

Resources for Long Term Care

Leading Age, May 8, 2024

Presented By

Debra Antista-Bianchi, MPH, MS

Executive Director, Wyoming Chapter

debianchi@alz.org | 307-459-1675



Wyoming Chapter





**Vision: A world without
Alzheimer's disease
and all other dementia.TM**

Mission:

The Alzheimer's Association leads the way to **end Alzheimer's and all other dementia** — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Strategic goals



Providing and enhancing care and support.



Accelerating research.



Increasing concern and awareness.



Strengthening diversity, equity and inclusion.



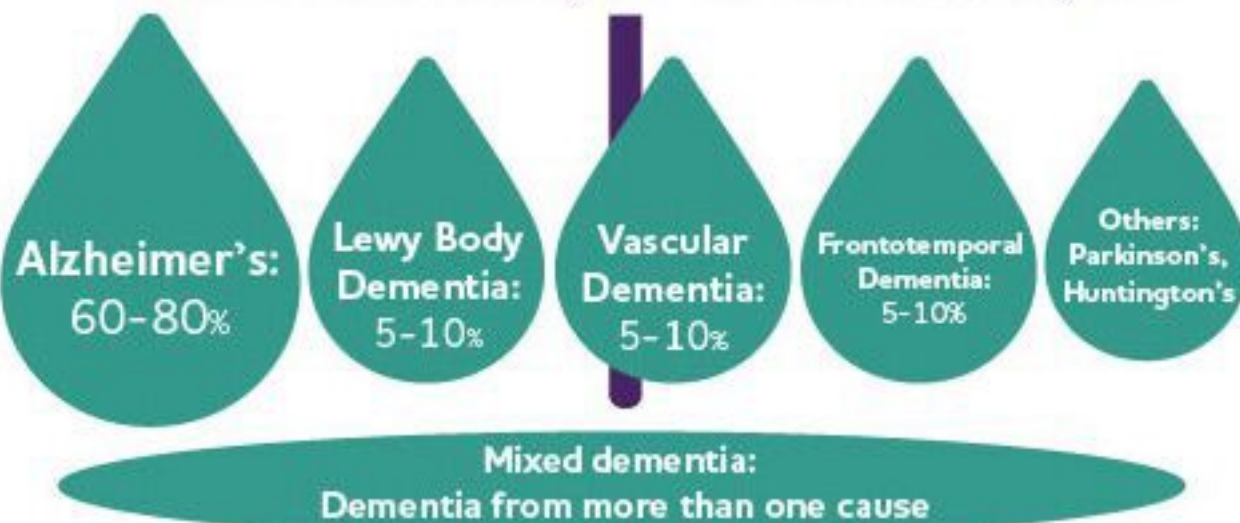
Advancing public policy.



Increasing revenue.

