

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 1st – June 3rd 2025
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 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: 4/1/2025

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

Week 2 Understanding Your Diagnosis: 4/8/2025

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 Best Friends Approach to Alzheimer's Care and Communication Skills: 4/15/2025

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 Healthy Living for Cognitive Wellness/Senior & Disability Services: 4/22/2025

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 5 Transportation, Safety, and Independence: 04/29/2025

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: 05/06/2025

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: 5/13/2025

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: 5/20/2025

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 Legal and Financial Considerations 05/27/2025

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

Week 10 Community Resources: 6/3/2025

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