

Increasing Our Understanding



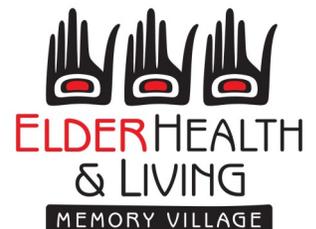
Living with Memory Loss Series

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. With our Zoom facilitators there will be opportunities for questions and support for participants.

DATE: January 12th – March 16th, 2020

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

SPONSORS:



LOCATION:

Online with Zoom (Zoom help available)

For information or to pre-register, call Karyn Baker @ 541.747.4858

Fee: \$100 per family, Scholarships Available

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



Successful Aging
Institute

10-Week Educational Series Topics

Week 1 Memory Loss 101: 1/12/21

Getting comfortable with Zoom meeting platform, introductions all around and overview of the series. Differences between typical aging and dementia, how Alzheimer's and other dementias affect the brain, risk factors, medications currently available, and what the progression looks like.

Week 2 Understanding Your Diagnosis and Working with Your PCP: 1/19/21

Explore Alzheimer's and related memory loss diseases, including diagnosis and symptoms. Tips on how to communicate with your doctor or health care provider and prepare for hospital visits. Taught by a Geriatric Nurse Practitioner.

Week 3 Best Friends Approach to Alzheimer's Care and Communication Skills: 1/26/21

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: 2/2/21

What is grief and what do we do with it? Coping strategies for recognizing and living with loss and grief reviewed.

Week 5 Transportation, Safety, and Independence: 2/9/21

Learn how memory loss affects driving skills, strategies to keep everyone safe, and options for new transportation to help retain independence. Keeping someone safe in and out of their home with technology, tracking devices and other safety techniques covered.

Week 6 Family Dynamics and Caring for the Care Partner: 2/16/21

Strategies for recognizing and lowering care partner stress, and why this is so important. Includes specific, practical and local resources for caregiver support.

Week 7 Normal Aging vs. Aging with a Neurocognitive Impairment: 2/23/21

Learn common health conditions and 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 Legal and Financial Considerations: 3/2/21

An elder-law attorney answers questions concerning long-term care, matters of the estate and Medicaid eligibility requirements that cover costs for care communities.

Week 9 Healthy Living/Cognitive Wellness: 3/9/21

This interactive session shares strategies to improve brain health through nutrition, exercise, and cognitive wellness activities. We'll touch on lighting and sleep and their dementia connection, as well as best practices for navigating the COVID pandemic.

Week 10 Community Resources: 3/16/21

Learn available resources in Lane County for both the person with memory loss and their care-partner. Types of care communities reviewed with in-depth explanation of memory care and what to look for when choosing one. Zoom Graduation Party to follow!