

Welcome! We will begin shortly!

- 1 Enter your name and location into the chat box - left click on the chat icon located on the bottom of your picture.



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Wyoming Dementia Together Caregiver Network Session 2

Creating a Circle of Care & Identifying Resources



Carol Taylor, LCSW
Scott Veatch, Spousal Caregiver

February 3, 2021

Our Vision

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.

Mission Statement

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with insight and education on how you can be the caregiver you strive to be.



Sabine Schenck



Jenny
Wolf



Carol Taylor



Dani Mandelstam-Guerttman

Our Professional Support Team!



Heidi Maxwell



Scott Veatch

Today's Agenda

1

Welcome and Introductions

2

Educational Discussion: Carol Taylor, LCSW

3

Caregiver Experience: Scott Veatch

4

Thank you

We are in this together

Today we will discuss...

The value of a circle of care

What a circle of care offers and provides

Accepting support with gratitude and grace



Today's Speakers



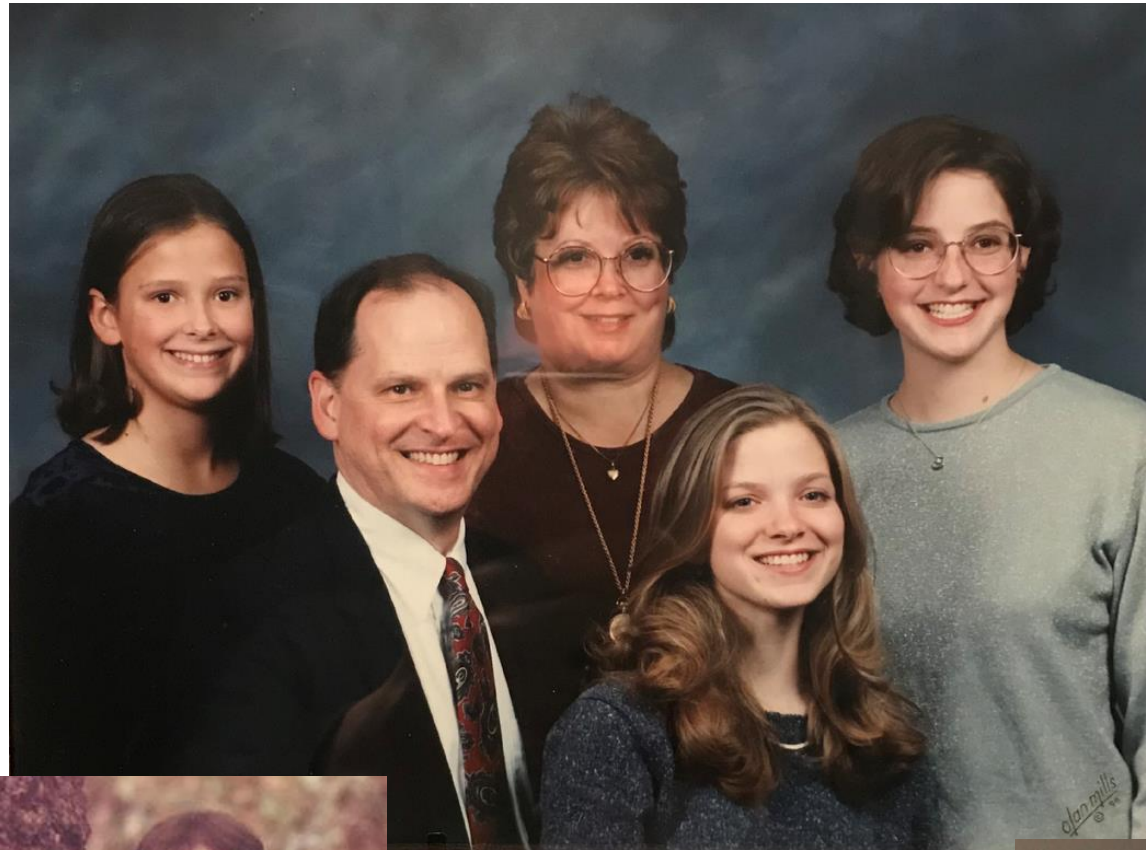
**Carol Taylor, LCSW
Elder Care Advisors**

