

Confident Caregiver Series

On-Going Workshops for Family Caregivers of Dementia Patients

This comprehensive series provides free monthly educational opportunities for family caregivers to learn about resources and strategies in providing quality care for their loved ones.

Tuesdays, 9-11 a.m., as follows:



Santa Maria, 2016 Schedule

Jan 26	All Stages	The Basics: Memory Loss and Dementia Location: Valley Haven, 502 N Third St, Lompoc
Feb 23	Early Stages I	Understanding the disease, Symptoms, Communication and Intimacy Location: Dick DeWees Senior Center, 1120 W Ocean Ave, Lompoc
March 22	Early Stages II	Approaches to Treatment, Health Care Team, Family and Friends Location: Dick DeWees Senior Center, 1120 W Ocean Ave, Lompoc
April 26	Early Stages III	Care Planning, Financial and Legal Matters, Safety Issues and Driving Location: Dick DeWees Senior Center, 1120 W Ocean Ave, Lompoc
May 24	All Stages	Dementia Conversations Location: TBD-
June 28	Mid Stages I	Communication, Relationship Changes, Personal Care and Hospitalizations. Location: Merrill Gardens, 1220 Suey Rd, Activities Room, Santa Maria
July 26	Mid Stages II	Behavior Changes, Medications, Home Safety, Driving, Living Alone and Wandering Location: Merrill Gardens, 1220 Suey Rd, Activities Room, Santa Maria
Aug 23	Mid Stages III	Day Services, In-Home Care Services, Senior Living Options and Caregiver needs Location: TBD-
Sep 27	All Stages	Legal and Financial Issues <i>Guest Speaker: Nate Hannaford</i> Location: Marian Medical Center, 1400 E Church St, Santa Maria Teixeira Farms Conference Room
Oct 25	Late Stages I	Approaches to the disease, Cognitive Changes, Activities, Eating and Physical Changes Location: Alzheimer's Association, 120 E Jones St, Conference Room, Santa Maria
Nov 29	Late Stages II	Resources for Care, Monitoring Care, Legal Plans, Hospice and Palliative Care Location: Alzheimer's Association, 120 E Jones St, Conference Room, Santa Maria

To RSVP (required) or for more information please call

Donna Beal at

800-272-3900

Missed one of our local classes?

Don't worry, all of our classes are available online.

You can easily access online education and support by connecting to the tools listed below.

alzheimer's  association®

Online tools

E-learning

E-learning courses are available 24/7 to accommodate your busy schedule.
alz.org/elearning

Alzheimer's is a progressive disease where the person will require increasing levels of care as time goes on. Being educated about what to expect and learning about useful care strategies can significantly impact the quality of life for the caregiver and the person living with Alzheimer's. The Alzheimer's Association offers a series of education workshops available in communities nationwide and online. Take advantage of the free e-learning courses:

- Know the 10 Signs: Early Detection Matters
- The Basics: Memory Loss, Dementia and Alzheimer's Disease
- Legal and Financial Planning for Alzheimer's Disease
- Living with Alzheimer's for People with Alzheimer's
- Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage)

Alzheimer's Navigator

Alzheimer's disease creates questions. We can guide you to answers.
alz.org/alzheimersnavigator

Alzheimer's Navigator™ is an innovative online tool designed specifically for individuals with Alzheimer's, their families and caregivers to navigate through the disease. A diagnosis of Alzheimer's disease raises many questions. Alzheimer's Navigator helps guide you to answers by creating a customized action plan and linking to information, support and local resources.

Depending on the needs of the user, specific action steps are created for the following areas:

- Planning for the future
- Working with doctors/healthcare professionals
- Caregiver support
- Activities of daily living
- Home safety
- Driving
- Knowledge of dementia

ALZHEIMER'S navigator®

alzheimer's  association®

ALZConnected®

You are not alone.
Get connected to share concerns and advice.
alzconnected.org

alz connected

An online social networking community designed specifically for people with Alzheimer's disease and their caregivers. Members can connect and communicate with people who understand their unique challenges. They can pose questions and offer solutions to dementia-related issues, create public and private groups organized around a dedicated topic and contribute to message boards.