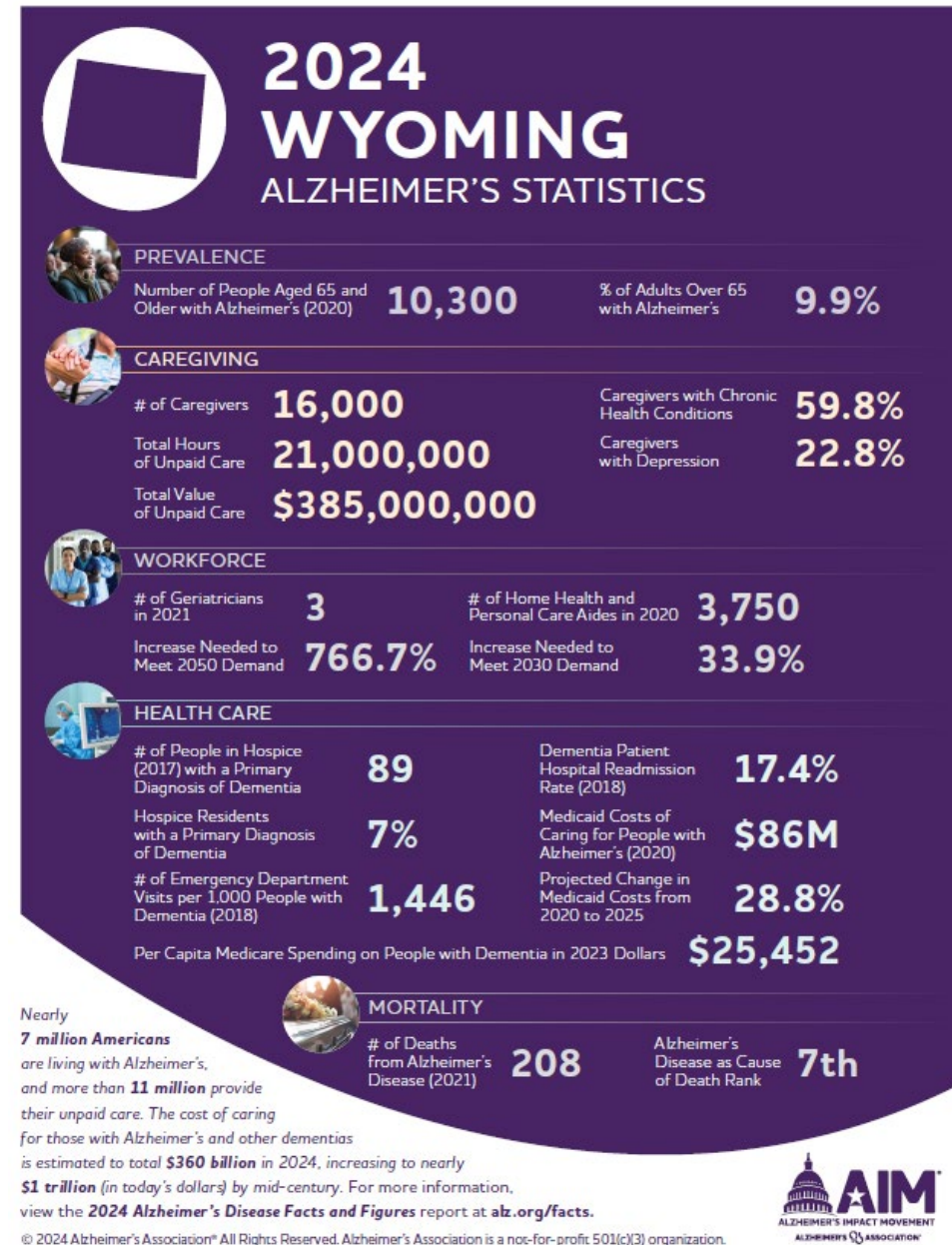
DEMENTIA

Umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

