

EDUCATION

Programs Available from the Alzheimer's Association

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. *Available in Spanish.*

Advancing the Science: The Latest in Alzheimer's and Dementia Research

An overview of Alzheimer's disease science and the latest advances in research to find a prevention, treatment and cure.

COVID-19 & 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.

Dementia Conversations

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communication Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle, and late stage dementia.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. 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. *Available in Spanish.*

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Living with Alzheimer's: For People with Early Stage Alzheimer's and Care Partners

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? Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. This is a three-part series. *Available in Spanish.*

Living with Alzheimer's: For Middle Stage Caregivers

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the middle stage of Alzheimer's disease. This is a three-part series. *Available in Spanish.*

Living with Alzheimer's: For Late Stage Caregivers

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with latestage Alzheimer's and their families. This is a two-part series. *Available in Spanish.*

Living with Alzheimer's: For People with Younger Onset Alzheimer's

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? What about work? What resources are available? Hear from those directly affected and learn what you need to know, what you need to plan for, and what you can do to ease the impact of the disease. *Available in Spanish.*

Managing Money: A Caregiver's Guide to Finances

Caregivers: How much do you know about managing money? This free online program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. *Available in Spanish.*

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Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments to address some symptoms, and Alzheimer's Association resources. *Available in Spanish.*

Understanding and Responding to Dementia-Related Behaviors

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to 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.