



Community Education Presentations

Alzheimer's Orange County offers a variety of free educational programs in the community. A minimum attendance of 15 people is requested to present these programs.

To request a presentation, contact [Kari Walker](mailto:kari.walker@alzoc.org) at 949-757-3724 or kari.walker@alzoc.org

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

- Learn about research concerning exercise, cognitive activity, social engagement, diet and nutrition
- Identify tools to help keep your brain healthy

Understanding Dementia and Alzheimer's Disease

- Get the facts about memory loss
- Learn the meaning of dementia and the associated symptoms
- Review the diagnostic process

Understanding Communication Changes

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

Advance Care Planning

- Learn about an Advance Health Care Directive
- Know when a POLST (Physician Orders for Life-Sustaining Treatment) form is appropriate
- Learn how to start the conversation

Understanding Dementia-Related Behaviors

- Learn to decode behavioral messages and identify behavior triggers
- Understand how behavior is one of the ways people with dementia communicate

Now What? Next Steps after a Diagnosis

- Learn practical actions that can be taken after receiving a diagnosis
- Learn about the HELP model, a 4-step approach
- Discover tools and resources that are available every step of the way