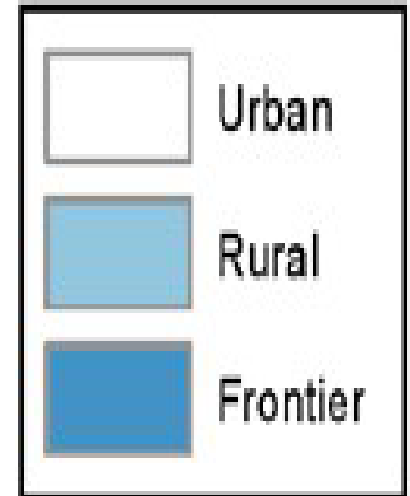
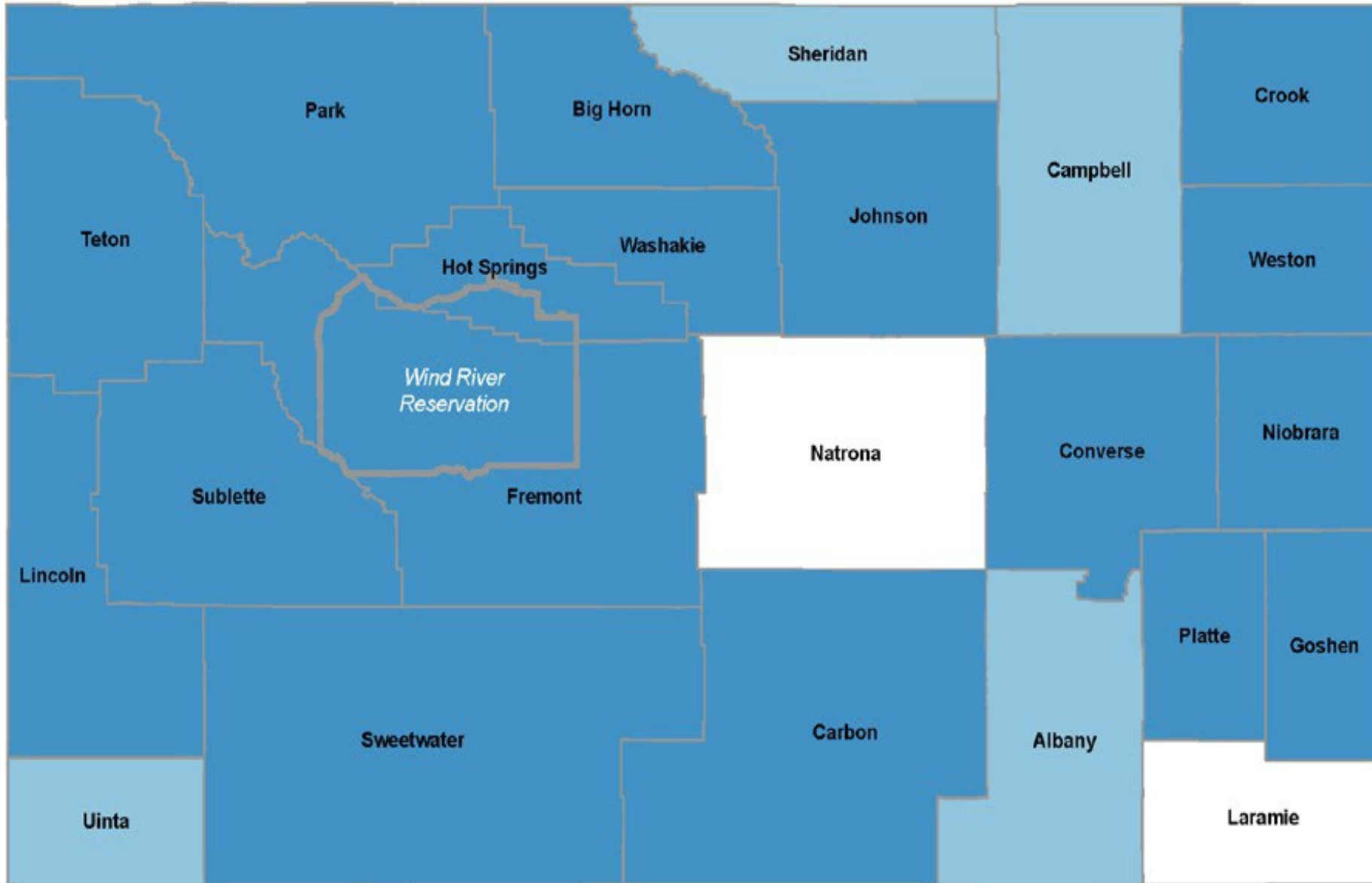


