

ORANGE COUNTY – OFFICE ON AGING
Speakers on Older Adult Realities

**Return Presentation Request to: Office on Aging 1300 S. Grand Ave., Bldg. B,
Santa Ana, 92705, email to officeonaging@ocgov.com or fax to 714-567-5021**

Name of group/organization _____

Contact Information

Name: _____ Email: _____

Phone: _____ FAX: _____

Address: _____

Address of presentation (if different from above):

Desired topic/presentation(s) (See list on reverse): _____

Desired date and time: _____

Anticipated number of attendees: _____

Confirmation information

Speaker: _____ Topic/Title: _____

Date of presentation _____ Time: _____

Speaker: _____ Topic/Title: _____

Date of presentation _____ Time: _____

Speaker: _____ Topic/Title: _____

Date of presentation _____ Time: _____

Notes: _____

ORANGE COUNTY – OFFICE ON AGING

Speakers on Older Adult Realities

Healthy Aging

- Lighter Side of Stress
- Healthy Aging for Women
- Optimizing Your Stay in a Nursing Home
- Aging as a Spiritual Journey
- Cross Generational Management Trends
- My Dysfunctional Family
- Gardening for Seniors
- Preparing for Your Own Later Years

Caregiving

- Spirituality of Caregiving
- Aging and Long-term care
- Coping with Dementia
- Eldercare: How's that Working for You?
- Care for the Caregiver
- Hiring Caregivers

Health Insurance

- How to Navigate Your Health Plan
- Medicare
- Long-term Care Insurance
- Social Security

End of Life

- Dealing with Grief (with humor)
- Advance Directives
- Hospice Care
- Medicare Hospice Benefit
- Importance of Advanced Directives
- End of Life Choices
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Alzheimer's and Dementia

- Memory Loss or Alzheimer's?
- Dementia
- Behavior Modification
- Elder-proofing the Home
- Adult Day Health Care

Safety

- Fall Prevention for Seniors
- Treatments for vertigo
- Current topics in orthopedic physical therapy
- Medication Safety
- Disaster Planning for Seniors
- Simple Solutions for Getting Organized
- Seniors and Driving
- Strength Training for Stroke Recovery
- Adaptive Strength Training

Health/Medication

- Substance use and misuse
- Body Discipline
- Sleep Disorders
- Osteoporosis
- Arthritis
- Health Aging Series
- Physician Specialists (Garden Grove area)
- Medication Management
- Disease States and Medication
- Don't Put Me on Hold! How to Get Straight Answers (communicating with your doctor and HMOs)
- Heart Disease: the #1 Killer of Men and Women
- Cardiovascular Disease: Prevention, Lifestyle changes
- Vascular Leg Pain

Protecting Your Money

- Identity Theft
- Scams, Schemes, Frauds, and Betrayals of Trusts
- Estate Planning Documents: Advance Directives, Durable Powers of Attorneys, and Trusts
- Reverse Mortgage
- Real Estate
- Financial Planning
- Guide to Planning a Funeral
- Protecting Yourself Against Investment Fraud: The SAIF Program
- Legacy Planning: How do you want to be remembered?
- The BIG Difference Between Wills and Trusts

Motivational/Inspirational

- Humor, Healing, and Happiness
- Celebrate Change
- Aging as a Spiritual Journey
- Complaining: Window to the Spirit, Pathway to the Person
- Memories: The Sum of who We Are and Who We Become
- Celebrate Change
- Positive Spirituality
- The Science of Spirituality
- Your Defining Moments
- Optimizing Your SELF at Any Age
- Your Best Years are Ahead of You
- My Personal Life (How I Survived)

Senior Program Overviews

- Services for Seniors in Orange County
- Council on Aging: Orange County Program and Service Overview
- Orange Caregiver Resource Center
- County of Orange Adult Protective Services (Elder Abuse)
- County of Orange Older Adult Mental Health Services
- Alzheimer's Association: Resources for Families