

## What is early-stage Alzheimer's?

"Early-Stage" refers to people of any age who are diagnosed with Alzheimer's disease or a related dementia and who are in the beginning stages of the disease. In the early stages, individuals retain the ability to participate in daily activities and engage in give-and-take dialogue.

### Do I meet the requirements to attend early-stage programs?

Many of our programs include opportunities to participate in simple conversation and follow basic instructions. Ideal candidates include individuals with mild memory loss, and care partners are encouraged to attend. Call 317.587.2217 to see if your family is a good fit for early-stage programs and services. We'll add you to our monthly email newsletter for upcoming events.

## Additional Resources

### Care Consultation

Discussing concerns can help family members and people with dementia address the challenges of caregiving today, while planning for changes tomorrow. Care consultation is available to assist families plan for all aspects of the disease. This service is available at no cost and can be provided via phone, email or in-person visitation (in limited counties).

### Support Groups

Informational and supportive networks provide families the opportunity to educate themselves about the disease and to understand the emotions they experience as they encounter changes in their daily lives. There is no cost or commitment to attend. Support networks are available online, too, at [ALZConnected.org](http://ALZConnected.org).

### I Have Alzheimer's

A person living with Alzheimer's disease or another dementia may have feelings of isolation and uncertainty. The Alzheimer's Association created I Have Alzheimers to help empower those living in the early stage of the disease. For more information, visit [alz.org/ihavealz](http://alz.org/ihavealz).

**ALZ.ORG/INDIANA | 800.272.3900**

alzheimer's  association®

Greater Indiana Chapter



alzheimer's  association®

## EARLY STAGE PROGRAMS & SERVICES

*presented by David and Betty Klapper Family Foundation*



## Early-Stage Education Programs

### Learning Together

*Available in Fort Wayne and Indianapolis*

Learning Together is a six-week support and educational program for those experiencing the early symptoms of Alzheimer's disease or other dementias. It provides insight and guidance on managing current life changes and planning for the future. This program requires pre-screening and is facilitated by a licensed social worker.

### Living With Alzheimer's for Caregivers: Early-Stage

This early-stage program is a series of three sessions covering the symptoms of early-stage Alzheimer's disease and legal and financial planning. Caregivers learn about the various components of a care team and how to successfully work with each component during the early stages of the disease.

### Living With Alzheimer's for Individuals with Alzheimer's

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. This interactive three-part program allows a person with Alzheimer's disease a chance to hear from others who have had similar experiences. Discussion includes what you need to know, what you need to plan and what you can do to navigate this chapter of your life.

### e-Learning

Unable to attend an in-person program? The Alzheimer's Association offers a number of Alzheimer's and dementia education programs online at no cost. To take an education program online, visit [training.alz.org](http://training.alz.org).

For caregiving tips and disease questions, call our 24/7 Helpline

**800.272.3900**



### Early-Stage Social Engagement

A fun way to stay socially engaged with your community, this program is designed for individuals to network with other families experiencing a similar journey in a safe and positive environment.

**Concerts and Performances:** Enjoy concerts, plays, musicals and dance performances with your loved one.

**Museum and Historical Home Tours:** Tour an art museum or historical site with other early-stage participants and trained docents.

**Interactive Sessions:** Sing along with musicians, make a craft, walk through a garden or try your hand at miniature golf!

**Memory Cafes:** Have a snack and play games with fellow individuals and care partners.

### Parks, Picnics and Potlucks:

Visit various parks and socialize with others in the great outdoors.

We are pleased to partner with incredible Indiana organizations to offer safe, quality engagement opportunities for families, including:



*Is your arts organization interested in early-stage opportunities? Call 317.575.9620 for details.*

**READY TO REGISTER? CALL 317.587.2217 FOR DATES AND LOCATIONS**