

# 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:** April 2nd – June 4th, 2024  
**TIME:** Tuesdays from 10:00 am – 12:00 pm

### SPONSORS:



### LOCATION:

Waterford Grand  
600 Waterford Way, Eugene, OR 97401

Visit our website, [www.elderhealthandliving.com/living-with-memory-loss](http://www.elderhealthandliving.com/living-with-memory-loss) or call Bridget @ 541.852.3600 to register.

**Fee: \$100 per family, Scholarships Available**

Offered in partnership with  
Lane Community College.



# 10-Week Educational Series Topics

## **Week 1 Memory Loss 101: 4/02/2024**

Introductions to this series, with an overview of memory loss and dementias.

## **Week 2 Understanding Your Diagnosis: 4/09/2024**

Learn about the top five types of dementias with related symptom profiles for each, understanding the diagnosis and what to expect for each type. Taught by a Geriatric Nurse Practitioner.

## **Week 3 Legal and Financial Considerations: 4/16/2024**

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

## **Week 4 Best Friends Approach to Alzheimer's Care and Communication Skills: 4/23/2024**

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 5 Family Dynamics and Caring for the Care Partner: 4/30/2024**

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

## **Week 6 Transportation, Safety, and Independence: 5/07/2024**

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: 5/14/2024**

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 Resiliency with Grief and Loss/Preparing for an Ambulance Visit: 5/21/2024**

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 9 Healthy Living for Cognitive Wellness/Senior & Disability Services: 5/28/2024**

An interactive session on strategies for improving brain health through nutrition, exercise, and cognitive wellness activities. A representative from Senior & Disability Services will explain resources offered to community care partners and families of loved ones with a memory loss disease. Learn how to respond when a loved one does not acknowledge their memory loss symptoms.

## **Week 10 Community Resources: 6/04/2024**

Types of senior care communities reviewed with in-depth explanation of memory care. Hospice and Palliative care options reviewed. Graduation Party to follow!