



Dementia On the Road June 2024

Pinedale, Jackson, Dubois

University of Wyoming | Wyoming Center on Aging | Wyoming Dementia Together

Mining for Hidden Treasures: Resources and Resilience

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The lay of the land

As care partners we often feel overwhelmed, uncertain, exhausted

YOU ARE DOING THE BEST YOU CAN

WITH GOOD INTENTIONS AND MOTIVES, WITH EXPERIENCE AND COMMITMENT

EVERY DAY IS A NEW START

WAKING TO UNPREDICTABILITY, TRYING NEW TECHNIQUES, DELETING YESTERDAY

YOU ARE NOT ALONE

FRIENDS, FAMILY, NEIGHBORS, COMMUNITY AND STATE RESOURCES ARE AVAILABLE



Care Partner Job Description

Job Title: DESIGNATED DOER OF EVERYTHING

Watching, attending, responding, planning, doing, anticipating, scheduling, explaining, not explaining, managing finances, doing, home upkeep, novice fixer-upper, assuring food, clothing, safety, shelter, doing, monitoring, keeper of the calendar/schedules, property management – snow, lawn cutting, trees, shrubs - vehicle maintenance, doing, preparation of legal paperwork, learning medical jargon, pharmaceutical therapies and potential side effects and, and, and - - -



Checklist

Skills Required

Ability to switch gears quickly, laser focus, self-piercing tip of tongue - repeatedly, remain functional with chronic sleep deprivation, acting skills, self-awareness, say "yes", see perfection in the rearview mirror, embrace workable, develop "less is more" approach to communication, recognize non-verbal signs of pain, frustration, emotional distress – yours and your loved ones. Ability to center and take a breath especially in Class 5 rapids!



Recommended tools

In true Wyoming style, keep WD-40, baling wire and duct tape nearby

Use lifelines – phone a friend, ask for clues, go with greater good

Take a breath, consider respite for you, plan an outing with a friend

Join Wyoming Dementia Together sessions



Formal Resources

We all live within a Department of Family Services district
hospital service area, school district,
university county extension office,
public health service area, legislative district,
county library system (per statutory requirement)



... and others

Most communities are in a fire district,
health care/hospital service area,
transportation region, water district,
senior services region

We all have city and county governments, and some have
pharmacies, civic and service clubs, senior centers, care
facilities, parks & recreation, schools, art community



Natural resources

Civic or service clubs (Elks, Eagles, Masons, VFW, Eastern Star, IOOF, Rotary, Kiwanis, Lions, Scouts)

Cowbells

Volunteer organizations

School programs

Family members and friends

Faith communities

Others you know _____

A decorative graphic on the left side of the slide. It features a cluster of paper hearts in various shades of pink, red, and purple. Two thick diagonal stripes, one grey and one orange, cross the image from the bottom left towards the top right.

Circle of Care

Creating and tending to your “circle of care”

Keeping the circle open

Exploring new realities

Try one new thing – support group, soft music, walk with a friend, order in for dinner

Compassion for yourself

Closing thoughts

Summary of our time together

One commitment to yourself

Engaging in more self care as possible

