

Fall 2022

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A Quarterly Update on WyCOA Events and Opportunities

# Wyoming Center on Aging

## Quarterly Newsletter



Wyoming Center  
on Aging

The mission of the Wyoming Center on Aging is to optimize the health and wellbeing of Wyoming's older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services.

**wycoa@uwyo.edu | (307) 766-2829**  
**www.uwyo.edu/wycoa | Find WyCOA**  
**on Facebook, Instagram, and Twitter!**

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**WyCOA is excited to announce the Healthier Wyoming initiative!**

The goal of Healthier Wyoming is to empower all Wyoming residents to take charge of their health by providing a comprehensive, statewide directory of chronic disease prevention and management resources. The Healthier Wyoming website provides resources on evidence-based programs available in Wyoming, including: Diabetes Prevention Programs (DPP), Diabetes Self-Management Education and Support Programs (DSMES), Healthy U - Chronic Disease Self-Management Program, and information on heart disease prevention and Self-Monitored Blood Pressure Programs.

The Healthier Wyoming initiative is offered in partnership with the Wyoming Department of Health - Chronic Disease Prevention Program and the Wyoming Center on Aging. The evidence-based programs supported by the Healthier Wyoming initiative are based on rigorous research and serve to educate and empower participants to grab the reins of their health and live their best, healthiest, and most fulfilling lives. Programs focus on addressing relevant health risks to Wyoming residents. "It's the perfect time to take action and move towards a healthier you".

Senator John Barrasso produced a video highlighting the resources available on the Healthier Wyoming website, noting that this resource focuses on education and support of health conditions affecting Wyoming residents. As Senator Barrasso mentions, Healthier Wyoming is a resource for those with chronic health conditions, but also a resource for Wyoming healthcare providers.

**Learn more about Healthier Wyoming: [www.uwyo.edu/healthierwy](http://www.uwyo.edu/healthierwy), (307)766-2829 or email [healthierwy@uwyo.edu](mailto:healthierwy@uwyo.edu).**

FOR THE LATEST UPDATES VISIT [WWW.UWYO.EDU/WYCOA](http://WWW.UWYO.EDU/WYCOA)

# Trainings and Events for Healthcare Providers



**Online Dementia Care Certificate:** Stay tuned this autumn for the new format, modules, and content! The certificate is designed for professional direct care providers of older adults across care settings. The goal of this certificate is to increase providers' knowledge of dementia and to enhance confidence in caring for people with dementia. It is a self-paced program where all content, quizzes, and evaluations are provided online.

**UW ECHO® in Geriatrics:** This offering creates and supports a state-wide geriatric care community through case consultation and networking. CE/CMEs for healthcare professionals and students are available. Sites can present challenging cases for discussion and will have the opportunity to receive best-practice recommendations from a network of Wyoming colleagues as well as a specialist care team. Contact WyCOA with your challenging cases!

**Online Learning Modules for the Professional:** Learn at your own pace, earn CE hours, and choose from a variety of options! Visit our Aging Resources page at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa).

**\*\*\*Join our WyCOA email contact list to receive the most up-to-date offerings! \*\*\***

## Care Coordination Certificate Program for Primary Care Professionals to relaunch this fall!



**Courses include Annual Wellness Visit, Care Coordination Fundamentals, Advanced Care Planning, and Behavioral Health Integration: What a Care Coordinator Should Know.**

- ✓ Learn at your own pace!
- ✓ No cost to participate!
- ✓ Maximize your Medicare revenue!
- ✓ Register for one, two or all three certificate courses!
- ✓ Engage, interact, and network during the live discussions!
- ✓ PROFESSIONAL CONTINUING EDUCATION PROVIDED!
- ✓ All courses estimated at 2 hours of learning each week

**More Info and Registration Coming Soon!**

## WyCOA also offers:

**Wyoming Dementia Together:** 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 other families and friends of people living with dementia in the Rocky Mountain region.

**Healthy U:** a free six-week workshop for anyone with a chronic health condition or who helps care for someone with a chronic health condition. HealthyU is now housed under Healthier Wyoming! See Healthier Wyoming Highlights on page 5!

**Minor in Aging Studies:** Now is the perfect time to consider a Minor in Aging Studies from UW! The demand for professionals with expertise in aging is growing rapidly. Whether your interest is in healthcare, social services, business, or a number of other fields, a Minor in Aging Studies will compliment your declared major.

