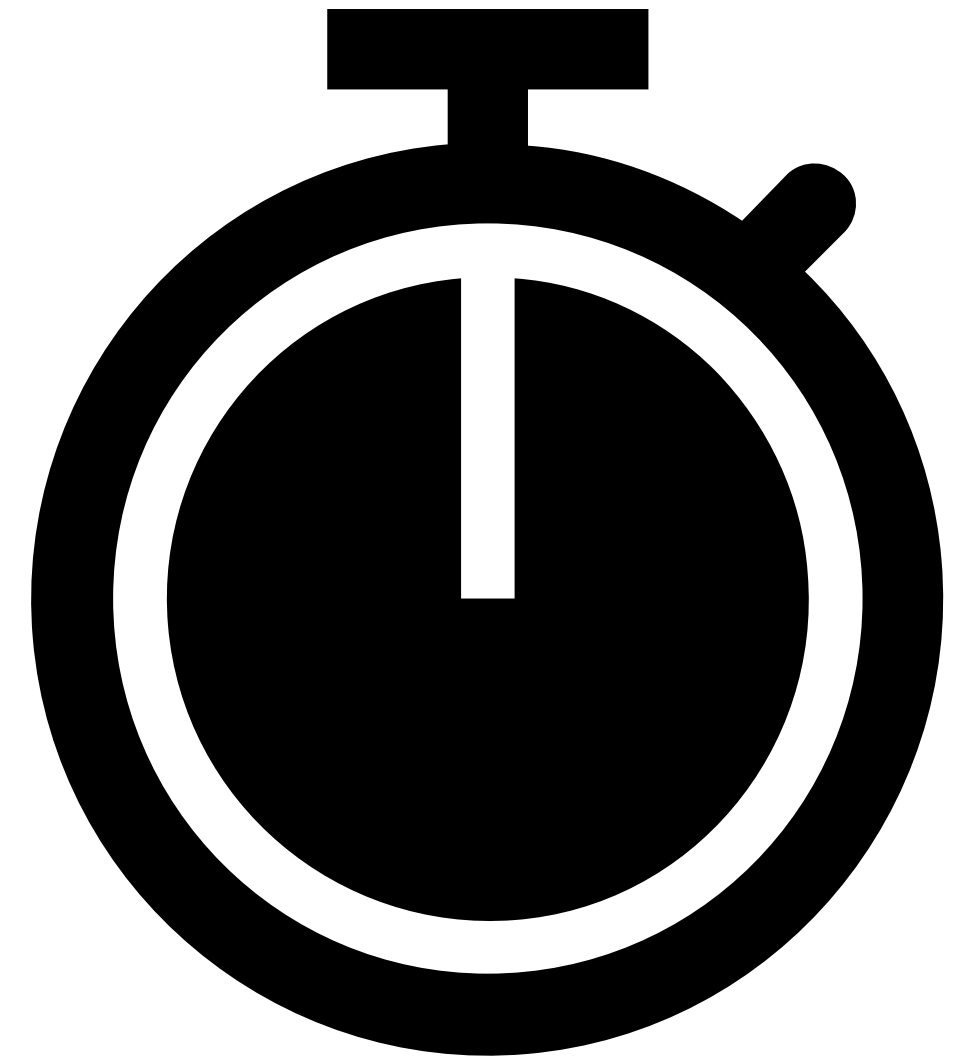
FILL OUT LOG IN THE ORDER OF WHICH MEDICATIONS SHOULD BE GIVEN; MORNINGS, NOON, EVENING AND BEDTIME. INCLUDE ANY ORDERED OTCs AND SUPPLEMENTS.

INCLUDE PRN MEDICATIONS LIKE PAIN MEDICATIONS, STOOL SOFTENERS, ANTACIDS

SHOULD INCLUDE NUTRITIONAL SUPPLEMENTS LIKE ENSURE OR BOOST

# Medication Times

► Medication times should be scheduled around your loved one's schedule. If they consistently wake up at noon, that would be their morning. Speaking with your Pharmacist can help you customize medication times to your loved one.





