



Spring 2019

WYOMING CENTER ON AGING QUARTERLY

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The mission of the Wyoming Center 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.

1000 E. University Ave, Dept. 3432, Laramie, WY
(307)766-2829 | wycqa@uwyo.edu
www.uwyo.edu/wycqa
Find WyCOA on Facebook!

Geriatric Interprofessional Care Team Training in Laramie, WY



Wyoming Center on Aging was proud to offer a Geriatric Inter professional Team Transformation: Primary Care (GITT-PC) training at Ivinson Memorial Hospital in Laramie, Wyoming. Ivinson Medical Group partnered with Wyoming Center on Aging to host the training this autumn. Fifteen health care professionals and one student completed the training. The goal of GITT-PC is to transform primary care, ultimately enhancing patient experience. This training nurtures a transition from a physician centric model toward a nurse led team-based approach to providing care during an Annual Wellness Visit for geriatric patients. The various offerings provided by the GITT-PC increase patient satisfaction and a positive return on investment for the care provider. One of the main components is providing ongoing support to practices, including webinars and assistance, resulting in an ongoing learning environment for participants. WyCOA is excited to be part of the solution, fostering trainings such as these to provide the best experience for those who need it the most.

WyCOA
Serves:



Older Adults and
Caregivers



Faculty



Healthcare
Professionals



Students



For the latest updates visit: www.uwyo.edu/wycoa

Trainings & Events FOR HEALTHCARE PROVIDERS

UW ECHO® in Geriatrics: Creating and supporting a state-wide geriatric care community of practice. Sites will have the opportunity to receive best-practice recommendations for consideration in management of their geriatric patients by presenting challenging cases for discussion & feedback to a network of colleagues in the state as well as a specialist care team. Each network features a brief didactic on a variety of important topics related to geriatric care. To join this unique community of practice please contact WyCOA. CMEs/CEs are available, and PARTICIPATION IS FREE.



"It was wonderful to hear about a case that so many of us can relate to and process it with other professionals. I learned about new resources possibly available/available to set up. I appreciated hearing from another RN care coordinator."

Online Dementia Care Certificate: DEADLINE EXTENDED: June 2019! The certificate is designed for professional direct care providers of older adults across care settings. The goal of the certificate is to increase provider's knowledge of dementia and to enhance confidence in caring for people with dementia. The certificate is a self-paced program where all content, quizzes and evaluations are provided online.

Geriatric Health Internet Series 2019: We have partnered with the NW GWEC to bring presenters that are nationally and regionally recognized faculty from the University of Washington. The 10 week series will assist providers in developing & enhancing health promotion interventions to prevent disease and postpone further disability. Topics include: Differential Diagnosis of Dementia, Delirium, and Depression; Pharmacotherapy & De-prescribing; Optimizing Safety & Well-Being for the Cognitively Impaired in Primary Care; and more dementia/Alzheimer's related topics.

AND MORE!

SAVE THE DATE:



WyCOA will host a **Facilitator Training** for the Chronic Disease Self-Management Program. Trainees will facilitate community workshops for people with the workshop's target condition in their area. This workshop is FREE to attend.

**Lander, WY
May 5-8, 2019**

For more information, contact Dominick at dduhamel@uwyo.edu or (307) 766-2765.

Wyoming Center on Aging also offers:

Healthy U: A FREE 6-week health workshop for people with any chronic condition and their family, friends, and caregivers. Learn to better manage your health and become more confident and empowered using evidence-based techniques.



Contact Dominick for workshops in your area! dduhamel@uwyo.edu, (307)766-2765

WYOMING DEMENTIA RESOURCE GUIDE FOR CAREGIVERS, FAMILIES, & FRIENDS:

June 2018 update available for download now! A new resource from WyCOA, the guides contain information for services related to dementia throughout state, organized by region and contained in a handy booklet. *Find the latest version for your region at www.uwyo.edu/wycoa on the Resources on Aging Page



AND MORE!

Aging Resources

Found under the 'Resources on Aging' tab at www.uwyo.edu/wycoa.

*Certificates of Completion can be provided for CE reporting!



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.

COMING SOON: Learning Sessions recorded at the 2018 Wyoming Conference on Aging!

Online Education Modules:

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

- Annual Wellness Visit: "There's a lot of Life to Live, Live it Well" - Benefits of the Annual Wellness Visit
- Dementia, HIPAA and Decision-Making Capacity
- Management of Problematic Behaviors of Elderly patients
- Dementia in the Patient with Intellectual Disability
- An update of the diagnosis of Alzheimer's, from preclinical to Dementia: NIA-AA, DSM5 and IWG Criteria Considered
- Caregiver Resources and Support
- Native Americans (American Indians) and Dementia
- And many more, available online for anyone with an interest!

