

Speakers Bureau Topics Guide

UNDERSTANDING HOME HEALTH CARE Learn the difference between Medicare certified “skilled” and non-medical home health care, payment options for both types, and how it can help you or your loved ones maintain independence at home, receiving the support needed to age in place.

POSITIVE APPROACH TO CAREGIVING Based on dementia expert Teepa Snow’s Positive Approach to Care, this presentation discusses the brain changes that occur with dementia, how those brain changes affect behavior, and how positive techniques can be used to meaningfully connect with someone living with dementia.

UNDERSTANDING MEMORY LOSS AND ALZHEIMER’S DISEASE What is the difference between memory loss and Alzheimer’s disease? This presentation covers the characteristics and stages of the disease process, details how the brain is affected, discusses current research and explores what the future holds.

DEPRESSION AND AGING Depression is not a normal part of aging and should not go overlooked or untreated. If you are depressed, you are not alone. Help is available.

STRESS REDUCTION Creating a more peaceful time for your emotional, spiritual and physical life. Concrete tools to use in addressing the stress that impacts daily living.

CARING FOR THE CAREGIVER You can't take care of others unless you take care of yourself. Learn to set boundaries, master techniques for coping with stress and utilize community resources available for caregivers. This topic can also be focused on spiritual care needed for those in caregiving situations.

PARKINSON'S & BIG AND LOUD THERAPY An estimated 1.5 million Americans have Parkinson's and 60,000 are diagnosed every year. A certified LSVT "Big and Loud" therapist will educate on how big-limbed movement and strong and forceful speech are beneficial for those with Parkinson's.

THE AGING SPINE Learn about the natural aging process of the spine and degenerative changes that can occur, such as osteoarthritis, spinal stenosis, degenerative discs and osteoporosis. An Atrio physical therapist will educate on how these changes can be managed and positively impacted through therapy.

SUCCESSFULLY MANAGING YOUR CHF Learn the fundamentals of congestive heart failure, new developments in medications and how to manage the day-to-day basics of this chronic disease.

ADDITIONAL TOPICS WE CAN PRESENT:

- Hypertension
- Loss of Speech
- Exercise at Any Age
- Slip and Fall Prevention
- Transfer Education



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HOME CARE

atriohomecare.org

To schedule an event call, (616) 235-8772.