What does it take to participate?

- The SHARE program is designed for families facing an early stage dementia diagnosis.
- The program consists of five to six sessions. Each session lasts about an hour and a half.
- SHARE is available free of cost thanks to the Administration for Community Living.
- SHARE providers are available in several counties in Wyoming. Contact us to learn more.

Learn more at the Wyoming Center on Aging:

www.uwyo.edu/wycoa, Products, Research and Services tab, Dementia Support Center

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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.

Offered at the Dementia Support Center at the Wyoming Center on Aging

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What is SHARE?
- SHARE is a care-planning program for families facing an early-stage dementia diagnosis.
- SHARE is evidence-based and involves both care partners in decision making and planning.
- SHARE was developed by the Benjamin Rose Institute on Aging, a nationally recognized leader in research, health care services, and advocacy for older adults.

How does SHARE work?
SHARE is specifically designed to help families in the earlier stages of dementia plan for the future. Based on years of research, SHARE helps the person living with dementia and his or her care partner better understand the disease condition, communicate about, and plan for the future.

SHARE consists of five sessions and an optional sixth family session. Each session has specific goals, topics, and exercises that build towards a SHARE plan.

Session 1: Welcome to SHARE
Session 2: SHARE Preferences for Care
Session 3: Building Your SHARE Plan
Session 4: Caring for Yourself & Each Other
Family Session (optional)
Session 5: Maintaining Your SHARE Plan

Goals of SHARE:
- 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.

How can SHARE help families?
SHARE helps families by:
- Improving family communication
- Increasing families' use of services
- Creating better care plans for the future

Want to learn more?
Contact the Wyoming Center on Aging today for more information or a consult!
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307-766-2829