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. **CHECK OUT OUR NEW ADDITIONS:** *"Mouth Care without a Battle" DVD; "Activities to do with your Parent who has Alzheimer's Dementia" book, "Nine to Ninety" DVD; and "Creative Solutions to Challenging Situations": A workbook/DVD set from Teepa Snow-Positive Approach.* To receive a complete list of available library resources, please contact wycoc@uwyo.edu

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 - a film illuminating the pivotal role of cross-cultural communication in healthcare decision-making, and the urgent need for cultural competence and diversity training in the healthcare professions.
- Age of Champions: An uplifting documentary story of competitors who sprint, leap, and swim for gold at the National Senior Olympics.
- Health Literacy and Older Adults Module: The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.
- Aging Etiquette: Understanding and implementing respectful communication and interaction with people who are aging.
- Oral Health: Understand the importance of oral health and how it relates to total physical health; understand the oral bacterial infection process; show and teach caregivers how to provide oral care for residents with compromised physical or mental abilities; explain how nutrition/eating habits can impact the success of oral health.
- Older Adults Driving: 2 versions are available: caregiver and healthcare. Overview points include: Age itself does not make an unsafe driver; Modifications to behavior and equipment can help promote safe driving; Collaborative conversations with older drivers are important; and understand that there are resources available.

General Aging Topics:

Find info about managing diabetes, safe driving, elder abuse, healthy aging and many more topics online at www.uwyo.edu/wycoa. If you do not see info about a topic you are interested in, please let us know!

Features:

Are you a current or incoming UW student with an interest in Interprofessional geriatric care?

- **The Minor in Aging Studies** is open to all UW Students and is a unique interprofessional experience through the College of Health Sciences. Current approved courses are offered through the College of Agriculture, College of Arts and Sciences and College of Health Sciences.
- **Consider participating in the UW ECHO in Geriatrics!** Free case consultation from geriatric experts in their field including sharing of resources including evidence-based practice strategies to assist in routine practice, increased geriatric knowledge and outcomes, connecting to the geriatric care community of practice by learning and sharing similar challenges, **Continuing Education credits, and networking with other geriatric care professionals**

Contact wycoa@uwyo.edu for more info or Find WyCOA on Facebook!

Want to learn more about MEDICARE ANNUAL WELLNESS VISIT?

Watch the informational videos on our online educational resources page!

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

Wyoming Caring with Confidence DVD Training Series: Identifying and Managing Problem Behaviors Associated with Dementia in the Long Term Care Setting (for professional staff training)

\$95.00 includes DVD, USB, and 2 hours of training
*To request an order form email wycoa@uwyo.edu



Spotlight:

Generosity in Laramie

THANK YOU to the folks that contributed to our Santa for a Senior Program here in Laramie. We had an amazing response and the seniors in our community have expressed their gratitude-so we wanted to share that with all of you!



We're here to help



TCARE@: Tailored Caregiver Assessment & Referral System. TCARE@ care consultants identify caregivers' risk of stress and burnout and equip family caregivers with the right resources and services based on tailored care plans for every unique caregiving journey.



SHARE (Support, Health, Activities, Resources, and Education): A Care-Planning Program for families facing an early-stage dementia diagnosis. The early stages of dementia can be an important time to prepare for the changes that lie ahead. The share program empowers persons living with dementia and their families to get the most out of today while planning for tomorrow.

More info at: https://www.uwyo.edu/wycoa/products_research_services/
Or wycoa@uwyo.edu | (307) 766-2829

Caring with Confidence is a program designed to educate Certified Nursing Assistants (CNAs) and other direct care workers on how to manage challenging behaviors that are often associated with dementia. Topics covered in the training are: person-first philosophy, factors in behavior, managing behaviors & tips for communication and managing caregiver stress.

WyCOA Partner & Collaborator Highlight:

Over the past 2 years, WyCOA has been working with the Wyoming Department of Health to develop a new Aging and Disability Resource Center (ADRC) website for Wyoming. The website aims to resume the work of the state Aging and Disability Resource Center, which was dissolved in 2015, by connecting older adults and people with disabilities to a variety of helpful information and services that address their specific needs. With a database of over 2,000 searchable resources and a functional framework nearing completion, the website will soon be marketed and made available to users statewide.

The website, which is still in development, can be found at adrcwyoming.org.



Wyoming
Department
of Health