

## 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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[www.uwyo.edu/wycOA](http://www.uwyo.edu/wycOA) | Find WyCOA on Facebook and Instagram!

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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 Sept – Dec 2021***

# Wyoming Dementia Together Network Topics

Alternating Wednesdays 10:30 am – 11:45 am MDT

A bi-weekly caregiver experience plus educational discussion



## Wyoming Dementia Together Format:

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

10:35am-11:15am: Educational Discussion

11:15am-11:35am: Caregiver Experience

11:35-11:45am: Wrap up & Coming Attractions

### Educational Discussion Topics: Sept – Dec 2021

#### *Topic Series: The Caregiver Roadmap*

Sept 1 <sup>st</sup>	Caregiver Decision Making: Legal Decisions # 2
Sept 15 <sup>th</sup>	What are my Care Options? Levels of Care Session 1
Sept 29 <sup>th</sup>	What are my Care Options? Levels of Care Session 2
Oct 13 <sup>th</sup>	Care Coverage: Insurance Coverage, Private Pay, and Community Support

#### *Topic Series: Caring for the Caregiver during the Holidays*

Oct 27 <sup>th</sup>	Caring for my loved one during the Holidays – Support at home or in assisted living
Nov 10 <sup>th</sup>	Taking Care of the Caregiver: Communicating with Family and Friends during the Holidays
Nov 24 <sup>th</sup>	No session – Happy Thanksgiving!
Dec 8 <sup>th</sup>	Holiday Celebrations: Making it a Great Season for All
Dec 22 <sup>nd</sup>	Celebrating the Caregiver

### SAVE THE 2022 DATES:

January 12<sup>th</sup>, Jan 26<sup>th</sup>, Feb 9<sup>th</sup>, Feb 23<sup>rd</sup> and more!

# 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.
- Theresa Robinett, MOT, OTR/L, Occupational Therapist. 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](mailto: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.*



\*Contact [wycOA@uwyo.edu](mailto:wycOA@uwyo.edu) | (307) 766-2829 for questions