

# Increasing Our Understanding



## Living with Memory Loss Series

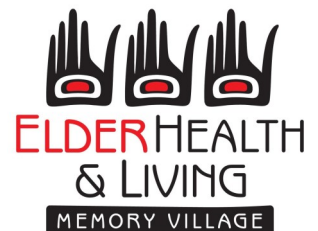
This 10-week educational seminar offers a unique opportunity for persons with a memory loss disease AND their care partners to gain valuable education and support. Each session features a local professional offering information about memory loss and the community support services available. There will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

**DATE: September 6th – November 8th, 2022**

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

### SPONSORS:

*Willow Care Consulting* LLC  
Senior Living Guidance



### LOCATION:

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

Visit our website, [www.elderhealthandliving.com/living-with-memory-loss](http://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: 9/6/2022**

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: 9/13/2022**

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: 9/20/2022**

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: 9/27/2022**

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 Legal and Financial Considerations: 10/4/2022**

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

## **Week 6 Transportation, Safety, and Independence: 10/11/2022**

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 7 Normal Aging vs. Aging with a Neurocognitive Impairment: 10/18/2022**

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 Family Dynamics and Caring for the Care Partner: 10/25/2022**

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

## **Week 9 Community Resources: 11/1/2022**

Types of care communities reviewed with in-depth explanation of memory care. Hospice and Palliative care options reviewed.

## **Week 10 Healthy Living for Cognitive Wellness/Lighting & the Aging Brain: 11/8/2022**

An interactive session from an LPN and a Naturopathic Doctor on strategies for improving brain health through nutrition, exercise, and cognitive wellness activities. We discuss new research on lighting, sleep and their dementia connection. Learn how to respond when a loved one does not acknowledge their memory loss symptoms. Graduation Party to follow!