

# Increasing Our Understanding

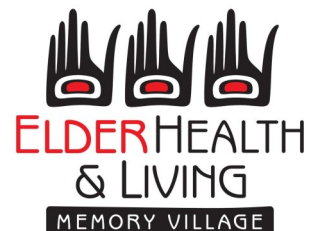


## Living with Memory Loss Series

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:** April 6th – June 8th, 2021  
**TIME:** Tuesdays from 10:00 am – 12:00 pm

### SPONSORS:



### LOCATION:

Online with Zoom (Zoom help available)

Visit our website, [www.elderhealthandliving.com/living-with-memory-loss](http://www.elderhealthandliving.com/living-with-memory-loss) or call Karyn Baker @ 541.747.4858, to register.

**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: 4/6/21**

Getting comfortable with Zoom meeting platform and introductions all around. 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 Best Friends Approach to Alzheimer's Care and Communication Skills: 4/13/21**

The principles of person-centered care are introduced, as well as effective ways to respond to communication and behavior issues with a person who has a memory loss disease. Support group resources are given.

## **Week 3 Understanding Your Diagnosis and Working with Your PCP: 4/20/21**

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 4 Resiliency and the Emotional Impact of Grief and Loss: 4/27/21**

What is grief and what do we do with it? Coping strategies for recognizing and living with loss and grief reviewed. How to best prepare for an emergency when you need an ambulance. Presented by Eugene/Springfield Fire Department.

## **Week 5 Transportation, Safety, and Independence: 5/4/21**

Learn how memory loss affects driving skills, strategies for when it's time to give up the car keys, and maintaining independence. Keeping someone safe in and out of their home with technology, tracking devices, and other safety techniques, including firearms.

## **Week 6 Legal and Financial Considerations: 5/11/21**

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 7 Normal Aging vs. Aging with a Neurocognitive Impairment: 5/18/21**

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 Family Dynamics and Caring for the Care Partner: 5/25/21**

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

## **Week 9 Healthy Living/Cognitive Wellness: 6/1/21**

An interactive session with an LPN on strategies for improving brain health through nutrition, exercise, and cognitive wellness activities. A specialist discusses new research on lighting, sleep and their dementia connection. And lastly, learn how to respond when a loved one does not acknowledge their memory loss symptoms.

## **Week 10 Community Resources: 6/8/21**

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!