

The early- to moderate-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

- Improves family communication
- Increases families use of services, and
- Leads to a better care plan for the future

Please contact the Wyoming Center on Aging for more information

(307) 766-2829

www.uwyo.edu/wycoa | wycoa@uwyo.edu