

# Dementia Presentations

Want to learn more about memory loss prevention, caregiver resources and information about the Milwaukee County Aging and Disability Resource Center? Join us for the following presentations! Join us for the following presentations:

## Dementia 101

April 4, 2023 at 10am

In this presentation you will learn what is dementia and the different types of dementia, basic statistics, basic information about the brain, the early warning signs and the importance of early detection.

## Let's Talk Brain Health!

June 6, 2023 at 10am

This presentation provides information on dementia with a focus on brain health. We will discuss information on dementia, risk factors for developing memory loss, normal vs. not normal aging, warning signs of Alzheimer's and ways to reduce your risk of developing memory issues.

## Caring for the Caregiver

November 7, 2023 at 10am

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.

## Overview of Aging and Disability Resource Center Services

February 6, 2024 at 10am

During this presentation you will learn about the Milwaukee County Aging & Disabilities Services available to adults with disabilities and older adults. This presentation will have a emphasis on the Dementia Care Specialist program!

Participants have the option to attend in person at the OASIS Senior Center or virtually via the Microsoft Teams platform. The OASIS Senior Center is located at: 2414 W. Mitchell St, Milwaukee.

**For more information or to register call:**

**(414) 647-6065**