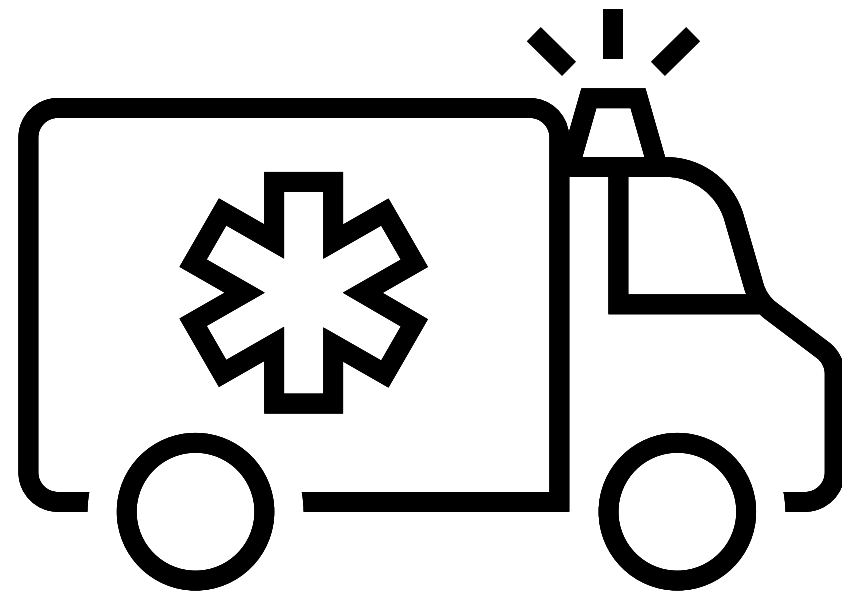
# How Medication Logs can start a Conversation with your Pharmacist

Once you have established a Medication Log and know your loved one's medication times, take that to your Pharmacist.

The Pharmacist can review for accuracy and OTCs and Supplements.

Use Medication Logs to track “good days”, “bad days”, changes of condition, falls, etc. Used in conjunction with your Vitals log you can paint a more complete picture of your loved one's condition.

# Food for Thought



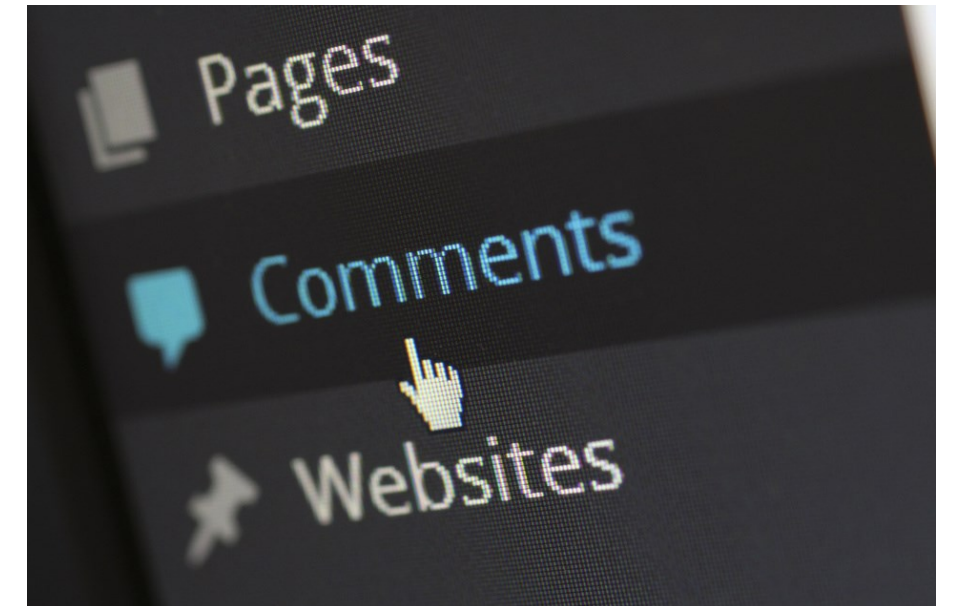
- ▶ Medication Errors in the home account for billions in Medicare Spending
- ▶ Medication Errors nearly always result in a hospital stay
- ▶ Everyone, including individuals with cognitive change, have the right to refuse medications.
- ▶ Ask your pharmacist about options if medications administration is getting more difficult. Liquids vs Pills, transdermal vs Pills. Many medications come in different vectors.
- ▶ Medications should be reconciled after every Doctor appoint, ER or Hospital stay.

