

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.



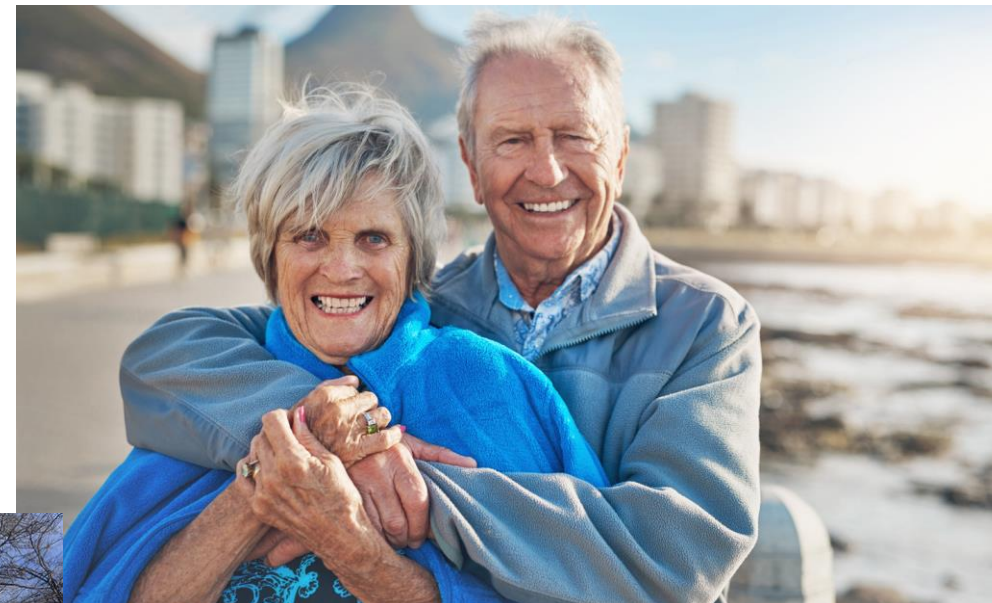
- 2 You will see a "chat box" on the right part of your screen; click on "type message here" and type your name and your location.



WDT Caregiver Network

Caregivers Count Too

Caregiver Values and Preferences



Scott Veatch, Family Caregiver
Dani Mandelstam-Guerttman, Executive Director WDC
June 9th, 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



Sabine Schenck



Jenny Wolf

The goal of today's session is to provide you with insights and education on how you can be the caregiver you strive to be.



Scott Veatch



Carol Taylor



Dani Mandelstam-Guerttman

Our Professional Support Team!



Theresa Robinett



Heidi Maxwell

We are in this together

Today we will discuss...

Balancing Caregiver Values and Preferences

Definitions:

- **Core Values**
- **Caregiver Preferences**

What are my strengths?

What are my limits?



Today's Speakers



Scott Veatch, Family Caregiver



**Dani Mandelstam-Guerttman
Executive Director
Wyoming Dementia Care**

Caregiver Decision Making

Finding your Balance

CORE VALUES

PREFERENCES



Definition



Personal Core Values are important to us, the characteristics and behaviors that motivate us and guide our decisions. Our **values** are broad concepts that can be reapplied many times over in our life in various situations to guide our actions.

Examples: Kindness, health, cooperation, competitiveness, safety, risk taking,

My Values - Your Values

Core values to consider for families living with dementia:

Autonomy, Burden, Control, Family, and Safety

- What if my values conflict with those of a loved one or society as a whole?
- What if my personal values conflict with the practical situation I find myself in?





CORE VALUES

Defining your Core Values

Ask yourself these questions

- What is important to me in my life?
- What is important to my loved one in life?
- What do I want to change about my world or myself?
- What am I most proud of? What is my loved one most proud of?

**Identify 2 - 3
core values that
guide you in
your decision
making as a
caregiver**



Caregiver Preference

Strengths



Limits

Caregiver Preferences

- **Identifying caregiver preferences will help with decision making**
- **Flexibility is key - dementia is a moving target**
- **Every situation is different**
- **We do the best we can knowing what we know today**

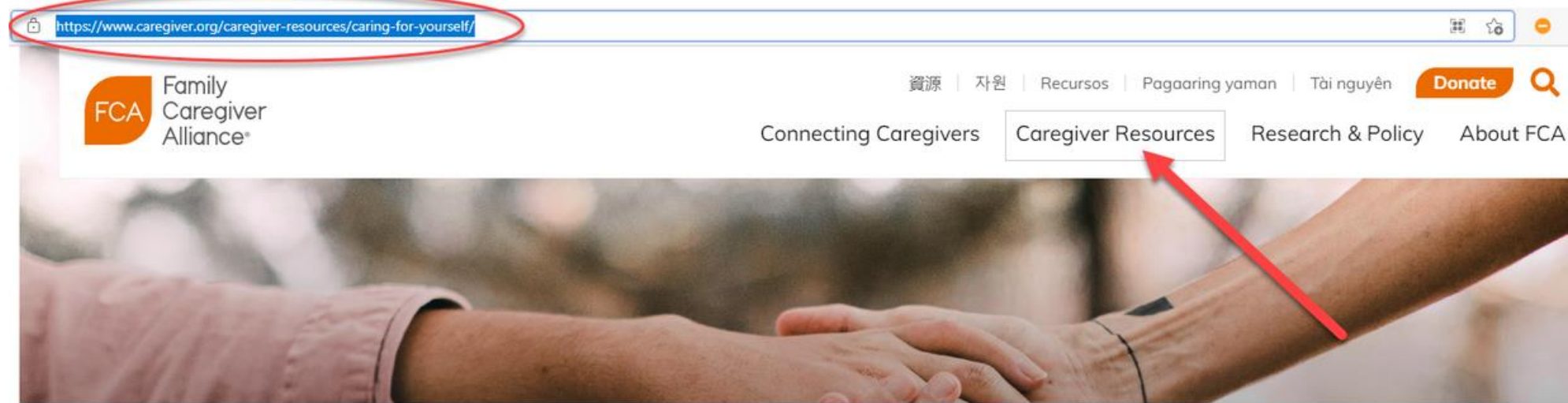
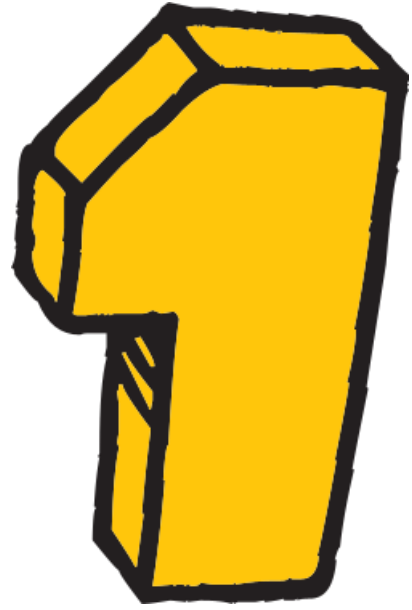


