

Dementia Presentations

Let's Talk Brain Health

This presentation provides information on dementia with a focus on brain health. We will discuss introductory information on dementia, risk factors for developing memory loss, normal vs. not normal aging, warning signs of Alzheimer's, ways to reduce your risk of developing memory issues and the importance of early detection. The first step to reducing your risk of developing memory issues is becoming educated on the topic and making lifestyle changes to incorporate healthier habits. What is good for the heart is good for the brain!

March 8 at 10am | June 1 at 6pm | September 6 at 10am | December 7 at 6pm

Caring for the Caregiver

During this presentation caregivers caring for a loved one with dementia will learn strategies they can use to help reduce caregiver stress and practice self care. We will cover caregiver tips and techniques that caregivers can use to address daily care needs. We will also review useful community resources that can help caregivers to reduce their work load and provide additional support.

April 6 at 6pm | July 5 at 10am | November 1 at 10am

Dementia 201

This Dementia 201 presentation will cover the progression of dementia, common behaviors of dementia, basis of the DICE approach, interaction techniques when communicating with someone who has dementia, and strategies when working through a difficult situation.

May 3 at 10am | August 3 at 6pm | October 4 at 10am

These presentations will be conducted virtually through Microsoft Teams with some being casted at OASIS Senior Center for in-person viewing. OASIS Senior Center is located at 2414 W. Mitchell St, Milwaukee.

For more information or to register call:

(414) 647-6065

