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Professional Support Team!



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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 information about end-of-life care, specifically, palliative and hospice care. Let's learn from our professional support team and from each other.



Sabine Schenck



Jenny Wolf

End-of-Life Care Hospice & Palliative Care



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

Dr. Tabitha Thrasher, DO
Wyoming Medical Center, Casper

Today's Speaker

Tabitha Thrasher, DO

Dr. Thrasher graduated from the Rocky Vista University College of Osteopathic Medicine in 2012. She works in Family Medicine and Wyoming Medical Center and specializes in Family Medicine and Geriatrician.



Welcome and Introductions

Hospice Care and Palliative Care

Discussion: Q & A

Thank you



End-of-Life Care Palliative vs Hospice



Palliative Care

For those living with serious illness

- Cancer
- Heart failure
- COPD
- Dementia
- Parkinson's Disease

Focus on symptom care + curative

- Meant to enhance quality of life for them and their family



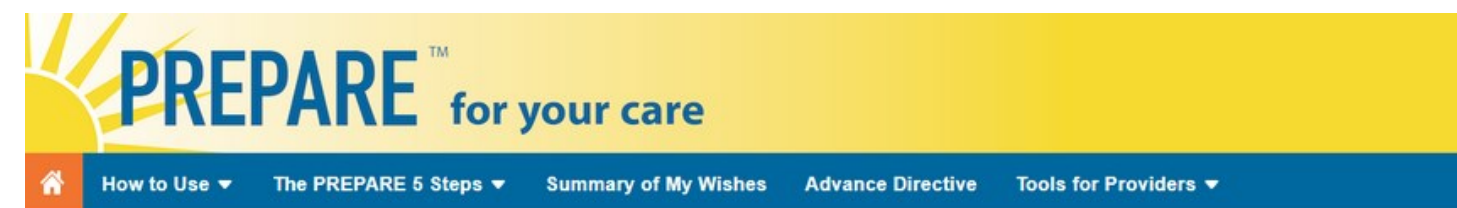
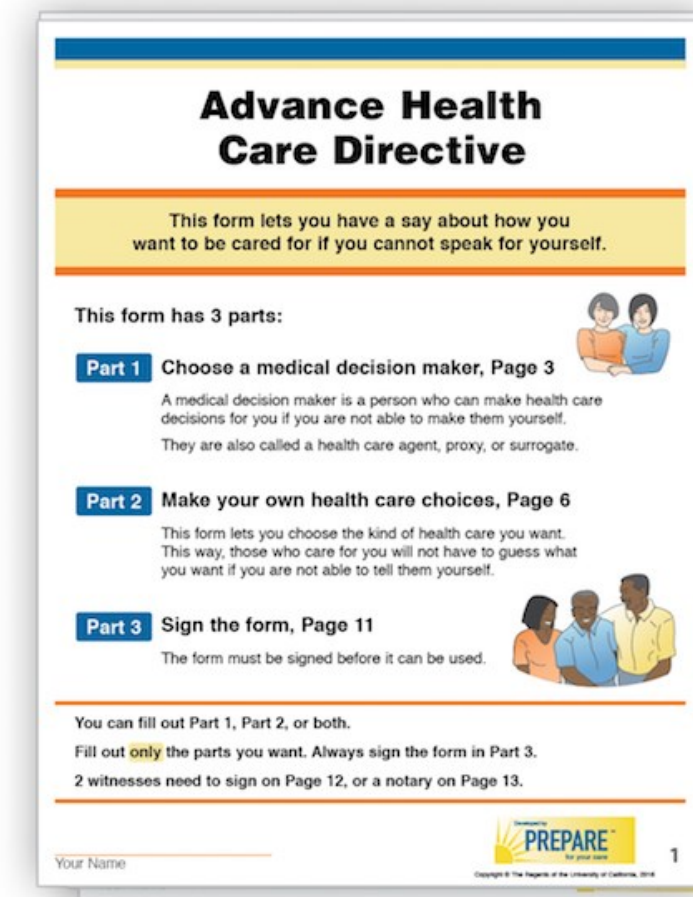
Hospice Care

- **For those living with a serious illness approaching end of life**
 - **Prognosis of 6 months or less**
- **Focus on comfort, no further aggressive interventions**
 - **Does not mean all treatment must be stopped**
- **24/7 access to hospice team**
- **Bereavement**



Advance Care Planning

- What is important to you, goals you have.
- POLST - Provider Order for Life Sustaining Treatment
- PREPARE for Your Care - funded by the National Institute on Aging
<https://prepareforyourcare.org/en/welcome>
 - Interactive online program or print out an advance directive



PREPARE is a step-by-step program with video stories to help you:

- Have a voice in YOUR medical care
- Talk with your doctors
- Fill out an advance directive form to put your wishes in writing.



Click the video above to learn more.

