

# Legacy Harbor helps with memory disorders

Later this month, Brevard County residents touched by age-related memory disorders have a new and powerful ally.

Legacy Harbor, a Memory Resource Center at One Senior Place, will add a new dimension to the way area residents cope with the staggering challenges of the Alzheimer's experience.

After watching my mother spend her last five years slowly vanishing into a fog of serious dementia, and more recently, after 10 years in the business of senior care, I'm here to tell you, there's nothing good about Alzheimer's disease. The positive news is our county is blessed with many resources that can help ease the stress on patients and families.

However, as with senior care services in general, Brevard's memory resources physically are scattered all over the map. Besides the obvious difficulty this causes for consumers at a time when they are least able to deal with it, fragmentation in the provider network can lead to duplication of services, or more often — and even worse — underutilized resources and unmet needs.

A number of other factors also work against early and effective identification, assessment, treatment and coping.

- Lack of awareness of the warning signs, misunderstanding of the disease process and plain old denial, all leading to delayed assessment, diagnosis and treatment.

- Perception that there is little information available, or in this internet age, too much information.

- Unfamiliarity with simple, basic coping strategies.

- Low awareness or poor understanding of the community-based resources, such as respite and adult day care.

- Failure to plan and prepare for the inevitable legal, financial and insurance issues.

The new Legacy Harbor Memory Resource Center is designed to address these issues and more. A free-standing resource room inside One Senior Place in Viera, Legacy Harbor will offer a one-stop source of information, education, counseling, support and referrals.

A cross between a cozy living room and a memory-themed resource library, the center and its partners will offer a wide range of services and events.



**Don Kramer**

*Focus on Seniors*

## On the air

- "Elder Hour" can be heard at 9 a.m. Thursdays on WMEL-AM (920)
- "Aging With Dignity" airs at 6:30 p.m. Mondays on Bright House Channel 15, 8:30 a.m. Wednesdays and 5 p.m. Fridays on Channel 1

Some of those include one-on-one consultations with a care manager or social worker, memory screenings and assessments, caregiver education classes, support groups, open panel discussions with Q&A, presentations by expert guest speakers and an annual memory-themed health fair.

Legacy Harbor is a service of One Senior Place, in partnership with area agencies, nonprofits and businesses serving central Florida residents and families touched by Alzheimer's and dementia.

All Brevard organizations and service providers are invited to partner with or sponsor this initiative. However, information on all providers and resources will be made available to the public, regardless of participation.

Most of the information, services and events will be provided to the community at no cost. The Center is self-supporting and is funded through a variety of sources that include public and private donations, grants, contracts and sponsorships.

The Legacy Harbor Memory Resource Center will be launched with a dedication ceremony at One Senior Place at 5:30 p.m. Thursday. All are invited to attend.

Legacy Harbor will open for business May 21. Hours of operation are 9 a.m. to 5 p.m. Monday through Friday. No appointment is necessary.

Additional information is available by calling 253-6320, going to [OneSeniorPlace.com](http://OneSeniorPlace.com), or by e-mailing [info@OneSeniorPlace.com](mailto:info@OneSeniorPlace.com).

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