

# EDUCATION PROGRAMS

To educate and support those facing Alzheimer's disease and other dementias.



## Understanding Alzheimer's and Dementia

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease.

## 10 Warning Signs of Alzheimer's

Become familiar with the 10 warning signs of Alzheimer's disease and the differences between normal aging, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

## Healthy Living for Your Brain and Body: Tips from the Latest Research

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement while using hands-on tools to help incorporate these recommendations into a plan for healthy aging.

## Effective Communication Strategies

This program for caregivers explains the communication changes that take place throughout the course of Alzheimer's disease, how to decode and respond to the verbal and behavioral messages delivered by someone with dementia, and strategies to connect and communicate at each stage of the disease.

## Dementia Conversations

This workshop offers tips on how to have honest and caring conversations with family members about the challenging and uncomfortable topics of going to the doctor, deciding when to stop driving, and making legal and financial plans.

## Understanding and Responding to Dementia-Related Behavior

This program teaches participants how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

## Legal and Financial Planning

The diagnosis of Alzheimer's makes planning for the future more important than ever. Through this interactive two-part program, you will learn about important legal and financial issues, how to put plans in place, and how to access resources near you.

## Living with Alzheimer's for People with Alzheimer's

Being diagnosed with Alzheimer's disease is life-changing and leads to many questions. In this program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

## Living with Alzheimer's for Younger-Onset Alzheimer's

This program offers answers to questions about younger-onset Alzheimer's disease. Hear from those directly affected and learn how to ease the impact throughout the course of the disease.

## Living with Alzheimer's for Caregivers: Early Stage

In the early stage of Alzheimer's disease, families face new questions as they adjust. This first program of a three-part series provides practical answers to the questions that arise in the early stage.

## Living with Alzheimer's for Caregivers: Middle Stage

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this second program of a three-part series, you will hear from caregivers and professionals as they discuss helpful strategies to provide safe, effective, and comfortable care.

## 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 living with the disease. In this final program of a three-part series, you'll hear from caregivers and professionals about resources, monitoring care, and ways to engage in meaningful connections.