

Education Presentations

We offer a variety of educational programs in the community. These events are free of charge.



Understanding Dementia and Alzheimer's Disease

- ❖ If you or someone you know is experiencing memory loss or behavioral changes, it is time to get the facts. Learn the meaning of dementia, the associated symptoms, and review the diagnostic process.

Healthy Aging: Brain Health as You Age, and What You Should Know

- ❖ How do I keep my brain healthy? Learn about research in the areas of exercise, cognitive activity, social engagement, diet and nutrition. Identify tools to help you incorporate these recommendations into a plan for healthy aging.

Advance Care Planning

- ❖ Learn how to record your wishes using an Advance Health Care Directive and when a POLST (Physician Orders for Life-Sustaining Treatment) form is appropriate. Learn how to start the conversation with your loved ones and healthcare provider.

Understanding Communication Changes

- ❖ Reduce frustration and anxiety with a greater understanding of how dementia and memory loss affect thinking as well as communication.

Understanding Dementia-Related Behaviors

- ❖ Understand how behavior is one of the primary ways for people with dementia to communicate their needs and feelings, as the ability to use language is lost. Learn to decode behavior messages and identify behavior triggers.

Legal Workshop

- ❖ Is placement in assisted living or a skilled nursing facility being considered for your loved-one? Do you have questions about how to manage financial decisions? Get information before a crisis- An expert Elder Law Attorney will provide information on: estate planning, durable powers of attorney for healthcare and finance, conservatorship, probate and more.

To request a presentation, contact *Kari Walker* at 949.757.3724 or kari.walker@alzoc.org.