



We will work with you to find the best program for your group.

Ask us about the NEW Research Champions Program and other awareness presentations.

***Most programs run from 15 to 60 minutes in length**

Understanding Alzheimer's and Dementia

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease.

10 Warning Signs of Alzheimer's

Become familiar with the 10 warning signs of Alzheimer's disease and the differences between normal aging, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

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

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement while using hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Effective Communication Strategies

This program for caregivers explains the communication changes that take place throughout the course of Alzheimer's disease, how to decode and respond to the verbal and behavioral messages delivered by someone with dementia, and strategies to connect and communicate at each stage of the disease.

Dementia Conversations

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

Click [HERE](#) to request a program:



Understanding and Responding to Dementia-Related Behavior

This program teaches participants how 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

Managing Money: A Caregivers Guide to Finances

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.

***Living with Alzheimer's for People with Alzheimer's**

Being diagnosed with Alzheimer's disease is life-changing and leads to many questions. In this program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

***Living with Alzheimer's for Younger-Onset Alzheimer's**

This program offers answers to questions about younger-onset Alzheimer's disease. Hear from those directly affected and learn how to ease the impact throughout the course of the disease.

***Living with Alzheimer's for Caregivers: Early, Middle and Late Stage Series**

This 3 part series will help a caregiver through hearing from caregivers and professionals about coping with a diagnosis, care strategies and meaningful connection throughout the stages of dementia.

**The Living with Series is approximately 9 hours in length, split into 3 sessions.*



Nebraska Chapter

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