**Dementia Support Services:** WyCOA offers resources for caregivers and people with dementia with the goal of enhancing the dementia-capability of our community through education and the provision of home and community-based services. We offer evidence-based interventions to meet the specific needs of people with dementia and their family members. Additionally, training programs are available for community members, first responders, and health care and service providers interested in increasing their ability to provide dementia-capable care.

# AGING RESOURCES

Found under the 'Resources on Aging' tab at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa).

\*Certificates of Completion can be provided for CE reporting!

Contact WyCOA to request a copy of our materials.



*The Wyoming Center on Aging is dedicated to providing trustworthy and credible information about aging-related topics. We feature resources for healthcare professionals, students, faculty, older adults, and family caregivers. We have many formats, ranging from online education to a lending library of DVDs, videos, and publications.*

## Online Education:

Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

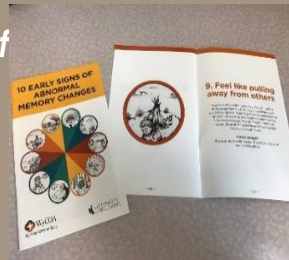
- Hoarding: Assessment, Action, Advocacy
- Annual Wellness Visit: "There's a lot of Life to Live, Live it Well" - Benefits of the Annual Wellness Visit
- Management of Problematic Behaviors of Elderly Patients
- Opioid Risk Assessment Series: Eating the Elephant One Bite at a Time
- Assessing Decisional Capacity in Persons with Dementia
- And many more, available online for anyone with an interest!

## NEW UPDATES! Wyoming Dementia Resource Guide for Caregivers, Families, & Friends

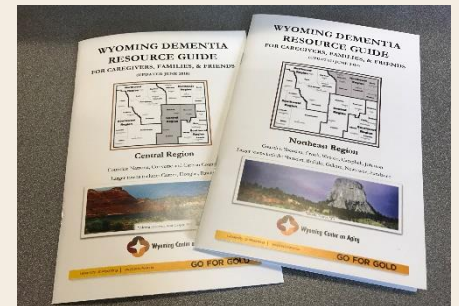
*A resource from WyCOA, these guides contain information for services related to dementia throughout the state, organized by region and contained in a handy booklet.*

*A tool for cultural awareness and recognition of cognitive loss among American Indians >>*

## "10 Early Signs of Abnormal Memory Changes": Poster and Booklet



WyCOA, in collaboration with tribal stakeholders, embarked on a multi-step process to create culturally appropriate education materials to increase the awareness and recognition of cognitive loss among American Indians. The resource was adapted from the Alzheimer's Associations: "10 Early Signs and Symptoms of Alzheimer's."

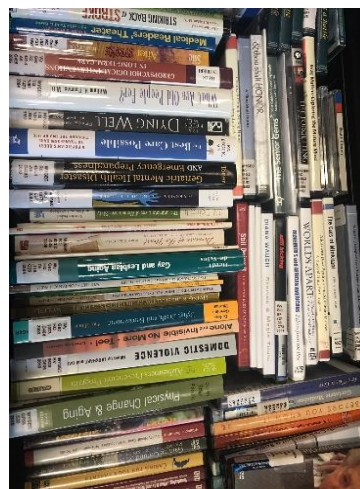


## Infusion Units

Infusion Units are packaged lecture materials featuring a film or PowerPoint with teaching notes, discussion questions, and resources for additional reading assignments.

Our Collection Includes:

- Hold your Breath (Ethnogeriatrics)
- Age of Champions (Senior Olympics)
- Health Literacy and Older Adults
- Aging Etiquette
- Oral Health
- Older Adults Driving



## Lending Library List

DVDs, videos, and publications

*Topics include general aging, Alzheimer's and other forms of dementia, family and caregiving, women and aging, long-term care, healthcare management, stroke, end-of-life care, elder abuse, education/students, and bereavement. Available for anyone with an interest.*

# FEATURES

WyCOA and Partner Highlights!



## Tech2Connect Video Resources



Tech2Connect is brought to you in partnership with the University of Wyoming Center on Aging, Wyoming Assistive Technology Resources, and the Wyoming Department of Health – Aging Division. Tech2Connect is a resource for older adults and adults with disabilities in Wyoming to be provided with technology assistance to combat social isolation, facilitate remote social services, and access remote healthcare. Visit: [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)

## WyCOA Partner & Collaborator Highlight

Join the UW ECHO in Geriatrics Network for professionals and students this fall as we discuss "Moving Toward Culture Change and Transformation in Long Term Care." Sessions run alternating Thursdays at Noon MDT via Zoom!

