

Increasing Our Understanding



Living with Memory Loss Series

This 10-week educational seminar offers a unique opportunity for persons with a memory loss disease AND their care partners to gain valuable education and support. Each session features a local professional offering information about memory loss and the community support services available. In addition there is ample time for discussion and sharing in a format that allows for care partners and persons with memory loss to experience unique support groups.

DATE: September 29th - December 1st, 2015

TIME: Tuesdays from 10:00 am – 12:00 pm

SPONSORS:



LOCATION:

Good Samaritan Society, Eugene Village
3500 Hilyard St., Eugene, OR, 97405 (in the chapel)

For information or to pre-register, call Bridget Kronholm @ 541.747.1755

Fee: \$100 per family

Offered in partnership with
Lane Community College's
Successful Aging Institute



Successful Aging
Institute

10-Week Educational Series Topics

Week 1 Memory Loss 101

Learn the purpose and structure of the series with an opportunity to become acquainted with one another and the program staff. Explore the history and biology of Alzheimer's and memory loss diseases.

Week 2 Understanding your Diagnosis and Working with your PCP

Explore Alzheimer's and related memory loss diseases, including diagnosis and symptoms. Tips are discussed on how to communicate with your doctor or health care provider and prepare for hospital visits.

Week 3 The Best Friends Approach to Alzheimer's Care & Communication Skills

The principles of person-centered care are introduced, as well as learning effective ways to communicate with a person with a memory loss disease.

Week 4 Family & Social Dynamics and Care Partner Stress

Family and social dynamics may change as the result of memory loss. Maintaining and improving these relationships is addressed, as well as issues related to disclosure of the diagnosis and stress-reducing techniques.

Week 5 Legal and Financial Considerations

A guest from the elder law profession answers questions concerning long-term care and matters of the estate.

Week 6 Dealing with Depression / Loss and Grief / Ethical and Spiritual Wills

This session focuses on recognizing and living with loss and grief, and discusses strategies for coping; how to keep your values, stories and wisdom alive for future generations through ethical and spiritual wills; and end of life care for those with memory loss.

Week 7 Driving & Transportation Options and Safety Devices

When is it time to stop driving? We look at the effect memory loss has on driving skills and alternate forms of transportation. Project Lifesaver and MedicAlert + Safe Return programs are shared.

Week 8 Alzheimer's Research & Clinical Trials

Up-to-date information on the treatment of memory loss illnesses is shared, including medications and drug studies. Learn how to enroll in clinical trials.

Week 9 Healthy Living

This interactive session shares strategies to improve brain health through nutrition, exercise, and cognitive wellness activities.

Week 10 Community and Online Resources

Resources and tips are presented for successful transitions for both the person with memory loss and their care partner. The continuum of care and types of residential communities are explained.