

# EDUCATION PROGRAMS

## Program Description

### **10 Warning Signs of Alzheimer's**

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

*Available in 30 and 60-minute versions*

### **Understanding Alzheimer's and Dementia**

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

*Available in 30 and 60-minute versions*

### **Effective Communication Strategies**

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

*Available in 30 and 45-minute versions*

### **Understanding and Responding to Dementia-Related Behaviors**

Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

*Available in 30 and 60-minute versions*

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

*Available in 30 and 60-minute versions*

### **Healthy Living for Your Brain & Body**

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

*Available in 30 and 60-minute versions*

### **Alzheimer's Association Overview**

Join us for a brief overview of the difference between normal, age-related brain changes and dementia. We will also go over the latest Alzheimer's Association Facts and Figures report and outline the Association's core services as well as region-specific programs.

### **Managing Money: A Caregiver's Guide to Finances**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. This is the Alzheimer's Association's first evidence-based program.

### **Advancing the Science: The Latest in Alzheimer's and Dementia Research**

Alzheimer's is a global health problem with more than six million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. Join us to learn about the latest research and how the Alzheimer's Association is working towards a world without Alzheimer's and all other dementia.

*Available in 15 and 30-minute versions*

### **Living with Alzheimer's: For Care Partners (Early-Stage)**

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this three-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

### **Living with Alzheimer's: For Caregivers (Middle-Stage)**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

### **Living with Alzheimer's: For Caregivers (Late-Stage)**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this two-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

### **Living with Alzheimer's: Younger-Onset**

When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young...does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us for this program that provides answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

### **Living with Alzheimer's: For People Living with Alzheimer's**

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part series, you will hear from others who have been where you are. You will learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Revised 6/15/22