The background is a dark purple gradient. It features several large, semi-transparent shapes: a large light purple circle on the right, a smaller light purple circle above it, a large light blue semi-circle on the left, and a small pink rectangle in the top right corner.

# Questions & Discussion



# 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 April 20th, 2022.**

**Topic: Home Exercise Programs and Safe Transfers**

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



# What caregivers are saying about us...

“

"Awesome presentation! Very helpful each week to join this group. I am not alone!"

”

“

"I was nervous about joining the network because I am not good at technology. It is so much easier than I thought. I feel so much support from everyone in the group."

”





**Stay in the moment**



**Breathe**



**We are in this together**

# **Wyoming Dementia Together Caregiver Network**

## **Post Session Evaluation Link**

### **April 6th , 2022**

## **Medication Management**

[https://uwyo.sjc1.qualtrics.com/jfe/form/SV\\_ePRBgZAwvNdFwiY](https://uwyo.sjc1.qualtrics.com/jfe/form/SV_ePRBgZAwvNdFwiY)





# Rocky Mountain Alzheimer's Summit

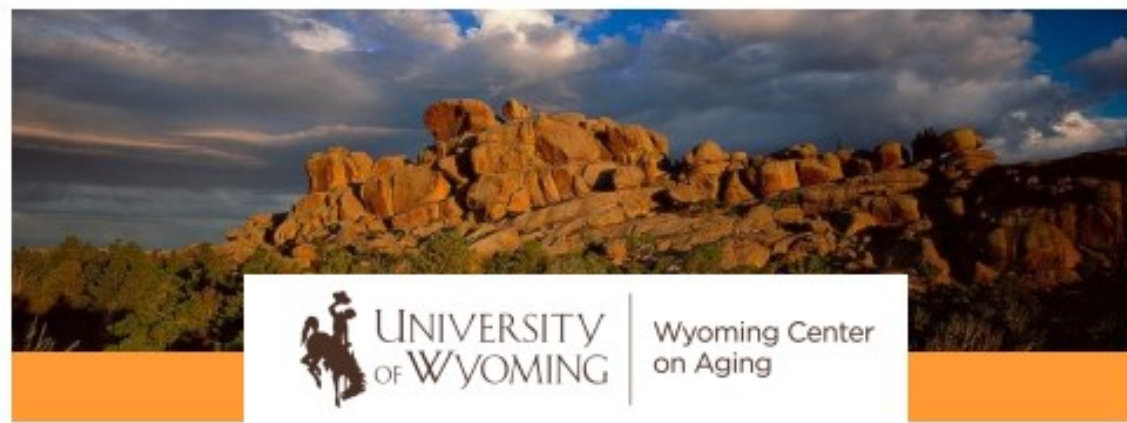


**"A BOLD Approach to Alzheimer's Disease"**  
The Summit will feature plenary presentations from the CDC  
BOLD Centers of Excellence on Alzheimer's Disease.

***May 18th-20th, 2022***

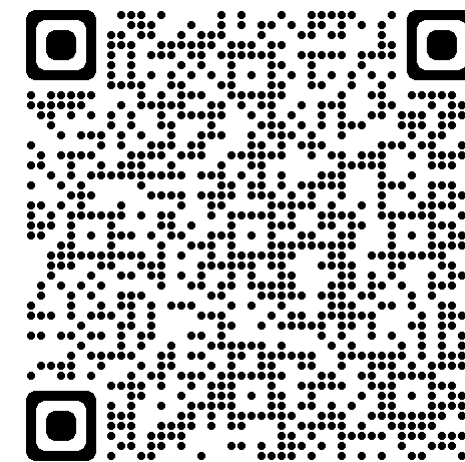
Little America Conference Center, Cheyenne WY  
Or online via the WyCOA Events App

For healthcare professionals, direct care workers, older adults,  
and caregivers of individuals with dementia.



Registration Options

[Click Here to register now!](#)



Scan this QR code with  
the photo option on  
your smart phone

By Phone:  
Call (307) 766-2829

**Questions?**




Jenny Wolf

<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><a href="#">Join WyCOA for the Rocky Mountain Alzheimer’s Summit!</a></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><b>SAVE THE 2022 DATES:</b>  <i>June 29<sup>th</sup>, July 13<sup>th</sup>, July 27<sup>th</sup>, August 10<sup>th</sup>            And more!</i></p>	

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Thank you... 

*Have a good day ahead*