Let's Talk

**What questions do you have for Scott,
Dani or our professional support team?**

How can we best support you?





Any parting thoughts/ comments?



- All Resources
- Health Conditions
- Caring for Another
- Caring for Yourself**
- Participate In a Study
- FAQ
- Connections Newsletter

Caring for Yourself

Strategies and support for your well-being as a caregiver.

 <p>Grief and Loss ></p>	 <p>Health ></p>
 <p>General Self ></p>	 <p>Relaxation & ></p>

<https://www.caregiver.org/caregiver-resources/caring-for-yourself/>



WYOMING CENTER ON AGING HOME

MENU

ABOUT US

RESOURCES ON AGING

PRODUCTS, RESEARCH AND SERVICES

DEMENTIA SUPPORT CENTER

EVENTS | DEMENTIA SUPPORT CENTER

PARTNERS | DEMENTIA SUPPORT CENTER

MEET THE STAFF | DEMENTIA SUPPORT CENTER

SHARE | DEMENTIA SUPPORT CENTER

CAREPRO | DEMENTIA SUPPORT CENTER

CARING WITH CONFIDENCE DVD

SAVVY CAREGIVER PROGRAM

SURVEY OF WYOMING OLDER ADULTS

WYOMING SENIORS TAKING ACTION IN AGING RESEARCH (WYSTAAR)

RESEARCH PRESENTATIONS

GRAY MATTERS

TRAINING EVENTS

HEALTHCARE PROFESSIONALS

FOR THE OLDER ADULT AND CAREGIVER

SHARE

A CARE-PLANNING PROGRAM FOR FAMILIES FACING AN EARLY-STAGE DEMENTIA DIAGNOSIS

The early stages of dementia can be an important time to prepare for the changes that lie ahead. The share program empowers persons living with dementia and their families to get the most out of today while planning for tomorrow. SHARE is an evidence-based intervention that involves both care partners in decision making and planning.

The goals of SHARE are to:

- Support care partners and help them communicate effectively and plan for the future
- Promote Health and well-being, and decrease stress
- Encourage participation in fulfilling Activities
- Learn about available Resources that reflect care partners' values and preferences
- Provide Education about dementia and how to manage changes that lie ahead.
- SHARE is PROVEN TO BE EFFECTIVE THROUGH RIGOROUS RESEARCH!
 - improves family communication
 - increases families use of services
 - and leads to better care plan for the future

(This program is brought to you in partnership with the Benjamin Rose Institute on Aging.)



Program is free-of-charge through WyCOA
[FOR MORE INFORMATION OR A CONSULT](#)
Download the SHARE Brochure
dsc@uwyo.edu | (307) 766-2829

https://www.uwyo.edu/wycoa/products_research_services/dementia-support-center/dsc_share.html

WDT Caregiver Network

http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wdt-resources.html



Wyoming Center
on Aging



WDT Caregiver Network Survey

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_9X0DpzAUPJnGbn8



Next Session: June 23rd, 2021 at 10:30 am

The Nuts and Bolts:

Decision Making: An Overview

Carol Taylor, LCSW

Contact information

Wyoming Center on Aging

Jenny or Sabine: (307) 766-2829

wycoa@uwyo.edu

www.uwyo.edu/wycoa



Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

The Nuts and Bolts of Caregiving

June 23rd, 2021

Decision Making: Overview

July 7th, 2021

Decision Making: Creating a Safe Environment

July 21st, 2021

Decision Making: Health and Well Being

August 4th, 2021

Decision Making: Financial Planning

August 18th, 2021

Decision Making: Legal Planning

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SAVE THE DATE



Wyoming Conference on Aging: Communities of Strength

September 22, 23, & 24th, 2021

- In-person at the Lander Community and Convention Center
- Online via our Event App!



The 2021 Wyoming Conference on Aging will provide up-to-date information on a variety of topics important to older adults and the professionals, family, and friends in their lives.



Sept 22nd & 23rd: this section of the conference will focus on Becoming Age-Friendly and the four Ms of Age-Friendly Healthcare – What Matters, Mentation, Medication, and Mobility!

Sept 24th: dedicated to community members and caregivers and will feature the following tracks: age-friendly communities, caregiving skills, legal and financial preparation, and caring for our tribal elders.

MORE INFORMATION & REGISTRATION COMING SOON!

www.uwyo.edu/wycoa | wycoa@uwyo.edu | (307) 766-2829

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http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wyoming-conference-on-aging.html