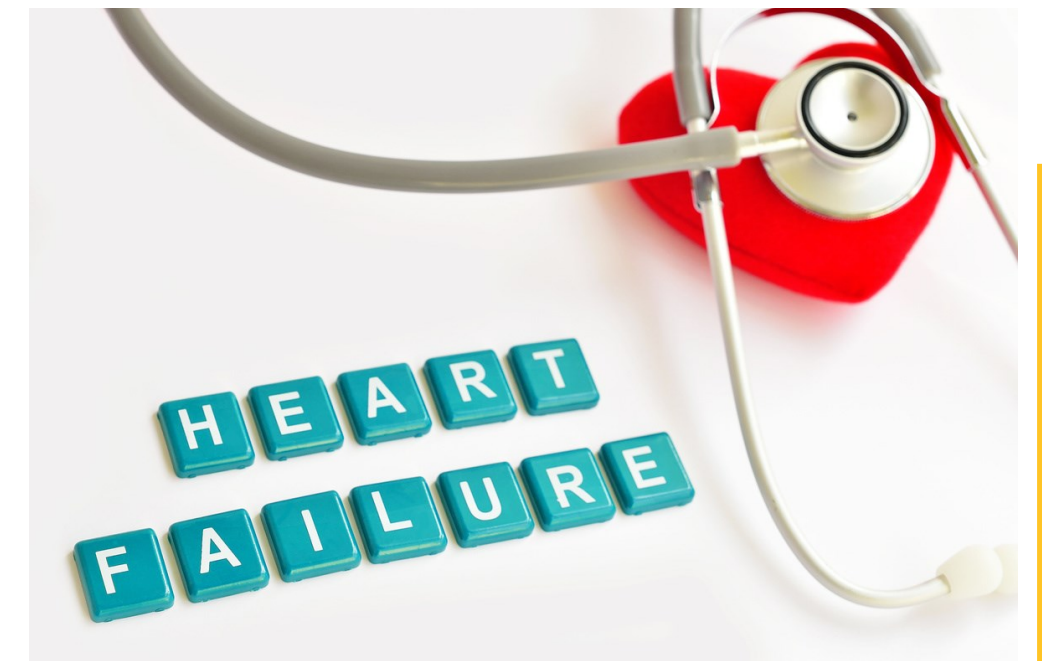
End-of Life: Dementia

- **Decreased mobility**
- **Difficulty swallowing**
- **Decreased desire for food**
- **Weight loss**
- **Urinary and fecal incontinence**
- **Decreased ability to communicate**



End-of Life: Heart Failure

- **Symptoms at rest**
 - **Difficulty breathing**
 - **Fatigue**
 - **Fluid retention**
- **Multiple hospitalizations**
- **Medications are no longer helping with symptoms**
- **Poor quality of life**



References

- Friedrich EB, Böhm M. Management of end stage heart failure. *Heart*. 2007 May;93(5):626-31. doi: 10.1136/hrt.2006.098814. PMID: 17435073; PMCID: PMC1955535.
- <https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>
- <https://prepareforyourcare.org/en/welcome>
- <https://www.nia.nih.gov/health/end-life-care-people-dementia>



**What is one thing you learned
that will make difference for
you as a caregiver ?**

Did we address everything you wanted to learn today?



We took notes and will answer questions we did not address via e-mail or phone

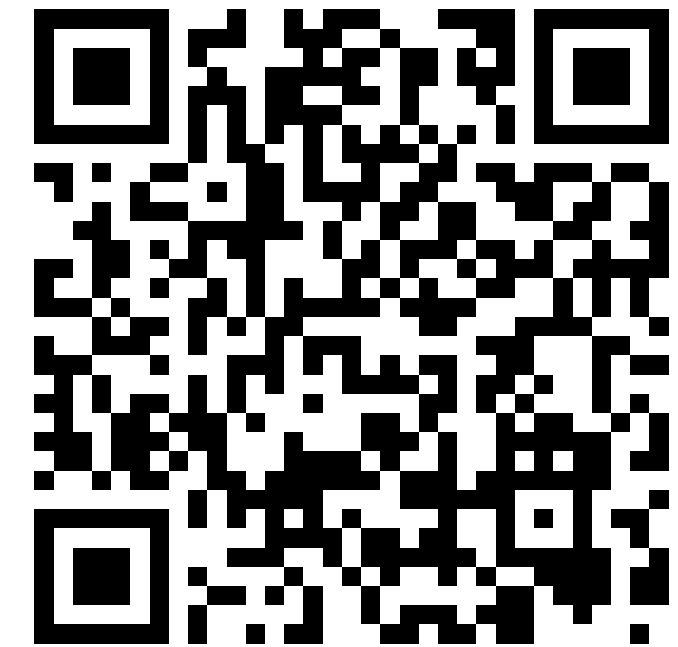
Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

September 21, 2022

End of Life Care – Hospice Care & Palliative Care

[End of Life Care Hospice & Palliative Care](#)





If you found today's session useful,
consider inviting a friend or family member to our next session on

October 5th

Home Care, Respite Care & Caring Companions (2)

Speaker: Breanne Johnson, OT-A

Medicare Coverage for Services: Cathy Carlisle

What caregivers are saying about us...

“

“Very pleased with the whole program. So many things I have not thought about since my wife is in the early stages. Every day presents with a little less of my wife, I feel like I am going through daily mourning over the changes. I feel understood here.”

”

“

“Great information. I was unaware of how some other physical issues can lead to additional memory decline. Knowing that cognitive and physical issues are closely related helps me when I speak to my husband’s doctor.”

”

<i>Educational Discussion Topics: Sept – December 2022</i>	
<i>Topic Series: Caregiver Support – End of Life Considerations</i>	
Sept 21st	End of Life: Palliative Care and Hospice Care
Oct 5th	Rehab Services and Comfort Measures at the End of Life
Oct 19th	Advocacy for your loved one: What is your medical team trying to say? How could you respond?
Nov 2nd	End of Life – Preparing for the Journey
Nov 16th	Leaving a Legacy: What is your story?
<i>Topic Series: Holiday Caregiving</i>	
Nov 30th	Holiday Activities: Introduction to Music Therapy
Dec 14th	Holiday Celebrations: Celebrating you as a Caregiver



Stay in the moment



Take a deep breath



We are in this together

