



FOR IMMEDIATE RELEASE
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FOR INFORMATION:
Jenny Wolf
(307) 766-2829

**ENLIGHTENED COMMUNICATION IN ACTION:
WYOMING DEMENTIA TOGETHER PROGRAM OFFERS VALUABLE HELP TO CAREGIVERS**

(Laramie, WY) – Communicating with a person living with dementia can be challenging but there are methods caregivers can use to make the process easier. That was the message from Carol Taylor, LCSW and Elder Care Advisor, during the most recent program presented by Wyoming Dementia Together, a statewide, non-profit, caregiver network operating through the University of Wyoming Center on Aging. The program topic “Enlightened Communication with Your Loved One” covered a variety of difficult situations caregivers may encounter with their loved one, including wandering, combativeness, hoarding, loss of social life, and refusing to eat, bathe, or take medications.

“It’s important to try to view these experiences through the eyes of the person living with dementia,” said Taylor. “Many times, the caregiver can understand these unusual actions by realizing their person may be hungry, lonely, tired, or too hot or too cold. These are all ways of non-verbally communicating, and ultimately better understanding the loved one who has lost some communication abilities.”

Additional suggestions were offered during the program by Scott Veatch of Casper, WY, a former caregiver for his wife Mona, who passed about a year ago following an extended battle with Alzheimer’s. “I found these four qualities extremely important in caring for my wife,” said Veatch. “The first is patience; it’s important to understand your loved one is doing the best he or she can. The second is perseverance; it’s a long journey so commit to staying the course. The third is presence; be present with your loved one and pay attention to their non-verbal clues. The fourth is priorities; do the best you can and realize every moment with your loved one is important.”

Taylor and Veatch are both members of the Wyoming Dementia Together professional support team, which includes dementia care professionals, licensed clinical social workers, physical and occupational therapists, and caregivers themselves. WDT began meeting in the fall of 2020 and has since been offering online programming help twice each month. More information is available online at [Wyoming Dementia Together Caregiver Network](https://www.wyomingdementiatogether.org/)

For information about registering for these free online Zoom calls and the other free services offered by Wyoming Dementia Together, please contact the Wyoming Center on Aging at 307-766-2829 or wycoa@uwyo.edu