

Confident Caregiver Series

On-Going Workshops for Family Caregivers of Dementia Patients

Comprehensive educational series offering *free* monthly workshops for family caregivers interested in resources and strategies to provide quality care for their loved ones with dementia.

Second Wednesdays, 2-4 p.m., as follows:



Santa Barbara 2016 Schedule

Jan 13	All Stages	The Basics: Memory Loss, Dementia and Alzheimer's At 5638 Hollister, 2 nd Floor Conference Room, Goleta
Feb 10	All Stages	Conversations About Dementia – How to Talk About Going to the Doctor, Deciding When to Stop Driving, Making Legal and Financial Plans At Valle Verde Senior Living, 900 Calle De Los Amigos, Santa Barbara
Mar 9	Early Stages I	Understanding the Disease, Symptoms, Communication and Intimacy At Valle Verde Senior Living, 900 Calle De Los Amigos, Santa Barbara
Apr 13	Early Stages II	Approaches to Treatment, Health Care Team, Family and Friends At Home Instead Senior Care, 101 W. Anapamu Street Suite C, Santa Barbara
May 11	Early Stages III	Care Planning, Financial and Legal Matters, Safety Issues and Driving At Home Instead Senior Care, 101 W. Anapamu Street Suite C, Santa Barbara
Jun 8	All Stages	Legal and Financial Issues – Documentation and Strategies for Long-term Care Planning At 5638 Hollister, 2 nd Floor Conference Room, Goleta
July 13	Mid Stages I	Communication, Relationship Changes, Personal Care and Hospitalizations. At 1330 State Street, 2 nd floor Conference Room, Santa Barbara
Aug 10	Mid Stages II	Behavior Changes, Medications, Home Safety, Driving, Living Alone and Wandering Location TBD
Sep14	Mid Stages III	Day Services, In-Home Care Services, Senior Living Options and Caregiver needs Location TBD
Oct 12	Late Stages I	Approaches to the Disease, Cognitive Changes, Activities, Eating and Physical Changes At 1330 State Street, 2 nd floor Conference Room, Santa Barbara
Nov 9	Late Stages II	Resources for Care, Monitoring Care, Legal Plans, Hospice and Palliative Care At 5638 Hollister, 2 nd Floor Conference Room, Goleta

To RSVP or for more information please call

800.272.3900

This is a program of the Alzheimer's Association, generously sponsored by Bettina Chandler.

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

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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.