

Normandale Lutheran Education Series 2016-17

Presenter: Debbie Richman, VP of Education and Outreach (*unless otherwise noted)

September 10

After the Diagnosis – what now?: This class will talk about both the practical and emotional steps that should be considered after receiving a diagnosis of mild cognitive impairment or early dementia of any type.

October 8

Late Stage Dementia: What you can expect as the disease nears the end of the progression. We will discuss disease related changes as well as the dying process.

November 12

Caring through the Holidays: The holidays are stressful enough without adding the extra stress of being a caregiver or living with dementia. This class will talk about some practical tips to get you through the holidays with a little less stress and a little more enjoyment. The theme is: “less is more”.

December 10

When is it time to consider residential care placement?: This class will discuss some of the common triggers to begin considering moving someone with dementia into a residential care setting. In addition, we will discuss what you should be looking for in your search, questions to ask and where to find information about placement options.

January 14

Legal and Financial Considerations with a Dementia Diagnosis: Powers of attorney, Health Care Directives, Wills, etc. An elder law attorney will present on and provide information about the importance of legal and financial planning as well as practical tips to assist in the planning process.

Speaker to be determined.

February 11

Research and Resource: This class will provide an update from the Alzheimer's Association International Conference as well as information on resources new and old that are available for caregivers and those living with dementia.

March 11

Caring for the Caregiver: Taking care of yourself as the caregiver is as important if not MORE important than caring for the person with dementia. This class will provide some reminders and resources for self-care as well as an infusion of humor to help de-stress and often stressful situation.