

Wyoming Dementia Together - Goals/Objectives:



By participating in this network, caregivers will increase their knowledge of dementia and how to support a loved one, increase utilization of community resources and strengthen their support network, and learn how to manage stress and challenging situations.

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Contact Us:



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Wyoming Center
on Aging



(307) 766-2829 | wycOA@uwyo.edu

www.uwyo.edu/wycOA | Find WyCOA on Facebook and Instagram!

1000 E University Ave, Dept. 3415, Ross Hall 411 Laramie, WY 82071

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WYOMING DEMENTIA *Together* CONNECTING WITH PEOPLE WHO CARE

Wyoming Dementia Together is a team of experienced dementia care professionals dedicated to building an inclusive community to support and educate those who have a loved one living with dementia.

Receive bi-weekly education and support that is specifically tailored to you and families and friends of people living with dementia in the Rocky Mountain region.

Participation is Free. Join from your home!



Educational Discussion Topics for January-March 2021

Wyoming Dementia Together Network Topics

Alternating Wednesdays 10:30 am – 11:30 am MDT

A bi-weekly caregiver experience plus educational discussion



Wyoming Dementia Together Format:

10:30am-10:35am: Introductions & Welcome

10:35am-11:00am: Educational Discussion

11:00am-11:25am: Caregiver Experience

11:25am-11:30am: Closing

Educational Discussion Topics: Jan, Feb and March 2021 *Topic Series: "The Journey Begins: Family Caregiving"*

Jan 20 th	Being the Caregiver I Strive to Be
Feb 3 rd	Circle of Care and Identifying Resources
Feb 17 th	Caregiver Self Care: Physically Taking Care of Myself
March 3 rd	Caregiver Self Care: Mentally Taking Care of Myself
March 17 th	Caregiver Self Care: Emotionally Taking Care of Myself

SAVE THE DATES:

**March 31st, April 14th, April 28th, May 12th, May 26th,
June 9th, June 23rd, 2021!**

Session recordings are available for viewing. Contact WyCOA for more info!

***Contact wycOA@uwyo.edu | (307) 766-2829 for questions**

General Information

Caregiver Experience and Networking

Caregivers throughout the region are offered the opportunity to receive suggestions to support caring for their loved ones by sharing their story for discussion and feedback to a network of caregivers as well as a professional support team.

Professional Support Team:

- *Facilitator* - Sabine Schenck, MS. Laramie, WY
- *Team Lead* - Carol Taylor, LCSW. Social Worker. Jackson, WY
- Heidi Maxwell, PsyD. Psychologist. Cheyenne, WY
- Dani Guerttman. Dementia Consultant. Casper, WY.
- Scott Veatch, Caregiver. Casper, WY
- And you!

Considerations:

- ✓ A one-time registration is required. Please call WyCOA at (307) 766-2829 or email wycOA@uwyo.edu. *Note all information provided is kept confidential. You will receive the information to join each week via email once registered.
- ✓ All participants are asked to complete an Event Survey for each session and at the beginning and end of each series.
- ✓ Join early, or call (307) 766-2829 for assistance!

Participation in the study and the Wyoming Dementia Together Caregiver Network does not establish a patient/provider relationship. Any advice provided during the study is intended to be general in nature and should not be used as a substitute for obtaining medical advice or treatment from a primary physician or other medical professional.

