

# 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.

**An Online Workshop Series**  
**12 noon – 1:00 p.m.**

[Register online](#)  
**Or Call 253-798-4600**

<b>September 14, 2020</b> “What is Dementia? What are the warning signs?”
<b>September 21, 2020</b> “How does the disease progress? What should I expect?”
<b>September 28, 2020</b> “How do I start the conversation? How do I cope with the shock?”
<b>October 5, 2020</b> “What are the typical behaviors? How do I manage them?”
<b>October 12, 2020</b> “How do I pay for care? What are the legal things I should do?”
<b>October 19, 2020</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 or 800-562-0332 for more information*



## Self-Care Is Vital When Providing Care for Alzheimer's

Adults typically keep an eye out for changes in behavior or memory loss in their parents. Older adults worry about remembering names, appointments, directions – even what they had for breakfast this morning. Even though such concerns may not mean someone has Alzheimer's or dementia, it is wise to be aware.

The numbers are amazing. Almost 6 million Americans are living with Alzheimer's today. In 30 years that number is expected to rise to 14 million. But when one woman or man is diagnosed, that one becomes the most important person in the world for that family.

“Caring for a family member or friend who has Alzheimer's is a daunting task,” said Aaron Van Valkenburg, manager of Aging and Disability Resources. “The Alzheimer's journey takes patience, flexibility and lots of support. Focusing on the needs of the caregiver is just as important as focusing on the needs of the person with Alzheimer's. Giving good care means taking care too.”

Pierce County Aging and Disability Resources hosts a new series of the popular “Oh My Gosh – Now What?” seminar beginning September 14, 2020. The 6-part series of discussions 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 the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues and local resources. All sessions will be held online from 12:00 noon to 1:00 p.m. [Please register in advance online](#) or call 253-798-4600 or 800-562-0332. People can attend any or all of the discussions. Sessions are free and open to all.

The schedule for sessions is:

- Sept 14 – “What is Dementia? What are the warning signs?”
- Sept 21 – “How does the disease progress? What should I expect?”
- Sept 28 – “How do I start the conversation? How do I cope with the shock?”
- Oct 5 – “What are the typical moods and behaviors? How do I manage them?”
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- Oct 19 – “Where can I turn for help? What are the resources I can rely on?”

Sessions are led by Kris Sawyers-Dowling, a case manager with Aging and Disability Resources who specialize in providing practical help to individuals and families coping with memory loss.

“Oh My Gosh – Now What?” is sponsored 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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