

Increasing Our Understanding



Living with Memory Loss Series

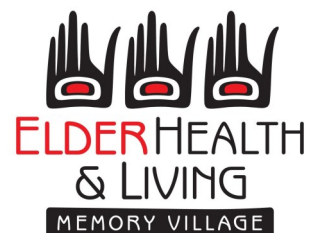
This 10-week educational seminar offers a unique opportunity for persons with a memory loss disease AND their care partners to gain valuable education and support. Each session features a local professional offering information about memory loss and the community support services available. With our Zoom facilitators there will be opportunities for questions and support for participants.

DATE: January 11th – March 15th, 2022

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

SPONSORS:

Willow Care Consulting LLC
Senior Living Guidance



LOCATION:

Online with Zoom (Zoom help available)

Visit our website, www.elderhealthandliving.com/living-with-memory-loss or call Willow Cordain @ 541.852.3311, 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: 1/11/2022

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 Understanding Your Diagnosis and Working with Your PCP: 1/18/2022

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: 1/25/2022

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 4 Resiliency with Grief and Loss/Preparing for an Ambulance Visit: 2/1/2022

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

Week 5 Transportation, Safety, and Independence: 2/8/2022

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

Week 6 Family Dynamics and Caring for the Care Partner: 2/15/2022

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: 2/22/2022

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: 3/1/2022

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

Week 9 Healthy Living for Cognitive Wellness/Lighting & the Aging Brain: 3/8/2022

An interactive session from an LPN and a Naturopathic Doctor 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: 3/15/2022

Types of care communities reviewed with in-depth explanation of memory care and hospice and what to look for when choosing one. Zoom Graduation Party to follow!