



About Dementia - 08

## NEXT STEPS

**This Help Sheet describes the different services available for people diagnosed with dementia, their families and care partners. These include specialized dementia services, health and home support services.**

Caring for someone with dementia can be difficult, and at times feel a bit overwhelming. However, there are many organizations that provide a range of services to help families and care partners continue supporting people with dementia at home.

### Getting the information, you need

Finding out about dementia and the immediate help available is usually a priority soon after diagnosis.

Dementia Friendly Wyoming can provide information, education, support and planning and can be reached at 307-461-7134 or Sheridan Senior Center 307-672-2240.

Alzheimer's Association can help you learn what is happening and provide information Call the Helpline on 1-800-272-3900.

### Support

Sheridan Senior Center and the Dementia Friendly Wyoming program have scheduled support groups.

Many people find comfort and practical assistance by attending these meetings with others who know what it is like to care for a person with dementia.

Support groups bring together families, care partners and friends of people with dementia under the guidance of a group facilitator. Sheridan Senior Center provides Caregiver Support Groups.

*"It helps to know you're not alone...listening to how others deal with similar problems...it makes me feel much better to know that there are other people with a similar caring role."*

### Counseling

Sheridan Senior Center and Dementia Friendly Wyoming can provide referrals for mental health services for those living with dementia and their care partners.

### Health Services

The family doctor will probably be the health professional providing on-going health care for the family and the person with dementia. It is important that family members and the doctor can communicate comfortably as this will be of great benefit to all concerned.



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### Respite Care

Resources for respite are available through Sheridan Senior Center and Dementia Friendly Wyoming.

Families and care partners need to have regular breaks from caring. One way to do this is to arrange regular respite care for the person with dementia.

There are various ways to take a break, including residential respite care for the person with dementia. Some agencies provide flexible in-home respite care. Sheridan Senior Center provides Daybreak for daytime respite.

### In Home Care

Resources for in home care are available through Sheridan Senior Center and Dementia Friendly Wyoming.

Some people living with dementia may need additional in home health care provided by a company that provides services medical and non-medical care.

### Independent living

Wyoming Independent Living offers services designed to promote safe living. Information is available by contacting Robin Miller, 307-655-3344, [rmiller@wilr.org](mailto:rmiller@wilr.org) or home safety products can be sources from the Sheridan Senior Center.

**FURTHER INFORMATION:** locally call Dementia Friendly Wyoming 307-461-7134 or visit our website <http://www.dwfsheridan.org> or The Sheridan Senior Center 307-672-2240. Nationally contact the Alzheimer's Association at 1-800-272-3900, or visit their website at <http://www.alz.org>.