

Know it before you need it...

Oh My Gosh – Now What?



There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey.

Milton/Edgewood Library
900 Meridian Ave., E., Milton

6 p.m. to 7 p.m.
Free; No RSVP Required

Sept 21, 2016 "What is Dementia? What are the warning signs?"
Oct 5, 2016 "How does the disease progress? What should I expect?"
Oct 19, 2016 "How do I start the conversation? How do I cope with the shock?"
Nov 2, 2016 "What are the typical behaviors? How do I manage them?"
Nov 16, 2016 "How do I pay for care? What are the legal things I should do?"
Nov 30, 2016 "Where can I turn for help? What are the resources I can rely on?"

Sponsored by:

*Pierce County Aging & Disability Resource Center
Pierce County Library System
Call (253) 798-4600 for more information*





Pierce County

Community Connections

1305 Tacoma Avenue
Tacoma, Washington 98402

Early Stage Memory Loss Series offers Help, Supports

Individuals and families dealing with memory loss or facing a diagnosis of Alzheimer's are typically filled with anxiety, fear and confusion. It's a time when the sky can seem to be falling in. But there is hope, there are resources and there are people who can help.

Pierce County Aging and Disability Resources and the Pierce County Library System are hosting a new series of the popular "Oh My Gosh – Now What?" The 6-part series of discussions for families and individuals focuses on the initial journey of memory loss through Alzheimer's and other Dementias starts on Sept 21 at the Milton/Edgewood Branch Library in Milton. The series covers the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues and local resources.

"Oh My Gosh – Now What?" will be led by Kris Sawyers-Dowling and Jessica Girard, two case managers with Aging and Disability Resources who specialize in providing practical help to individuals and families coping with memory loss. The schedule for sessions is:

- Sept 21 – "What is Dementia? What are the warning signs?"
- Oct 5 – "How does the disease progress? What should I expect?"
- Oct 19 – "How do I start the conversation? How do I cope with the shock?"
- Nov 2 – "What are the typical moods and behaviors? How do I manage them?"
- Nov 16 – "How do I pay for care? What are the legal things I should do?"
- Nov 30 – "Where can I turn for help? What are the resources I can rely on?"

All sessions will be held Wednesday evenings from 6 p.m. to 7 p.m. at the Milton/Edgewood Branch Library, 900 Meridian Ave., E in Milton. People can attend any or all of the discussions. Sessions are free and open to all. No RSVP is required.

"The number of Americans living with Alzheimer's disease is growing," said Aaron Van Valkenburg, manager of Aging and Disability Resources. "More than 107,000 people in Washington have Alzheimer's. One in nine people age 65 and older has Alzheimer's disease but people as young as 40 can be diagnosed. Most families notice subtle behavior changes that lead to doctor visits that lead to a formal diagnosis. This series is especially for families at the beginning stage of the journey or who simply want to be better informed."

"Oh My Gosh – Now What?" is co-sponsored by the Pierce County Aging and Disability Resource Center and the Pierce County Library System. For additional information about the series call the Aging and Disability Resource Center at (253) 798-4600.

###

Media Contact: Bob Riler, Community Connections
253-798-7384 or briler@co.pierce.wa.us