

# 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.

**Bonney Lake Senior Center**  
**19304 Bonney Lake Blvd E.**  
**Bonney Lake, WA 98391**

**10 a.m. – 11 a.m.**  
**Free**  
**No RSVP required**

<b>Sept 9, 2019</b> "What is Dementia? What are the warning signs?"
<b>Sept 16, 2019</b> "How does the disease progress? What should I expect?"
<b>Sept 23, 2019</b> "How do I start the conversation? How do I cope with the shock?"
<b>Sept 30, 2019</b> "What are the typical behaviors? How do I manage them?"
<b>Oct 7, 2019</b> "How do I pay for care? What are the legal things I should do?"
<b>Oct 14, 2019</b> "Where can I turn for help? What are the resources I can rely on?"

*Sponsored by:*

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



## Pierce County

### Human Services

1305 Tacoma Avenue, Suite 104  
Tacoma, Washington 98402

### Tips for caring for people with Alzheimer's

Almost 6 million Americans are living with Alzheimer's today. Researchers worldwide are scrambling to find a cure as they estimate that number to rise to 14 million before the year 2050.

Pierce County Aging and Disability Resources (ADR) is hosting a new series of the popular seminar "Oh My Gosh – Now What?" The 6-part series will begin on Sept. 9, 2019 and is designed for individuals with Alzheimer's or another dementia, families, caregivers and others focusing on the initial journey of memory loss. Attendees will learn about warning signs, symptoms, managing behaviors, disease progression, legal concerns, financial issues and local resources. All sessions will be held Mondays from 10:00 to 11:00 a.m. at the Bonney Lake Senior Center, located at 19304 Bonney Lake Blvd E.

The upcoming schedule for sessions includes:

- Sept. 9 – What is Dementia? What are the warning signs?
- Sept. 16 – How does the disease progress? What should I expect?
- Sept. 23 – How do I start the conversation? How do I cope with the shock?
- Sept. 30 – What are the typical moods and behaviors? How do I manage them?
- Oct. 7 – How do I pay for care? What are the legal things I should do?
- Oct. 14 – Where can I turn for help? What are the resources I can rely on?

Sessions are free and open to the public. No RSVP is required. Discussions are led by ADR case managers who specialize in providing practical support to individuals and families coping with memory loss.

"We all value our memories," said Aaron Van Valkenburg, Aging and Disability Resources manager. "In fact, 82% of seniors say it's important to have their thinking or memory checked, but only 16% say they receive regular cognitive assessments. That puts an enormous burden on spouses, families and friends to watch for the tell-tail signs of confusion and/or memory loss."

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

### **MEDIA CONTACT:**

Bob Riler, Pierce County Aging & Disability Resources  
253-798-7384  
bob.riler@piercescountywa.gov