

## Webinar/Phone Family Caregiver Education Programs – January



### **10 Warning Signs of Alzheimer's**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to 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.

Thursday, Jan. 14, 12:30-1:30 pm | [REGISTER](#)

Thursday, Jan. 14, 6:00-7:00 pm | [REGISTER](#)

Wednesday, Jan. 20, 10:00-11:00 am | [REGISTER](#)

Wednesday, Jan. 27, 1:00-2:30 pm | [REGISTER](#)

### **Dementia Conversations**

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides 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 legal and financial plans for future care.

Wednesday, Jan. 6, 5:30-6:45 pm | [REGISTER](#)

Wednesday, Jan. 20, 9:00-10:30 am | [REGISTER](#)

### **Effective Communication Strategies**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday, Jan. 5, 2:00-3:00 pm | [REGISTER](#)

Thursday, Jan. 7, 11:00 am-12:00 pm | [REGISTER](#)

Thursday, Jan. 28, 9:00-10:00 am | [REGISTER](#)

Friday, Jan. 29, 2:00-3:00 pm | [REGISTER](#)

### **Estrategias Efectivas de Comunicacion**

La comunicación es más que sólo hablar y escuchar - se trata también de enviar y recibir mensajes a través de la actitud, el tono de voz, expresiones faciales y el lenguaje corporal. A medida que las personas con enfermedad de Alzheimer y otras demencias progresarán en su viaje y la capacidad de usar las palabras se pierde, las familias necesitan nuevas formas de conectarse. Únase a nosotros para explorar cómo la comunicación se lleva a cabo cuando una persona tiene la enfermedad de Alzheimer, aprenden a decodificar los mensajes verbales y conductuales mandados por una persona con demencia, e identificar estrategias para ayudarlo a conectarse y comunicarse en cada etapa de la enfermedad.

Saturday, Jan. 16, 10:00 am-12:00 pm | [REGISTRESE](#)

### **Healthy Living for Your Brain & Body**

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 make lifestyle choices that may help you keep your brain and body healthy as you 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.

Friday, Jan. 8, 12:00-1:30 pm | [REGISTER](#)

Tuesday, Jan. 19, 10:00-11:00 am | [REGISTER](#)

Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.

## Webinar/Phone Family Caregiver Education Programs – January



### **Legal & Financial Planning for Alzheimer's**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. In this program you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Topics covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

**Wednesday, Jan. 13, 12:00-1:30 pm | [REGISTER](#)**

### **Living with Alzheimer's for Caregivers – Middle Stage**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for 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.

**Three Consecutive Thursdays, Jan. 14, 21, 28, 9:00-10:00 am | [REGISTER](#)**

### **Living Well with Chronic Conditions**

The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this seven-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about your health. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer, and osteoporosis.

**Seven Consecutive Thursdays, Jan. 14, 21, 28, Feb. 4, 11, 18, 25, 1:00-3:30 pm**

**Prescreening is required for this class, call Jennifer McAlister at 414.296.5097 or [jmcalister@alz.org](mailto:jmcalister@alz.org)**

### **The Role of Law Enforcement in Responding to Dementia in the Community**

Join Appleton Police Department Sergeant Carrie Peters as she explains local law enforcement responses to common calls related to dementia, safety practices and resources, and when to report elder abuse.

**Thursday, Jan. 21, 1:00-2:30 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

**Tuesday, Jan. 5, 6:00-7:00 pm | [REGISTER](#)**

**Tuesday, Jan. 12, 5:00-6:00 pm | [REGISTER](#)**

**Monday, Jan. 25, 1:00-2:00 pm | [REGISTER](#)**

### **Understanding & Responding to Dementia Related Behavior**

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.

**Thursday, Jan. 14, 11:00 am-12:00 pm | [REGISTER](#) Wednesday, Jan. 20, 11:30 am-1:00 pm | [REGISTER](#)**

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You will receive connection information after you register.**