

# 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: **January 14th – March 17th, 2020**

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 Christine Martin @ 541.747.4858

**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: 1/14/20**

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: 1/21/20**

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 and Communication: 1/28/20**

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 Resiliency and the Emotional Impact of Grief and Loss: 2/4/20**

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

## **Week 5 Legal and Financial Considerations: 2/11/20**

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

## **Week 6 Family & Social Dynamics and Care Partner Stress: 2/18/20**

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 7 Behaviors Associated with Memory Loss: 2/25/20**

Learn common behaviors associated with various forms of memory loss and how to form a response to them that is understanding and useful. Taught by a Geriatric Nurse Practitioner.

## **Week 8 Transportation, Safety, and Independence: 3/3/20**

When is it time to stop driving? We'll discuss how memory loss effects driving skills, and introduce new tools for transportation. Safety in the home will also be reviewed, ranging from bathroom devices, kitchen dangers, and electronic tracking systems.

## **Week 9 Healthy Living/ Cognitive Wellness and Nutrition: 3/10/20**

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

## **Week 10 Community Resources: 3/17/20**

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. Graduation Party to follow!