AD In Wyoming

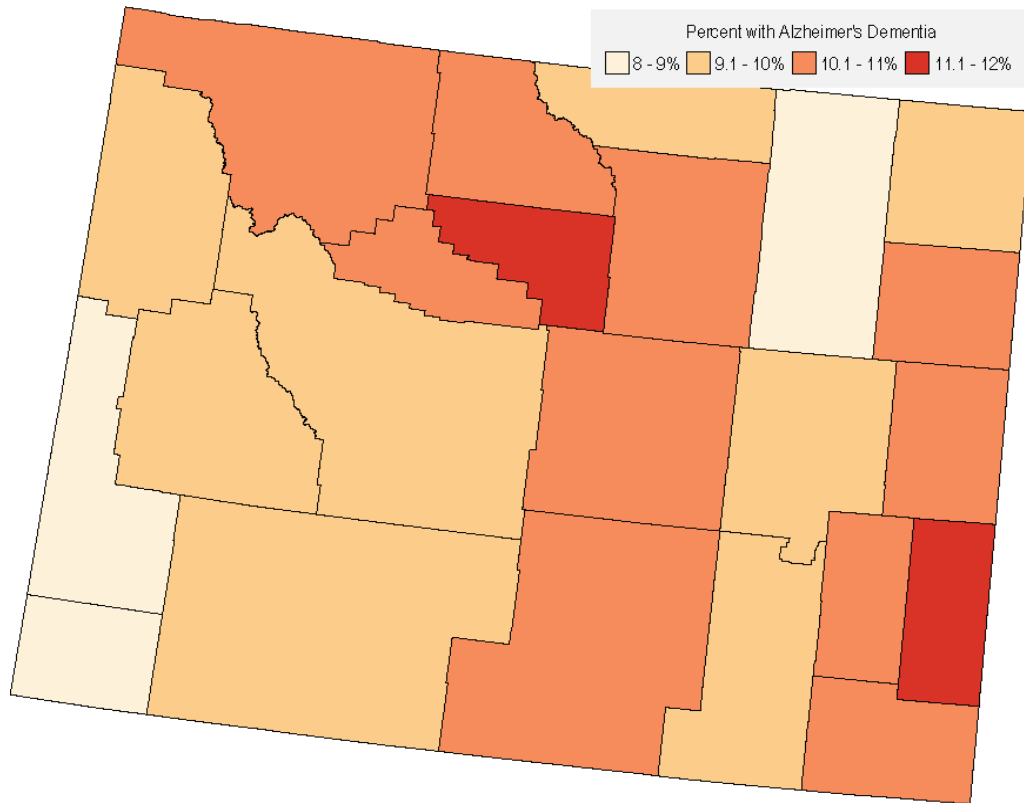
- 10,300 people are living with Alzheimer's in Wyoming.
- 16,000 family caregivers bear the burden of the disease in Wyoming.
- 21 million hours of unpaid care provided by Alzheimer's caregivers.
- \$385 million is the value of the unpaid care.
- \$86 million is the cost of Alzheimer's to the state Medicaid program.



Wyoming Counties



Alzheimer's Dementia in Wyoming (Age 65+)



Based on data from: Dhana et al., Alzheimer's & Dementia, 2023

State	County	Alzheimer's Dementia Prevalence Estimates, 2020		
		Total Pop. Age 65+ (nearest 100)	AD Cases Age 65+ (nearest 100)	AD Prevalence (Age 65+)
Wyoming		103,800	10,300	9.9%
Columns C & D are estimates that have been rounded to the nearest 100 and are not the exact figures used to calculate AD prevalence in column E. State totals were independently modeled (and may not equal a sum of all rounded counties) Source: Dhana et al., Alzheimer's & Dementia, 2023	Albany	5,000	500	9.5%
	Big Horn	2,500	300	10.5%
	Campbell	5,400	500	8.4%
	Carbon	2,700	300	10.1%
	Converse	2,500	200	10.0%
	Crook	1,700	200	9.6%
	Fremont	7,800	800	9.8%
	Goshen	3,100	400	11.5%
	Hot Springs	1,200	100	10.4%
	Johnson	2,300	200	10.1%
	Laramie	17,200	1,800	10.6%
	Lincoln	3,900	300	8.8%
	Natrona	13,200	1,300	10.2%
	Niobrara	600	100	10.8%
	Park	7,300	700	10.1%
	Platte	2,300	200	10.7%
	Sheridan	6,900	700	9.8%
	Sublette	2,100	200	9.1%
	Sweetwater	5,900	500	9.2%
Teton	3,900	400	9.3%	
Uinta	3,200	300	8.7%	
Washakie	1,800	200	11.1%	
Weston	1,500	200	10.5%	



Resources for Professional Caregivers



Enhance Quality Care

Training & Certification

- **essentiALZ®** — Alzheimer's Association Training and Certification
- Curriculum Review
- **essentiALZ®** Certification Exam

Learning & Networking

- **ECHO®**. The Alzheimer's and Dementia Care **ECHO®** (Extension for Community Healthcare Outcomes) Program
- Dementia Care Provider Roundtable

Start today at alz.org/transformingqualitycare

ENHANCE QUALITY CARE WITH THE ALZHEIMER'S ASSOCIATION

The Alzheimer's Association® offers professional care providers flexible options to implement the latest approaches in evidence-based, person-centered dementia care. Informed by leading dementia researchers and practitioners, our resources provide individuals and providers with training, certification and networking founded in the Association's Dementia Care Practice Recommendations.

