



Summer 2018

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.

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www.uwyo.edu/wycoa
Find WyCOA on Facebook!

Chronic Disease Self-Management to Expand in Wyoming

WyCOA, in partnership with the Wyoming Department of Health – Public Health Division (WDH-PHD), was recently awarded a grant by the national Administration for Community Living. Using the awarded funds, WyCOA and WDH-PHD will work together to expand the reach of the Chronic Disease Self-Management Program (CDSMP) and to begin offering the Chronic Pain Self-Management Program (CPSMP) and the Diabetes Self-Management Program (DSMP) throughout Wyoming. Additionally, they will work with Wyoming Medicare, Medicaid, and private insurance organizations to make chronic disease self-management education a reimbursable service, thereby making the program more sustainable and more widely available to those with chronic health conditions throughout the state. Both WyCOA and WDH-PHD are excited about the new partnership and the opportunities it will create; with WyCOA's experience delivering evidence-based programs throughout the state and WDH-PHD's network of health educators and relationships with state and local health agencies, chronic disease self-management education in Wyoming will continue to grow and flourish.



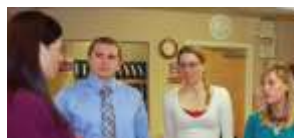
Contact WyCOA for more information on Healthy U or to find a workshop in your area!



WyCOA Serves:



Older Adults and Caregivers



Faculty



Healthcare Professionals



Students

University of Wyoming | uwyo.edu/wycoa

GO FOR GOLD



Trainings & Events

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

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 their challenging cases for discussion and 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.



"Thank you. Please pass on to the team how beneficial their guidance has been. I've been able to utilize the information & recommendations to many of the professionals I work with. We are proceeding with their recommendations!"

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.

Technology for Optimal Aging: Considerations Across a Spectrum:

This program is an online certificate that seeks to empower healthcare professionals by providing tools to appropriately assess and implement assistive technology with older adults.

AND MORE!

REGISTRATION IS NOW OPEN

at WyCOA's website under training/events tab!

Wyoming Quality Healthcare Conference

"From the Patient to the Payment, Keeping Quality First: A Learning & Action Networking Opportunity" for Health care Professionals

**August 8th & 9th
Little America Hotel and Resort in Cheyenne, WY**

Topics include: Nursing Home Quality, Care Coordination, Medication Safety; Technology, Payment and Quality, and more!

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**SAVE THE DATE:**

**October 2-4 2018  
Laramie, WY  
"Wyoming Conference on Aging: Engage at Every Age"**

### 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](mailto: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 the state, organized by region and contained in a handy booklet. \*Find the latest version for your region at [www.uwyo.edu/wycoa](http://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](http://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.

### Online Education Modules:

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

- 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
- Caring for our Older LGBT Adults
- 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 [wycoa@uwyo.edu](mailto:wycoa@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](http://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?

The field of geriatric health offers opportunities in traditional health care settings and in new settings as the aging baby boomers redefine "geriatric care." Consider the variety of professionals needed to design and create alternative community living environments. Imagine the excitement of being involved in wellness and preventative geriatric programs such as healthy nutrition for older adults or exercise for improved quality of life. Whether your interest is in hospital care, residential care, or as-yet undefined allied health care, a minor in aging studies will compliment your major.

**The Minor in Aging Studies** is open to all UW Students and is a unique interprofessional experience through the College of Health Sciences. Contact [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu) for more info or

Find WyCOA on Facebook!



### Want to learn more about implementing the 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](mailto:wycoa@uwyo.edu)**



## Spotlight:



WyCOA exhibitor display at the 11<sup>th</sup> Annual Senior Fair in Casper, May 2018.



**Please consider a gift to the Wyoming Center on Aging.**

Go to [www.uwyo.edu/foundation/ways-to-give](http://www.uwyo.edu/foundation/ways-to-give) to learn more.

For questions about other giving options including planned gifts or the state matching gift program, please contact the College of Health Sciences' Major Gift Officer, Angela Ver Ploeg to discuss your gift and options for donating.

[Angela.verploeg@uwyo.edu](mailto:Angela.verploeg@uwyo.edu)

## WyCOA Partner & Collaborator Highlight:

In June, WyCOA Master Trainers trained the first set of assessors for the Tailored Care (TCARE) program in Wyoming. The TCARE program helps care consultants effectively target local support services for family caregivers, thereby improving the efficiency of those services and improving the health and well-being of both the caregiver and the care receiver. New assessors include representatives from the Alzheimer's Association - Wyoming Chapter, the Wyoming Department of Health - Aging Division, and Wyoming Senior Citizens, Inc. offices in both Riverton and Casper. More information coming as this program develops!



Wyoming Department of Health



alzheimer's association