

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.

**Pierce County Sound View Building
3602 Pacific Ave., Tacoma**

**6:00 – 7:00 p.m.
Free; No RSVP required**

April 13, 2017 “What is Dementia? What are the warning signs?”
April 27, 2017 “How does the disease progress? What should I expect?”
May 11, 2017 “How do I start the conversation? How do I cope with the shock?”
May 25, 2017 “What are the typical behaviors? How do I manage them?”
June 8, 2017 “How do I pay for care? What are the legal things I should do?”
June 22, 2017 “Where can I turn for help? What are the resources I can rely on?”

Sponsored by:

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



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1305 Tacoma Avenue
Tacoma, Washington 98402

Series offers Help, Supports for Beginning Stage Alzheimer's

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 is 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 Thursday, April 13, 2017 at the Pierce County Sound View Building. 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:

- April 13 – "What is Dementia? What are the warning signs?"
- April 27 – "How does the disease progress? What should I expect?"
- May 11 – "How do I start the conversation? How do I cope with the shock?"
- May 25 – "What are the typical moods and behaviors? How do I manage them?"
- June 8 – "How do I pay for care? What are the legal things I should do?"
- June 22 – "Where can I turn for help? What are the resources I can rely on?"

All sessions will be held Thursday evenings from 6 p.m. to 7 p.m. at the Pierce County Sound View Building, 3602 Pacific Avenue, Suite 200 in Tacoma. People can attend any or all of the discussions. Sessions are free and open to all. No RSVP is required.

"Currently there are about 100,000 individuals in Washington state with Alzheimer's," said Aaron Van Valkenburg, manager of Aging and Disability Resources. "In less than ten years that number will be predicted to increase by 40% to about 140,000. It is now the third leading cause of death in our state. The rate of death from Alzheimer's in Washington state now ranks third nationally. This presentation provides accurate, helpful information from reliable sources about caring for family members with Alzheimer's."

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

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