TRAINING AND CERTIFICATION

essentiALZ® — Alzheimer's Association Training and Certification

This program educates professional care workers on how to apply current evidence-based, person-centered care practices when caring for individuals living with dementia. The self-paced online curriculum features videos and interactive activities and includes access to the **essentiALZ** Certification Exam (Certification is valid for two years).

Curriculum Review

Curriculum review offers providers and training companies the opportunity to submit their proprietary professional training programs for review in relation to the Dementia Care Practice Recommendations. Once an organization's curricula is recognized by the Association, staff are eligible to become certified in **essentiALZ**.

essentiALZ Certification Exam

Providers who use a recognized training program reflecting the Dementia Care Practice Recommendations are eligible to purchase **essentiALZ** Certificate Exams for their staff.

LEARNING AND NETWORKING

The Alzheimer's and Dementia Care ECHO Program

The Alzheimer's and Dementia Care ECHO Program connects dementia care experts with professional care providers in a free continuing education series of interactive, case-based video conferencing sessions. The program enables professional care providers in long-term and community-based settings to better understand Alzheimer's and other forms of dementia and emphasizes high-quality, person-centered care.

Dementia Care Provider Roundtable

Have a seat at the Alzheimer's Association Dementia Care Provider Roundtable to discuss key issues in Alzheimer's care and support with diverse thought leaders. The roundtable is a noncompetitive platform where leaders in long-term and community-based care come together to discuss a wide range of topics related to quality dementia care.

Start today at alz.org/transformingqualitycare

©Aug 2022 Alzheimer's Association®. All rights reserved.



OFFER EDUCATION AND SUPPORT TO FAMILIES

Help families learn about the disease and how to best support someone living with dementia with **Alzheimer's Association education programs**. Available in person or virtually, our informational sessions can educate residents and their families on topics such as communicating with the person living with dementia at every stage of the disease and responding effectively to dementia-related behaviors.

Let's partner to provide deliver education programs for your families and for the community.

May be done in person (weather permitting) or virtually, with a site host.

SYSTEM-WIDE CHANGE THROUGH HOLISTIC TRAINING APPROACH

The Alzheimer's Association® has created a holistic approach to lasting, system-wide change for long term care communities through a multi-component program that keeps resident care as the core motivator for professional development. Informed by leading dementia researchers and practitioners, our comprehensive offerings include opportunities for your staff to increase their skills and confidence, connect with other professionals in the field and get support to deliver quality dementia care.

ACCESS TRAINING AND CERTIFICATION

Put your organization at the forefront of quality dementia care with **essentiALZ® — Alzheimer's Association Training and Certification**. Staff will learn about current evidence-based, person-centered care practices with a self-paced online curriculum that features videos and interactive activities. In addition to the program, communities will gain access to the essentiALZ Certification Exam. Certification is valid for two years.

CONNECT AND ENGAGE WITH OTHER PROFESSIONALS

Gain knowledge, confidence and access to expert consultation with **Project ECHO®**. The Alzheimer's and Dementia Care ECHO® (Extension for Community Healthcare Outcomes) Program offers an opportunity to train providers in long-term and community-based care settings through an innovative distance-learning model. Participants will hear from specialists in the dementia care field before discussing case examples from

OFFER EDUCATION AND SUPPORT TO FAMILIES

Help families learn about the disease and how to best support someone living with dementia with **Alzheimer's Association education programs**. Available in person or virtually, our informational sessions can educate residents and their families on topics such as communicating with the person living with dementia at every stage of the disease and responding effectively to dementia-related behaviors.





