



**Scott Veatch**



**Carol Taylor**



**Dani Mandelstam-Guerttman**

# Welcome to the WDT Caregiver Network



**Theresa Robinett**



**Heidi Maxwell**



# WDT Caregiver Network

## What are my Options? Levels of Care 1



**Matt Guerttman**  
**Kenyne Schlager**  
**September 15, 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  
Technical Support: Jenny Wolf



Sabine Schenck



Jenny Wolf

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

# Today's Agenda

1

Welcome and Introductions

2

Educational Discussion : What care options are available to us?

3

Caregiver Experience: Everyone

4

Thank you

# We are in this together



**Assisted Living and Memory  
Care**

**Skilled Nursing Facility**

**COVID Considerations**



# Today's Speaker



**Kenyne Schlager**  
**Executive Director**

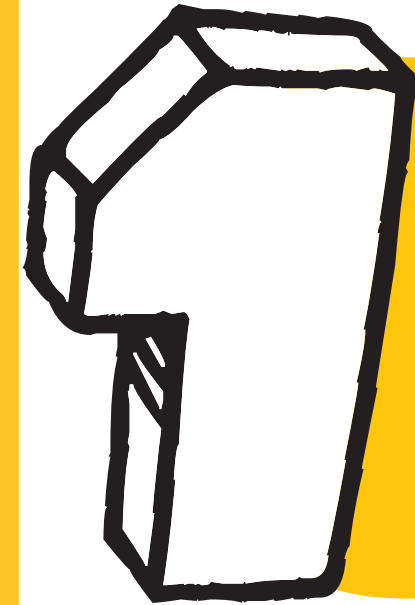
**Mountain Plaza Assisted Living**



**Matthew Guerttman, NHA**  
**Administrator**

**Casper Mountain Rehabilitation and Care  
Center**

# Levels of Care



Assisted Living



Skilled Nursing



Home Health Care



# Assisted Living

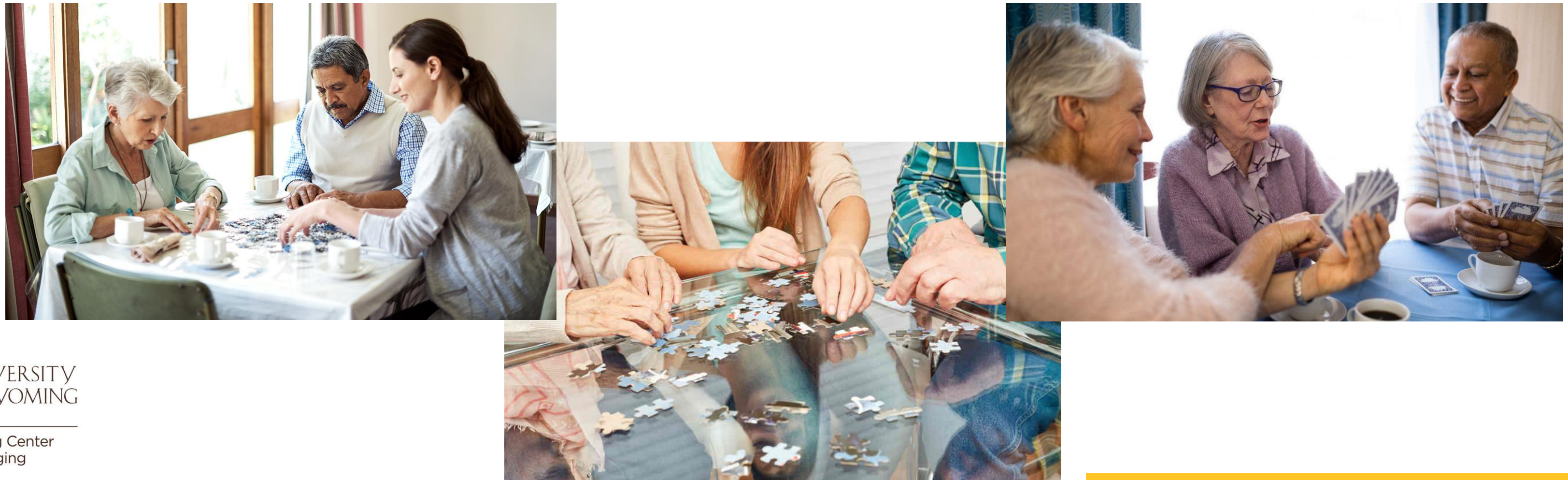
**Assisted living is for people who need help with daily care, but not as much help as a nursing home provides.**