Carol is a clinical social worker specializing in geriatric, hospice and medical social work. Carol has worked for nearly 40 years in various health care and community settings. Carol enjoys counseling and companionship elders with dementia as well as teaching and coaching families, health care professionals and community members



**Scott Veatch
Spousal Caregiver**

Scott Veatch lives in Casper Wyoming and is a volunteer at the Wyoming Dementia Care in Casper. He has been married to his wife Mona for 45 years. Mona was diagnosed with Alzheimer's disease in 2007 and he has been on this journey with Mona since she was diagnosed. He has been blogging about their journey since 2015 and his blog can be found at <http://imgoingtocourage.blogspot.com>

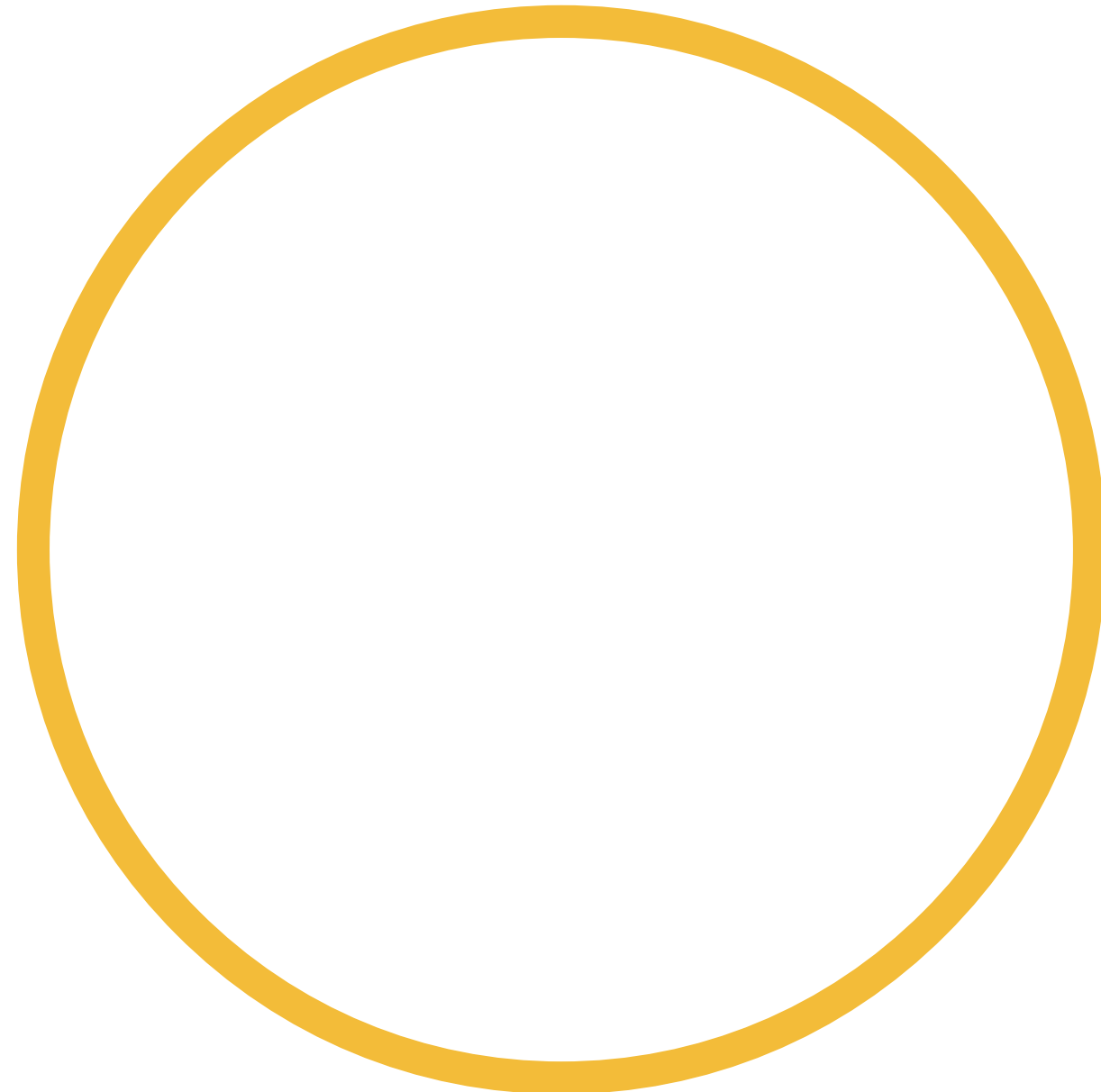


Caregiver Experience

The Veatch Family

Creating a Circle of Care

Taking the first step



Knowing who, what, where, when

Who is in your circle of care?