Community Resources

24/7 Helpline

- Available around the clock, 365 days a year.
- Helpline specialists and master's-level clinicians offer confidential support and information.
- Bilingual staff and translation service in 200+ languages
- Live chat available.
- TTY Service 866.403.3073



24/7 Helpline

800.272.3900

alzheimer's  association®



Live Chat

Education Programs

In Person or Webinars

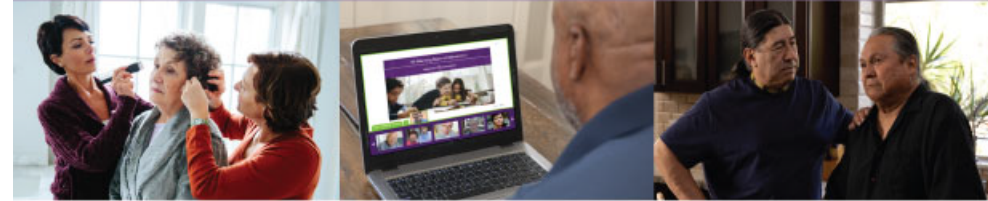
- NEW: The Empowered Caregiver Series
- 10 Warning Signs of Alzheimer's
- Understanding Alzheimer's and Dementia
- Managing Money: A Caregivers Guide to Finances
- Healthy Living for Your Brain & Body
- Dementia Conversations

Classes are available on-demand at alz.org/education

(The Empowered Caregiver series is coming soon to on-demand.)

ALZHEIMER'S
ASSOCIATION

CAREGIVER EDUCATION
AND TRAINING
YOU CAN TRUST



The Alzheimer's Association® offers a range of caregiver skill-building courses. Each course includes questions to check existing knowledge and exercises to apply new learnings to personal caregiving situations. The courses aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

The Empowered Caregiver

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

The 10 Warning Signs of Alzheimer's

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Understanding Alzheimer's and Dementia

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Healthy Living for your Brain and Body

This course introduces research in the areas of healthy habits that support brain health. Participants will explore ways to incorporate these recommendations to support healthy aging.

Dementia Conversations

This course gives caregivers tips and strategies for having difficult — but important — conversations about driving, visiting the doctor and legal and financial planning.

To learn more or find a course near you, visit alz.org/crf. To take an online course, visit alz.org/education.

To host a class in your community, contact **Debra Antista-Bianchi, MPH, MS** debianchi@alz.org

Caregiver Support

Local In-Person/Virtual/Hybrid Caregiver Support Groups

The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's.



SUPPORT GROUPS FOR CAREGIVERS

Wyoming Chapter

The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Please call ahead before your first visit to register and receive the ZOOM link: 800-272-3900

WYO Virtual Dementia Caregiver Support Groups

Registration is required before you attend your first meeting. Call 800-272-3900 or Email amaguilar@alz.org

Wyoming Virtual Caregiver Support Group	3rd Wednesday	4:30 to 6:00 pm
---	---------------	-----------------

Region Four Specialized Dementia Caregiver Support Groups

Specialized groups offer support tailored to the needs of the audience. Registration is required before you attend your first meeting. Call 800-272-3900 or Email amaguilar@alz.org

Adult Children Support Group	1st Wednesday	7:00 to 8:30 pm
Faith Based Support Group	1st, 3rd, & 4th Wed	10:00 to 11:30 am
Early Stage Caregiver Support Group	1st Thursday	1:00 to 2:00 pm
Frontotemporal Degeneration (FTD) Support Group	2nd Tuesday	5:30 to 7:00 pm
Grieving After Dementia Support Group	1st & 3rd Mondays	11:30 am to 1:00 pm
Grieving Through Dementia Support Group	2nd Wednesday	10:00 to 11:30 am
LGBTQ Support Group	3rd Tuesday	11:00 am to noon
Lewy Body Dementia Support Group	3rd Thursday	6:00 to 7:30 pm
Lewy Body & Parkinson's Dementia Support Group	2nd Monday	3:30 to 5:00 pm
Men's Support Group (hybrid group)	3rd Tuesday	12:00 to 1:00 pm
Sandwich Generation Support Group	4th Saturday	10:00 to 11:30 am
Younger Onset - Adult Children Support Group	2nd Wednesday	6:30 to 7:30 pm



NO COST TO ATTEND.
FOR MORE INFORMATION, CALL 800.272.3900
EMAIL: DEBIANCHI@ALZ.ORG, or VISIT ALZ.ORG/WYOMING



Wyoming Chapter

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.