# Memory Care

**Provides intensive, specialized care for people with memory issues within the assisted living facility.**





# Assisted Living: Who?

- **Designed for people with various levels of medical and personal care needs**
- **Living spaces: rooms, apartments, shared quarters**
- **Home-like setting to promote resident's independence**



# Assisted Living: Services

- You live in your own space with room to entertain and do your own activities.
- These services are included:
  - Meal Preparation
  - Personal Care
  - Cleaning Services
  - Transportation
  - Organized Recreational Activities





# Memory Care: Who?

**Designed for people living in an assisted living facility who benefit from dementia-specific activities tailored to the unique cognitive needs of people with dementia.**



# Memory Care: When?

**These are five circumstances that can indicate that a loved one needs memory care:**

- **Changes in behavior**
- **Confusion and disorientation that imperils physical safety**
- **A decline in physical health related to dementia**
- **Caregiver's decline in health**
- **Incontinence**





# Memory Care: Services

## What care is provided?

- Care provided in assisted living facilities
- +
- 24-hour Care
- Specialized Staff
- Memory-enhancing Activities and Therapies
- Safe Environments



# Skilled Nursing Facility

Skilled nursing facilities typically provide acute care supervised by a physician.

- **Short-Term Rehabilitation**
- **Long-Term Care**
- **Secure Unit/Memory Care**





# Skilled Nursing Facility: Who?

## Short-Term Rehabilitation

Patients qualify when the following are met:

- **they require skilled rehabilitative services**
- **at a frequency and intensity of at least 5 days per week**
- **at least 60 minutes per day**



# Skilled Nursing Facility: Services

## Short-Term Rehabilitation

What services are provided?

- **Physical Therapy to increase mobility**
- **Occupational Therapy to help with daily living activities**
- **Social Interaction and Spiritual Support**
- **Balanced Diet and Nutrition Plan**



# Skilled Nursing Facility: Who?

## Long-Term Care

Recommended for patients with:

- **Dementia, Alzheimer's disease, or other cognitive disorders**
- **Parkinson's Disease and other neurological conditions**
- **Chronic conditions limiting mobility and ability to live independently**
- **Need to receive skilled nursing care 24 hours/day**





# Skilled Nursing Facility: Services

## Long-Term Care

What services are provided?

- **Serves as a transition between hospital and permanent residence**
- **Provides 24-hour care, including access to licensed medical care**
- **Aids with activities, i.e., bathing, eating and taking medications**



# Skilled Nursing Facility: Who?

## Memory Care

Recommended for Patients who:

- **have Alzheimer's and other related dementias**
- **need 24-hour care**
- **benefit from specialized care treating dementia related symptoms**





# Skilled Nursing Facility: Services

## Memory Care

What services are provided?

