

CLASS DESCRIPTIONS

Community and Corporate Education



View upcoming presentations at alz.org/mnnd. To learn more or schedule a class for your group or company please call our 24/7 Helpline at 1.800.272.3900. All classes are free and presented virtually or in person.



INTRODUCTORY CLASSES

20 15-20 minute class 30 30 minute class 60 60 minute class & Available in Spanish

INTRO TO ALZHEIMER'S

20

This brief class covers the difference between Alzheimer's and dementia, risk factors and warning signs, resources, and how you can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

30 60 &

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us in learning about research in diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

10 WARNING SIGNS

30 60 &

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL AND FINANCIAL PLANNING

30 60

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving and making legal and financial plans for future care.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

30 60 &

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

AWARENESS PRESENTATION

15

In this brief presentation, learn about the Alzheimer's Association, resources and support, and how to get involved in the cause.

Alzheimer's Association Minnesota-North Dakota Chapter

12701 Whitewater Drive, Suite 290, Minnetonka, MN 55343 | 24/7 Helpline 800.272.3900 | alz.org/mnnd

SPECIALTY CLASSES

 60 minute class  90 minute class  Available in Spanish

LIVING WITH ALZHEIMER'S FOR CAREGIVERS - 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? This three-part program provides 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 PEOPLE LIVING WITH DEMENTIA

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

LIVING WITH ALZHEIMER'S FOR PEOPLE LIVING WITH 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 to get answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or 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.

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.

EMPOWERED CAREGIVER SERIES

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series.

BUILDING FOUNDATIONS OF CAREGIVING

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

SUPPORTING INDEPENDENCE

This class focuses on helping the person living with dementia participate in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

This class outlines how dementia can cause changes in a person's behavior including how a person may communicate. Learn about the possible reasons for behaviors and ways to address them, including non-medical and medical approaches. You'll also learn to recognize when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.