

# 2016 Navigating the Journey Caregiving Series

## Dementia Conversations

Presented by the Alzheimer's Association®

When someone is showing signs of dementia, it's time to talk. This class is designed to help you discuss with your family some challenging and often uncomfortable topics around Alzheimer's and dementia. Some of the most difficult conversations to have are about:

- Going to the doctor to get a diagnosis or medical care
- Deciding when it is necessary to stop driving
- Making plans for managing finances and legal documents to be sure the person's wishes are carried out and the costs of future care are covered

You may try to wait until the time is "right" to have these conversations, but in reality, that time rarely comes. The sooner these discussions can take place, the better, so you can include the person about whom you have concerns and avoid unexpected situations in the future. Join us and learn some tips for breaking the ice and setting the stage for meaningful and productive conversations about dementia.



### Featured Speaker: Sarah Holland, MSW, MPH

Sarah Holland, MSW, MPH is the Director of Programs with the Alzheimer's Association, Oregon Chapter. Sarah joined the Association in 2013 after completing her Master of Social Work and Public Health. Since that time Sarah has utilized her experience implementing community based health interventions to expand the Association's support service delivery across the state of Oregon.

**When:** **Thursday, March 24**  
6:00 pm to 7:30 pm  
Check in begins at 5:30, refreshments provided.

**Where:** **Providence Portland Medical Center**  
(Cancer Center Amphitheater)  
4805 NE Glisan St., Portland, Oregon

**Register:** Online at: <https://aarp.cvent.com/dementiaconversations032416>  
By phone: 503.988.8210 (direct line)  
Loriann McNeill, Family Caregiver Support Program Coordinator  
Multnomah County Aging, Disability & Veterans Services

**Walk-ins Welcome!**