 PROGRAMS AND EVENTS	 PROGRAMS AND EVENTS	 CARE AT HOME
 COMMUNITY SERVICES	 HOUSING OPTIONS	 MEDICAL SERVICES

The Alzheimer's Association and AARP do not endorse any of the providers listed here. The information contained in the Community Resource Finder is thought to be reliable but is not guaranteed to be accurate. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without further notice.

ONLINE TOOLS

www.communityresourcefinder.org

Conduct a Search

Choose the category and enter your city or zip code.

- Alzheimer's Association Chapters
- Alzheimer's Early Stage Programs
- Alzheimer's Education Programs
- Alzheimer's Events
- Alzheimer's Social Engagement Programs
- Alzheimer's Support Groups



Build an Action Plan with ALZNavigator



[Home](#) > [Help and Support](#) > [Resources](#) > ALZNavigator

Whether you're a caregiver, a person living with dementia, or someone concerned about memory loss, find the support you need with ALZNavigator™. Just answer a few questions about your situation and ALZNavigator will guide you to the resources and tools you need today and throughout each step of the disease — all in one place.

[Build Your Action Plan](#)



What you can do with ALZNavigator

- Learn what to expect and how to prepare for the future.
- Get connected with local resources and find support.
- Gain the confidence to live well through every stage of the disease.

Choose a topic.

What would you like to learn more about? Where could you use some support? Topics include home safety, financial planning, living well and much more.

Answer a few questions.

Based on your answers about your current situation, ALZNavigator will add information, educational programs and local resources to your action plan.

View your action plan.

Find all your resources in one place. Reference your action plan whenever you need it by printing it, downloading it to your computer, saving the link or sharing it.

