



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 occupational therapy in the care of your loved ones. We will talk about meaningful occupations during each part of the dementia journey.



Sabine Schenck



Jenny Wolf

BUILDING CAREGIVER CONFIDENCE

Engaging Activities for your Loved One



**Theresa Robinett,
MOT, OTR/L
Casper College**

Today's Speaker



Theresa Robinett, MOT, OTR/L

Theresa Robinett is an occupational therapist who works in Casper, Wyoming. Theresa is a lifelong resident of Wyoming, growing up on her family's ranch outside of Newcastle, Wyoming. Theresa attended and graduated from The University of North Dakota's Occupational Therapy Program - Casper site. During her education, she developed a strong interest and passion for working with an aging population, specifically those with dementia. Her primary area of practice has been in Long Term Care with focus on dementia and physical dysfunction. Theresa started teaching at Casper College in the Occupational Therapy Assistant program in 2015. Since that time, she has been able to branch out into academics and help to provide students with the skills necessary to become successful OT practitioners. Theresa teaches courses covering mental health, kinesiology, gerontology, assistive technology and physical dysfunction. When not working or educating as an OT, Theresa enjoys spending time with her husband and son and fulfilling the role of a rancher's wife on their place west of Casper.



Today's Agenda

1

Welcome and Introductions

2

Presentation:

Engaging Activities for your Loved One

3

Discussion: Questions, Thoughts and Reflections.

4

Thank you

We are in this together

Today we will talk about ...

**The role of Occupational
Therapy**

**Allen's Cognitive
Disabilities Model**

**Occupations at every Stage
of Dementia**



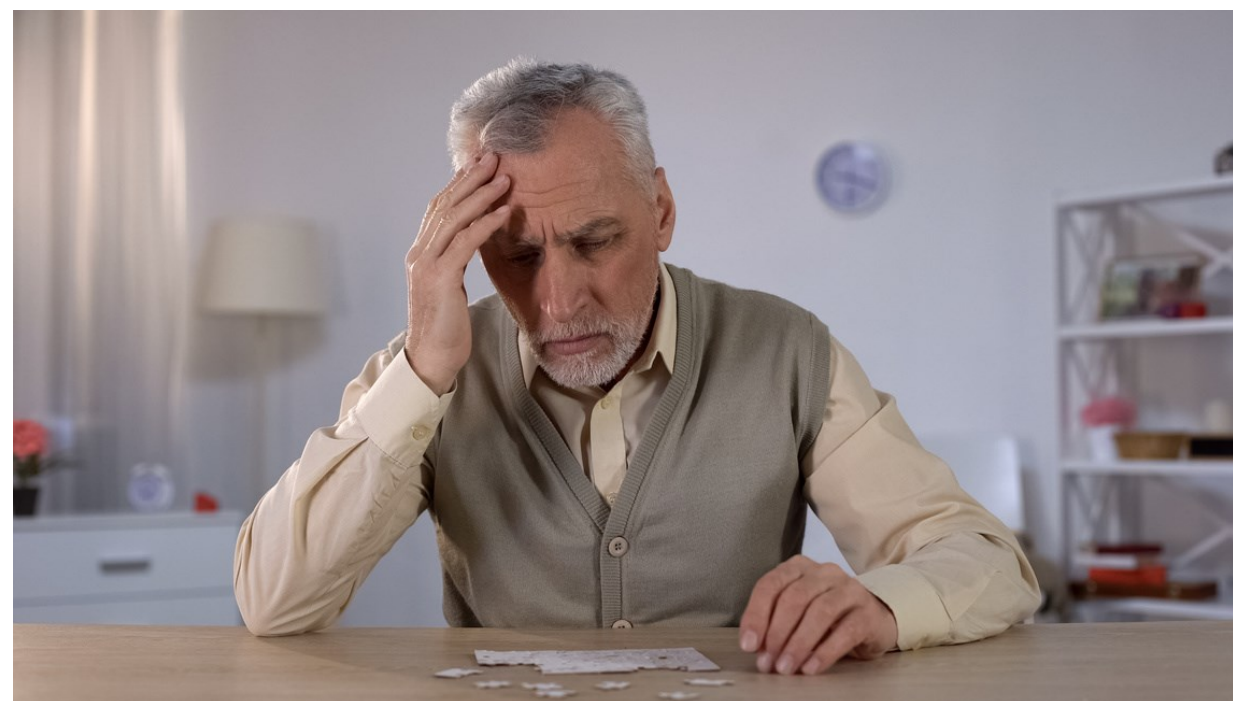
Occupational Therapy

- What is Occupational Therapy?
- How do I get my loved one signed up for an appointment?
- What does an occupational therapist do?
 - Compensate/Adapt and Environmental Modifications
 - Engagement in meaningful occupations
 - Maintenance of skills
 - All activities should be pain free and promote emotional wellness
 - Minimum, Moderate, Maximum Assistance
- What does a typical appointment look like?
 - Evaluations
 - Follow-up Appointment