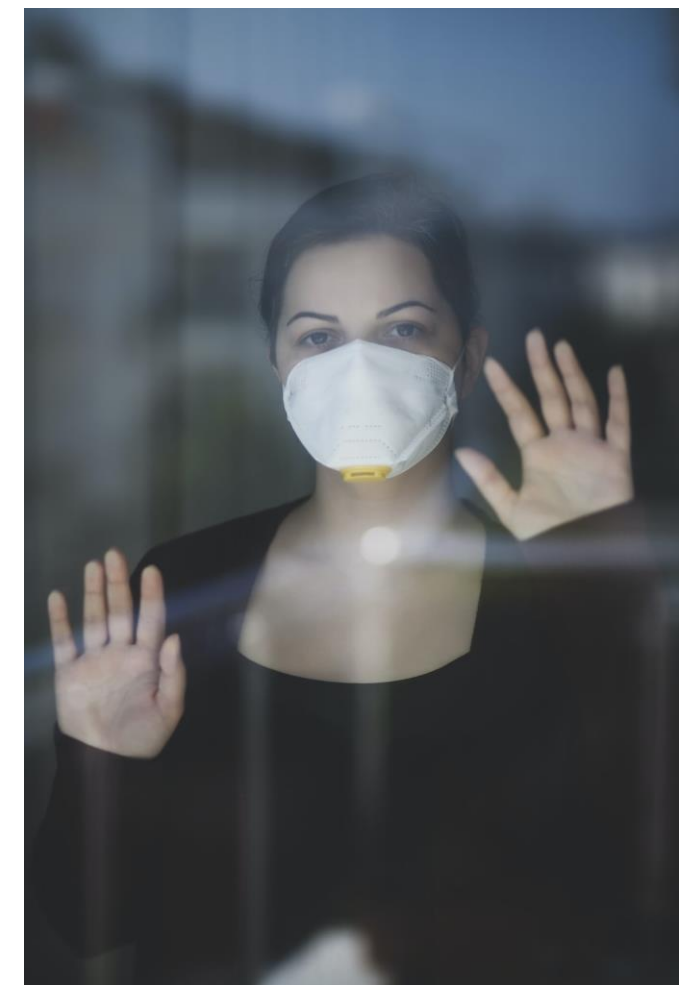
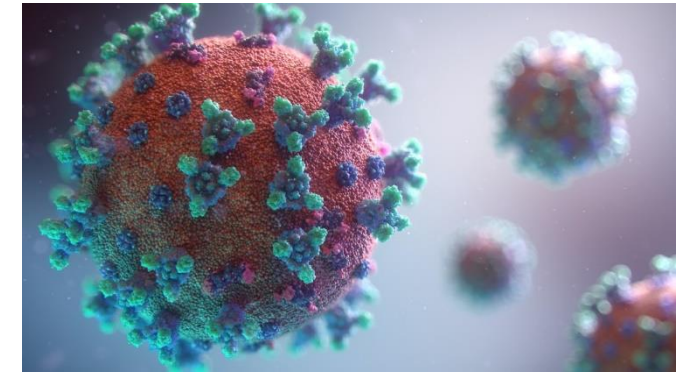
- **Specialized staff provides memory-enhancing activities and therapies**
- **Safe environments**
- **assistance with activities of daily living**
- **24-hour Care**





# Skilled Nursing Facility

## COVID Considerations





# Home Health Care

- **Helps older adults live independently as long as possible in their home.**
- **Services include:**
  - **Occupational Therapy**
  - **Physical Therapy**
  - **Speech Therapy**
  - **Skilled Nursing**
  - **Medical Social Services**
  - **Homemaker/Basic Assistance**





# Hospice Care

## What is it?

- **Care at the end of life**
- **Focuses on care, comfort and quality of life**
- **Provided at home or in a facility**
- **Services are available to patients and their families**
- **Insurance coverage?**



# Palliative Care

## What is it?

- Care provided for people living with a serious illness.
- Patients receive medical care for their symptoms along with treatment to cure their illness.
- Services provided for patients and their families.

