NEW DEMENTIA CAREGIVER WEBINAR

The Fairfax Area Agency on Aging's Caregiver & Supportive Services Unit is pleased to invite you to join its upcoming Dementia Caregiver Session for family caregivers and loved ones who have been diagnosed with dementia and/or cognitive impairment.

Brain Health Across the Lifespan: What We Know, What You Can Do

Friday, October 9 | 12:00 P.M. – 1:00 P.M. EDT| Virtual



George Worthington

Dementia Services Director, Division for Aging Services

In this virtual webinar presentation, hosted by the Fairfax Area Agency on Aging, George Worthington, Dementia Services Director for Virginia's Department for Aging and Rehabilitative Services (DARS) will present on brain health across the lifespan. Knowledge about the impact of lifestyle and other factors on brain health has increased tremendously over the past fifteen years, with evidence now suggesting that up to half of dementias could be prevented or delayed. A major study, US Pointer, reported encouraging results in 2025 and the session will look at ways of putting this knowledge into practice. This session covers several risk factors for dementia, the science behind them, and things that you can do to help protect your brain. The session will highlight small changes that can make a big difference, and that caregivers may be able to integrate into their busy days.

As the Dementia Services Director for Virginia's Department for Aging and Rehabilitative Services (DARS), George Worthington supports the Alzheimer's Disease and Related Disorders Commission, drives the implementation of the Dementia State Plan, reviews existing programs and works with other agencies to more effectively deliver services to Virginians living with dementia.

REGISTER HERE:
https://bit.ly/FFXDementiaSeries

- All webinars are free and open to family caregivers, older adults, adults with a disability, professionals, and the community-at-large.
- All webinars will be recorded, and registrants will receive a link to the recording of the live event.
- For questions, contact Ayiguli.Saifuding@fairfaxcounty.gov or call 571-407-6961.

FAIRFAX COUNTY DEPARTMENT OF FAMILYSERVICES

Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations provided upon request, call 571-407-6961.