

Alzheimer's Association Education Programs

- **10 Warning Signs (1 hr):** Learn how to recognize common signs of the disease; 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.
- **Healthy Living for Your Brain and Body (1.5 hrs):** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging. . ** This program can be done as a 3 part series as well.*
- **Introduction to Alzheimer's (30 min):** Hear 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.
- **Understanding Alzheimer's and Related Dementia (1 hr):** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.
- **Dementia Conversations (1 hr):** Get tips for breaking the ice with your family, so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making plans for future care.
- **Legal and Financial Planning(1 hr for each part):** Learn about making legal plans, legal documents you'll need if facing an Alzheimer's diagnosis and what they mean for you; how to find legal and financial assistance; practical strategies for making a long-term care plan; tax deductions and credits; and government programs that can help pay for care. ** This program is about has a part 1 and 2. Part 1 covers the "basics" part 2 is more in depth.*
- **Early Stage Series for Care Partners (1 hr for each part):** 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 this 3-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. ** This program is a 3 part series*
- **Middle Stage Series for Caregivers (1 hr for each part):** In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. ** This program is a 3 part series*
- **Late Stage Series for Caregivers (1.5 hrs for each part):** In the late stage of Alzheimer's disease, caregiving involves new ways of connecting and interacting with the person with the disease. Join this 2-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with dementia and their families. ** This program is a 2 part series*
- **Living with Alzheimer's: For people with Alzheimer's (1 hr for each part):** 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? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life ** This program is a 3 part series*
- **Younger-onset Alzheimer's (1.5 hrs):** When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? This series 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.
- **Effective Communication Strategies (1 hr):** Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.
- **Understanding and Responding to Dementia-related Behavior:** Learn 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.
- **COVID & Dementia Caregiving:** Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

Request for Information

Name: _____

Email: _____

Phone: _____ Zip code: _____

Relation to person with dementia (circle): Self Family Friend Other

Please email me information about the following (check box):

Diagnosis: Information on dementia specialists, diagnostic centers and getting a loved one to the doctor.

Education: Alzheimer's disease orientation information about treatment, symptoms and stages.

Support: Support groups for caregivers or people living with early stage Alzheimer's or dementia.

Services: 24/7 Helpline, care consultation and planning, information about resources in your area.

Getting involved: Volunteering, Walk to End Alzheimer's® or the Longest Day® fundraising events, advocacy or research participation.

Other: _____

I prefer a phone call.

Signed: _____ Date: _____