

## 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.

### *Participant Testimonials:*

*"Great presentation. Even though my mother does not need assistance now, this knowledge will help me prepare for the next part of my caregiver journey."*

*"Great presentation. I thought I knew all about what was going to be presented. I am glad I came anyway because I learned a lot."*

*"Great information. It will help us plan for the future. As my mother's disease progresses, we will have good plan. Right now she can still tell us what she wants."*

### Brought to you by:



Cheyenne Regional  
Medical Center

### Contact Us:



UNIVERSITY  
OF WYOMING

Wyoming Center  
on Aging



(307) 766-2829 | [wycOA@uwyo.edu](mailto:wycOA@uwyo.edu)

[www.uwyo.edu/wycOA](http://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 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 – December 2022*

# 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 – December 2022**

#### **Topic Series: Caregiver Support – End of Life Considerations**

<b>Sept 21<sup>st</sup></b>	End of Life: Palliative Care and Hospice Care
<b>Oct 5<sup>th</sup></b>	Rehab Services and Comfort Measures at the End of Life
<b>Oct 19<sup>th</sup></b>	Advocacy for your loved one: What is your medical team trying to say? How could you respond?
<b>Nov 2<sup>nd</sup></b>	End of Life – Preparing for the Journey
<b>Nov 16<sup>th</sup></b>	Leaving a Legacy: What is your story?

#### **Topic Series: Holiday Caregiving**

<b>Nov 30<sup>th</sup></b>	Holiday Activities: Introduction to Music Therapy
<b>Dec 14<sup>th</sup></b>	Holiday Celebrations: Celebrating you as a Caregiver

**Previous subjects available for viewing: Contact WyCOA for more info!**

**Be sure to check out the Wyoming Dementia Together Once Again YouTube Channel!**

Click on “subscribe” and on the “bell” icon next to it and you will be notified when we upload a new video.

Don't forget to “like” us and feel free to leave a comment.

## 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
- Katherine Kitchen Andren, PhD, ABPP-CN. Neuropsychologist. Salt Lake City, UT
- 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.*