- Sept 1st: Moving toward home
- Sept 15: Moving toward engagement in real life
- Sept 29: Moving toward a living life focus
- Oct 13: Moving toward individualized care planning
- Oct 27th: Moving toward honoring choice in dining
- Nov 10th: Moving toward person-directed living
- Dec 8th: Moving toward sleep promotion

Contact WyCOA to sign up now: [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)!



Watch the informational videos on our aging resources page!

You can request a WyCOA Certificate of Completion for the modules you view

View: "Pharmacologic Treatment for Alzheimer's Disease: What's New?" presented by Tonja Woods, PharmD, BCGP, FNAP



## Age Friendly Communities

*Building Wyoming communities that are safe and highly livable for people of all ages and abilities.*

Age-Friendly communities are inclusive and considerate of the perspectives of all residents, of all ages, and all persuasions. Age-Friendly communities encourage and benefit from diverse citizen engagement by including residents in a process to identify the community's needs, and develop and implement an action plan to address those needs. Did you know?

- The population of the United States is rapidly aging.
- By 2030, one of every five people in the U.S. will be 65 or older.
- By 2035, the number of adults older than 65 will be greater than the number of children under 18.

That's why AARP staff and volunteers are working throughout the nation to engage and mobilize communities, share expertise, and deliver technical assistance to the towns, cities, counties and states in the AARP Network of Age-Friendly States and Communities.



Age friendly Communities in Wyoming include: Jackson, Laramie, and Casper.

Learn more at: <https://www.aarp.org/livable-communities/network-age-friendly-communities/>



# Healthier Wyoming Highlights

WYCOA is partnering with the Wyoming Department of Health Chronic Disease Prevention Program to guide public health professionals and communities in taking action, strengthening capacity, advancing health equity, and engaging in partnerships to reverse the epidemic of diabetes, heart disease, and stroke

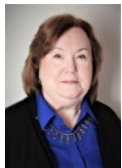
[www.uwyo.edu/healthierwyo](http://www.uwyo.edu/healthierwyo) | [healthierwyo@uwyo.edu](mailto:healthierwyo@uwyo.edu)

## EVIDENCE-BASED PROGRAMS OFFERED AT HEALTHIER WYOMING INCLUDE:

<p><b>Healthy U: Chronic Disease Self-Management Program</b></p>	<p><b>Diabetes Self-Management Education And Support</b></p>	<p><b>Healthy Heart Ambassador: Blood Pressure Self-Monitoring Program</b></p>	<p><b>Diabetes Prevention Program</b></p>
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## Meet Our Regional Coordinators!

Contact WyCOA Regional Coordinators for more information on these programs and continued education.



**Dian True RN, CDCES, FADCES**  
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 (307) 766-2095



**Kevin Franke**  
[Kfranke2@uwyo.edu](mailto:Kfranke2@uwyo.edu)  
 (307) 267-5061



Meet Larry Goodwin! Larry manages the coordination for the Healthy U Program. Reach out to Larry regarding upcoming Healthy U Workshops or trainings in your area! [healthyu@uwyo.edu](mailto:healthyu@uwyo.edu) | (307) 766-2765

## Albany County Public Library now has Blood Pressure cuffs available for checkout!



WyCOA and the Albany County Public Library in Laramie will be piloting a blood pressure kit check out program. Patrons interested in monitoring their blood pressure will be able to check out a kit to take home. In addition to a blood pressure cuff, each kit will contain various resources for local programs and will be available in both English and Spanish. Target populations will include low-income individuals and families and residents

who are homebound. Program launch is set for September 2022.



**Albany County Public Library**  
 LARAMIE • CENTENNIAL • ROCK RIVER





Wyoming Center  
on Aging



# DEMENTIA SUPPORT SERVICES

**Support, education, and resources for people living with dementia, their families and friends, and the community.**



The SHARE Program supports the person with dementia and their caregiver by creating a care plan that can focus on the family's needs as dementia progresses.



Wyoming Dementia Together is 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. Receive bi-weekly education and support that is specifically tailored to you and other families and friends of people living with dementia in the Rocky Mountain region.



Our counselors focus on the caregiver's needs and work to find ways to decrease their stress and lower their risk of burnout.



WyCOA is dedicated to providing trustworthy and credible information and resources about Alzheimer's disease and related dementias.

**All services are available free of charge.**

Contact WyCOA to learn more:

**wycoa@uwyo.edu | (307) 766 - 2829 | [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)**