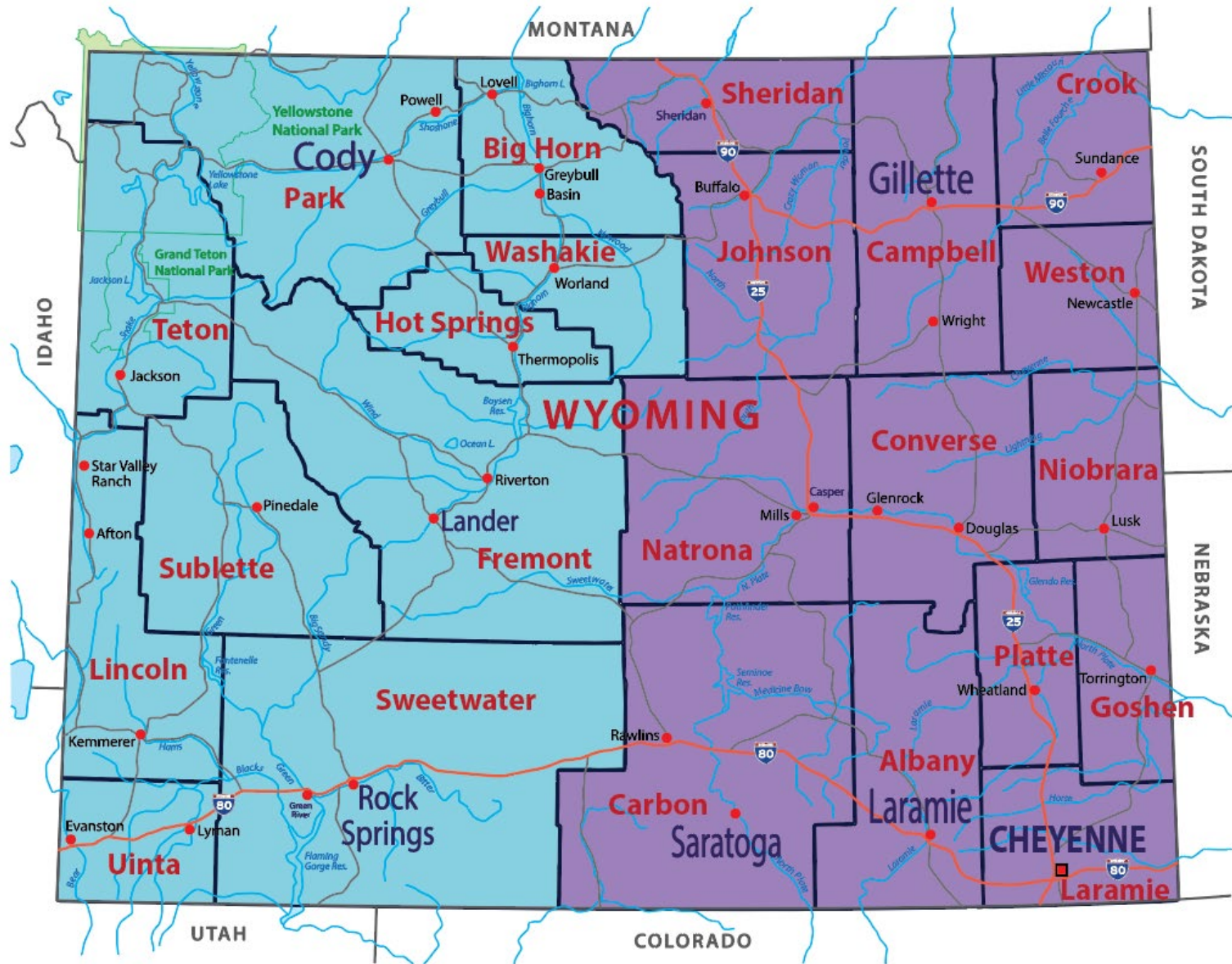
www.alzheimersnavigator.org

We Need YOU!

Join us in our efforts to reach and serve all those who are impacted by Alzheimer's and other dementia in WYOMING!

- *Community Outreach*
- *Community Education*
- *Support Groups*
- *Early-Stage Programs*
- *Advocacy*
- *Walk to End Alzheimer's*
- *The Longest Day*





Restructuring in 2024 Eastern and Western Wyoming Regions

LEAP Programmatic Impact Geographic Explorer

Select Metric: **999** Current YTD | **4.03** Served Per Capita (000) | **-4%** Diversity Gap %

Unduplicated Total | Total Service Contacts

Select Program Type: All

Select Area, Region, Chapter: All

Select State: Wyoming

Select County: All

Select Cbsa: All

Select Urban/Rural: All

Data as of: 5/7/2024

State	County, State	Current YTD	% YoY YTD	Served Per Capita (000)	Selected Census Pop	Diversity Gap %
WY	Carbon, WY	8		1.27	6,296	7%
WY	Teton, WY	15		1.41	10,675	6%
WY	Fremont, WY	138		8.03	17,187	5%
WY	Goshen, WY	23		3.81	6,032	4%
WY	Natrona, WY	34		1.04	32,829	2%
WY	Rock, WY	10		1.70	15,453	1%
Total		999		4.03	247,663	-4%

Select Metric: **1,109** Current YTD | **46%** Percent YoY YTD | **4.48** Served Per Capita (000) | **-5%** Diversity Gap %

rammatic Impact Geographic Explorer

State	County, State	Current YTD	% YoY YTD	Served Per Capita (000)	Selected Census Pop	Diversity Gap %
WY	Fremont, WY	45	-24%	2.62	17,187	19%
WY	Sheridan, WY	10	-29%	0.65	15,463	3%
WY	Park, WY	111	171%	7.18	15,452	1%
WY	Hot Springs, WY	29	867%	11.84	2,450	-1%
WY	Platte, WY	19	90%	4.15	4,573	-2%
WY	Washaki, WY	15	1100%	13.70	3,770	3%
Total		1,109	46%	4.48	247,663	-5%

Leap informs our work... where we have been... and where we haven't been YET!

Please complete our
very quick
questionnaire