Allen's Cognitive Disabilities Model

- Claudia Allen
- 6 Levels
- ACLS – Leather Lacing– Task Completion
- Routine Task Inventory – ADL Observation
- Cognitive Checklist – Observations
- Cognitive Performance Test – Standardized ADL/IADL



Stages

- **Early Stage of Dementia - ACL score of 5.8-4.0**
- **Middle Stage of Dementia - ACL score of 4.0-3.0**
- **Late Stage of Dementia - ACL score of 2.8-1.0**



Early Stage

Activities

- **Socialization** – Who is in your loved one's life and how can we support that?
 - **Examples:** Early stages can be a good time to start educating family members and close friends.
- **ADLs/IADLs**– Engagement in meaningful basic ADLs (Activities of Daily Living) and IADLs (Independent Activities of Daily Living)
 - **Examples:** setup ADLs by keeping items in familiar places, reduce choices, and remove unnecessary items, adaptive equipment could be introduced.
- **Leisure** – Engagement in activities that support quality of life
 - **Examples:** bingo, outings, matching games, board games, puzzles

Middle Stage Activities

- **Social**
- **ADLs/IADLs**
 - **Examples:** dressing, grooming, folding clothing, sweeping, dusting, wiping down table, setting table, stirring.
- **Leisure** - May enjoy doing activities with hands.
 - **Examples:** simple craft activities, sorting, gross motor, matching games.
- **Meals**
 - **Examples:** Simplify meals, contrasting colors on table, demonstration during meals, food

Late Stage Activities

- **Social** - Meals can be a very social time.
- **ADLs/IADLs**
 - **Examples:** maximum to dependent assistance may be needed, increased time.
- **Leisure** -Sensory stimulation: present 1 sensory experience at a time and allow the individual to engage.
 - **Examples:** 5 senses, rhythmic activities, songs, activities that include both hands.
- **Meals** - Posture and increased time to eat is important
 - **Examples:** finger food or drink from a cup

Occupations for Every Stage

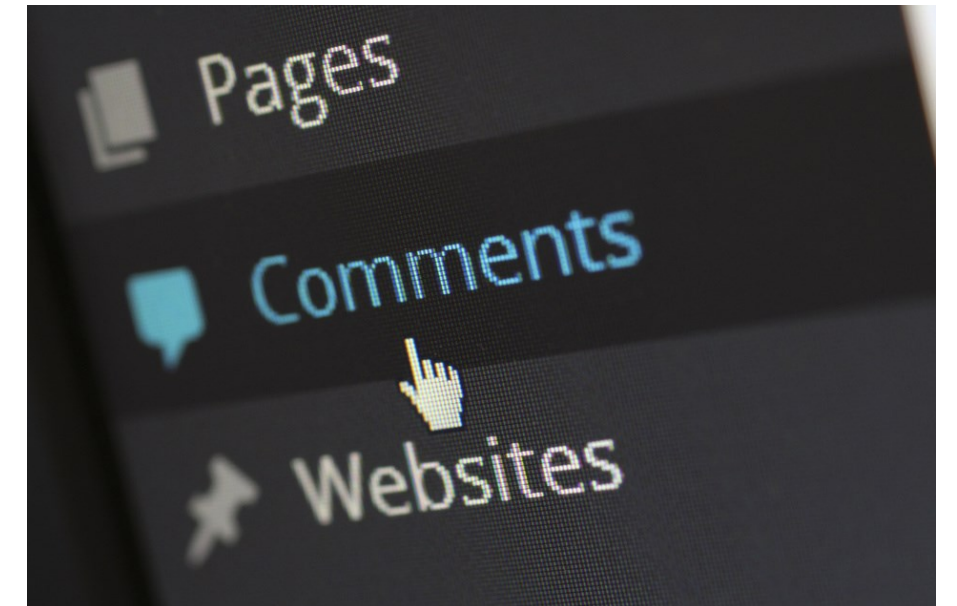
- Legacy Work
- Reminiscing
- Relaxation
- Comfort
- Sensory

References

Riska-Williams, L., Allen, C.K., Austin, S.L., David, S.K., Earhart, C.A. & McCraith, D.B. (2007). Manual for the ACLS-5 and LACLS-5. ACLS and LACLS Committee.

Mehlhoff, H. (2013). In Dementia: A Systematic Approach to Intervention (pp. 38–41). Fort Smith , AR; Aegis Therapies.

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
June 15th, 2022
Personal Hygiene and Continence Care
with Theresa Robinett, MOT, OTR/L

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

WDT Caregiver Network “Once Again” YouTube Channel

- 20-minute interviews with Dementia Caregivers and Dementia Professionals
- New program release every other Wednesday

WDT Team



Dani Guerttman



Jenny Wolf



Carol Taylor

[WDT Once Again - Overview](#)



Sabine Schenck



Scott Veatch



Theresa Robinett



[Wyoming Dementia Together Caregiver Network](#)



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



Take a deep breath



We are in this together

Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

June 1st , 2022


Engaging Activities for your Love One



<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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Thank you... 

Have a good day ahead