What relationships, services and assistance are available to you?

Where/how do you access support?

Desire/courage to try something new





How to begin

Perhaps start with your daily routine?

What resources are needed to accomplish the above?

What may be within

Individuals, groups

Daily or frequent contacts

Medical and social services

Community-based programs

Agencies and organizations

Overlooked support pillars

Supportive Care

Respite care

In-home companionship

Meal prep and delivery

Support groups

Resource inventory

Creating services

Self-knowledge, self-



Resources in your community

There's more than you think !

Every county, town, village in Wyoming lies within a public health district, school district, county extension office service region, Department of Family service area, library district, legislative district and more. Most are within a health care service area, fire and water district, transportation region, senior services region and emergency services area.



Formal Services

Senior Center

Department of Family Services (DFS)

Public Health Department

County Extension office

Wyoming Center on Aging (WyCOA)

Medical services

County/city governments

Colleges and universities

Pharmacies/pharmacists

Non-profit organizations

Formal Services

BUT WAIT - - - THERE'S MORE !!!!!

Assisted living facilities

Adult day care

In-home care programs

VA services

Home health and hospice

State Aging Division

Home delivered meals

Formal Services

WHAT ?? EVEN MORE ? That's right, even more !!

Local arts and theater groups

Parks & Recreation

Libraries

Local fire department, EMTs, paramedics

Law enforcement

Non-profit services groups

**Telephone Reassurance, Senior Companion,
Friendly Visitors, Foster Grandparent programs**

Informal Resources

- Faith-based organizations, churches
- Civic and services clubs (Elks, Eagles, Masons, Veterans of Foreign Wars, Eastern Star, IOOF, Rotary, Kiwanis, Lions, Scouts, Cowbelles)
- Volunteer organizations
- School programs (service groups)
- Family members, friends, neighbors
- Others you can identify:

Adding to your Circle of Care

- Keeping doors open to learning
- Exploring new avenues
- Openings and closings

Trying one new thing - support group, walk with a friend every Tuesday, Face Time with a family member, play soft relaxing music

Practice just saying YES !!!

Toolkit

Duct Tape, WD-40, Baling Wire

- **Yes, we have more resources than we realize.**
- **Yes it requires us to allow folks to care/support.**
- **Yes we each have different care needs.**



And we are challenged every day to use our common sense and creativity - Wyoming style!

We often strive for ideal and find that workable is just fine.

In closing

Ralph Waldo Emerson offers his wisdom, depth of understanding and compassion

*Finish this day and be done with it
You have done what you could.*

*Some blunders and absurdities, no doubt have crept in;
Forget them as soon as you can.*

*Tomorrow is a new day.
You shall begin it serenely and with too high a spirit to be
Encumbered with old nonsense.*

Group Discussion

What are some thoughts that come up for you after listening to today's discussion?

What is one thing you are taking with you today?

**"My life isn't what I thought it would be,
my life isn't what I'd like it to be, but my
life is still MY life, and so my life is as
good as I make it to be."**

Scott Veatch

My Blog - I'm going to Courage

- imgoingtocourage.blogspot.com
- **Google it - I'm Going to Courage**

Next Session: Session 3

Caregiver Self Care - Physical Self Care Theresa Robinett

February 17th, 2021 @ 10:30 am MTS

Contact information

Wyoming Center on Aging

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Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

February 17th, 2021

March 3rd, 2021

March 17th, 2021

Session 3: Caregiver Self-Care: Physical Self-Care

Session 4: Caregiver Self-Care: Mental Self-Care

Session 5: Caregiver Self-Care: Emotional Self-Care

And more!

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