

# JOIN US IN OCTOBER, NOVEMBER AND DECEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

## ENGLISH CLASSES

### **Building Foundations of Caregiving**

Tuesday, October 8, 2-3 p.m. | [Register](#)

### **Communicating Effectively**

Thursday, October 17, 10-11 a.m. | [Register](#)

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

Tuesday, October 22, 2-3 p.m. | [Register](#)

### **Supporting Independence**

Tuesday, November 5, 10-11 a.m. | [Register](#)

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

Tuesday, November 19, 10-11 a.m. | [Register](#)

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

Thursday, November 21, 2-3 p.m. | [Register](#)

### **Exploring Care and Support Services**

Thursday, December 5, 10-11 a.m. | [Register](#)

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

Tuesday, December 10, 2-3 p.m. | [Register](#)

### **Dementia Conversations**

Thursday, December 19, 10-11 a.m. | [Register](#)



## SPANISH

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

Thursday, October 17, 6:30-7:30 p.m. | [Register](#)

### **Communicating Effectively**

Thursday, November 21, 6:30-7:30 p.m. | [Register](#)

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

Thursday, December 19, 6:30-7:30 p.m. | [Register](#)

## CHINESE

### **Responding to Dementia-Related Behaviors (Cantonese)**

Friday, October 11, 10-11 a.m. | [Register](#)

### **10 Warning Signs of Alzheimer's (Mandarin)**

Thursday, October 24, 10-11 a.m. | [Register](#)

### **Responding to Dementia-Related Behaviors (Mandarin)**

Monday, November 4, 2-3 p.m. | [Register](#)

### **Understanding Alzheimer's and Dementia (Cantonese)**

Friday, November 8, 10-11 a.m. | [Register](#)

### **Healthy Living for Your Brain and Body (Mandarin)**

Thursday, December 12, 10-11 a.m. | [Register](#)

### **Communicating Effectively (Mandarin)**

Tuesday, December 17, 10-11 a.m. | [Register](#)

**For on-demand recorded classes, please visit [alz.org/education](http://alz.org/education)**

**TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF**

ALZHEIMER'S  ASSOCIATION®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# JOIN US IN OCTOBER, NOVEMBER AND DECEMBER EDUCATION CLASSES

For families, community members and people facing dementia

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

## **AWARENESS PRESENTATION**

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, inform the community of Alzheimer's Association resources, and engage people in the Association's mission.

## **INTRODUCTION TO ALZHEIMER'S**

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

## **HEALTHY LIVING FOR YOUR BRAIN AND BODY**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

## **10 WARNING SIGNS OF ALZHEIMER'S**

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

## **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

## **DEMENTIA CONVERSATIONS**

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

## **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

*The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.*

## **BUILDING FOUNDATIONS OF CAREGIVING**

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

## **SUPPORTING INDEPENDENCE**

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

## **COMMUNICATING EFFECTIVELY**

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

## **RESPONDING TO DEMENTIA-RELATED BEHAVIORS**

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

## **EXPLORING CARE AND SUPPORT SERVICES**

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

**TO REGISTER OR LEARN MORE,  
PLEASE CALL 800.272.3900 OR VISIT  
ONLINE AT ALZ.ORG/CRF**