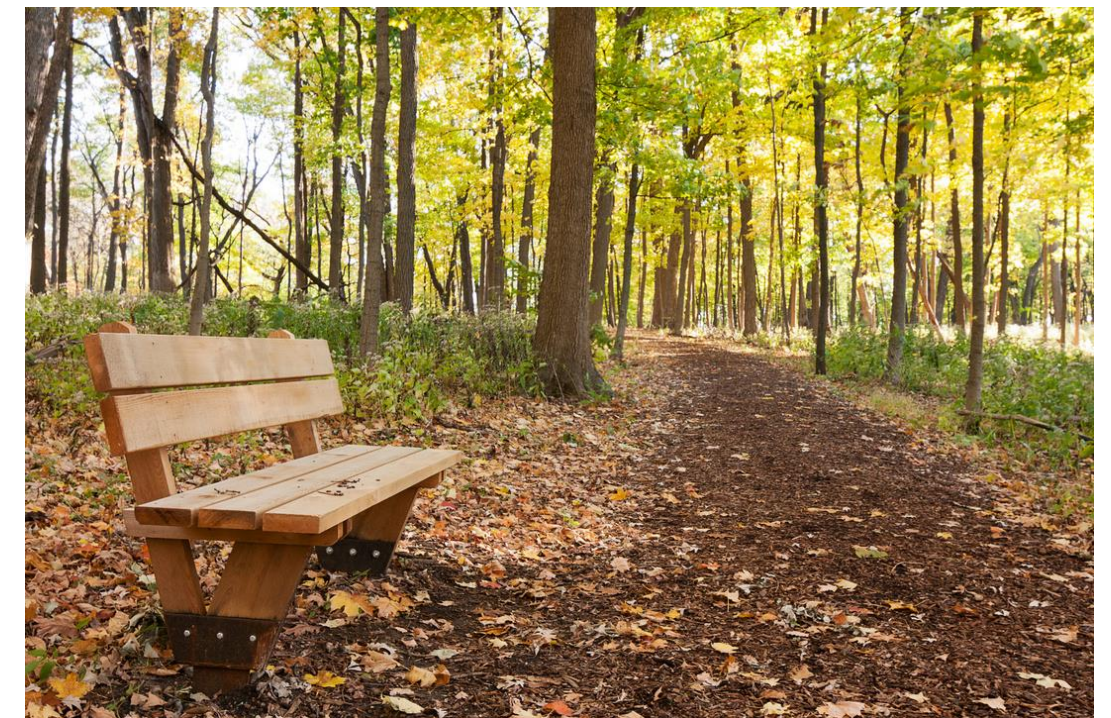




# Respite Care

## What is it?

- Care provides short-term relieve for caregivers.
- Few hours up to several days or weeks.
- Care provided at
  - home
  - healthcare facility
  - adult care center





**What questions do you have for Matt, Kenyne, and our professional support team?**

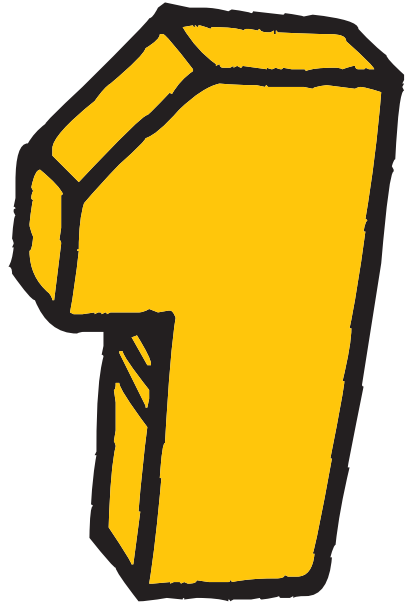
**How can we best support you?**



# WDT Caregiver Network Survey

[https://uwyo.sjc1.qualtrics.com/jfe/form/SV\\_0jhdYBI3NwtSwnA](https://uwyo.sjc1.qualtrics.com/jfe/form/SV_0jhdYBI3NwtSwnA)





**National Respite Locator Service**  
**<https://archrespite.org/respitelocator>**

**Eldercare Locator**  
**800-677-1116 (toll-free)**  
**[eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)**  
**<https://eldercare.acl.gov>**



**2**

## **Centers for Medicare & Medicaid Services**

**800-633-4227 (toll-free)**

**877-486-2048 (TTY/toll-free)**

**<https://www.cms.gov/>**

**[www.medicare.gov](http://www.medicare.gov)**

# WDT Caregiver Network

[http://www.uwyo.edu/wycoa/educational\\_and\\_training\\_opportunities/wdt-resources.html](http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wdt-resources.html)



Wyoming Center  
on Aging





# **Next Session:**

## **September 29, 2021 at 10:30 am**

### **What are my care options? Levels of Care 2**

#### **Presenter: TBD**

**Contact information**

**Wyoming Center on Aging**

**Jenny or Sabine: (307) 766-2829**

**wycoa@uwyo.edu**

**[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)**





# Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

- 09/29/2021 What are my care options? Session 2
- 10/13/2021 Care Coverage: Insurance Coverage, Private Pay and Community Support
- 10/27/2021 Caring for my loved one during the holidays
- 11/10/2021 Taking care of the Caregiver: Communication with Family and Friends
- 11/24/2021 No Session – Happy Thanksgiving**

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