

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.

IMPACT OF ALZHEIMER'S AND DEMENTIA IN OUR COMMUNITY (15-20 MINUTES)

This engaging presentation offers a concise overview of Alzheimer's disease and dementia, highlighting the latest treatment advances, practical brain health tips, and ways to get involved in the fight against the disease.

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY (15-20 MINUTES)

Everyone deserves a life with the healthiest brain possible, and we can all take action to protect our brain health. This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

BUILDING BRAIN-HEALTHY HABITS (60-MINUTES)

Research shows there are everyday habits you can build today to help protect your memory and thinking in the future – even reducing your risk of cognitive decline and possibly dementia. Join us to learn how you can take positive steps to help you live better now and protect your memory and thinking as you get older.

10 WARNING SIGNS OF ALZHEIMER'S (30- AND 60-MINUTES)

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 (30- AND 60-MINUTES)

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

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES (60-MINUTES)

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. These programs can be delivered as stand alone classes or as a series.

BUILDING FOUNDATIONS OF CAREGIVING (60-MINUTES)

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

SUPPORTING INDEPENDENCE (60-MINUTES)

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 (60-MINUTES)

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

RESPONDING TO DEMENTIA-RELATED BEHAVIORS (60-MINUTES)

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 (60-MINUTES)

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
VIEW ONLINE CLASSES AT
ALZ.ORG/EDUCATION**