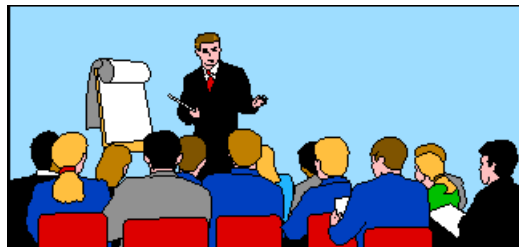


OAKLAND COUNTY HEALTH DIVISION

OLDER ADULT SERVICES

TALK LIST



FOR FURTHER INFORMATION CALL:
Oakland County Services to the Aging
(248) 858-0213

*** Other topics available upon request***

Adult Immunization:

Immunizations are not just for kids. What is recommended for adults to stay healthier and when should they be given?

Advanced Directives:

Discussion on the importance of establishing a designated patient advocate, and having your wishes for future medical care.
(Oakwood Health Care System: My Voice, My Choice Presentation)

Aging Parent Classes:

A series of four (4) classes for younger friends and relatives of older persons. Discusses normal changes of aging, functional assessment, alternative living, and community resources.

Aging – Related Sensory:

Demonstrates common age related sensory changes and the impact on functioning.
Guidelines on communication are included.

Arthritis:

Types of arthritis, signs and symptoms, prevention and treatments are discussed.

Brain Boosters & Busters:

They say age brings wisdom. Truth or Fiction?
Discussion will cover different issues that affect the aging brain and ways to “perk” things up. Discussion also covers memory and affects of aging on memory.

Breast Cancer:

Discussion of the importance of early detection and effective treatments.

Communicable Disease/Universal Precautions:

Communicable Disease/Universal Precautions – How do diseases spread and what can you do to lessen the chances of infection for yourself and others?

Dementia:

Distinguishes age related memory loss from dementia, depression, Alzheimer’s disease.

Depression:

Depression – It is more than just feeling a little “blue”. Find out more about depression the causes, what can help to make things better and treatment options.

Diabetes:

Taking care of your diabetes will help prevent problems later. Learn some healthy ways to feel better and stay healthier longer.

Eat Well Be Well:

You are what you eat. The discussion will cover information regarding nutritional trends.

Elder Abuse:

Presents definitions, extent of the problem, reporting resources, and prevention measures.

Healthy Aging/Retirement:

Life style choices for fitness, nutrition, stress management, mental wellness, and staying independent are discussed in this program.

Healthy Bladder:

Learn causes and types of urinary incontinence, management, and treatment of this common and distressing problem.

Housing Options:

Discussion will cover the various options seniors have. We will also cover how/what housing options are financed.

Intergenerational Awareness:

A series of age appropriate programs to familiarize the young with changes of aging. Methods for enhanced interaction and communication skills with older adults are discussed.

NEW DISEASES:

Which diseases did we leave in the 20th Century and which contagious diseases have followed us into the new century.

There's a few new to add to the list.

Come test your memory.

Osteoporosis:

“Brittle Bone Disease” causes many debilitating fractures.
Explores lifelong prevention and treatment issues.

Parkinson’s Disease:

Parkinson’s Disease is a common disorder of the brain which controls movement, posture, balance and walking. Learn effective methods of coping with every day problems.

Safety for Elders/Fall Prevention:

Learn about physical changes that raise safety issues.
Discussion of prevention of falls, fire safety, pedestrian, and driving safety.

Season Safety:

Learn why hypothermia and hyperthermia are of serious concern to seniors: how to detect, treat and prevent.

Sleep:

Learn ways to increase restful nights and feel better.

Strokes:

Learn preventative methods as well as signs, symptoms, and action to take that may save your life.

Talk To Your Doctor:

Learn how to improve communication with health care providers.
Participants are encouraged to view themselves as health care consumers and partners with their practitioners.

Using Medicines Wisely:

Older adults often take more medicines than younger people and risk having problems with drugs. Learn how to prevent common medication problems, and become an informed consumer.

Women’s Perspective of Prostate Cancer:

Discussion will include how to convince the men in your life the importance of early prevention and testing. Men are also welcome.

Women’s Wellness:

The discussion will cover the unique needs of mature women: heart and breast disease, osteoporosis, hormone replacement therapy, urinary concerns.