

family and community education

Memory Loss and Aging

Length: 1 hour

Intended audience: General aging population

This class will identify normal changes in memory during the aging process, offer tips on how to maintain and improve memory, explain the causes of significant memory loss and provide resources for those who are concerned about memory loss.

Understanding Communication and Challenging Behaviors

Length: 1.5 hours

Intended audience: Caregivers, family members and friends of persons with dementia

This class will explain communication challenges for persons with memory loss, offer tips for successful communication and provide an understanding of why challenging behaviors occur and how to cope with those behaviors.

Maintain Your Brain How to Live a Brain Healthy Lifestyle

Length: 1 hour

Intended audience: Aging baby-boomers and general community who have an interest in learning more about how to maintain a healthy lifestyle

This workshop will cover topics based on scientific evidence that shows us how to improve the way our brains work, and potentially lower our risk factors for developing the disease. The workshops will cover: (1) The Brain: How it works and changes with age, (2) The Body: How the heart and brain are connected, and (3) The Person: How social connections and emotional health affect your brain.

Know the 10 Signs: Early Detection Matters

Length: 1 hour

Intended audience: General community, including aging baby-boomers

This class will provide information about the difference between normal aging and Alzheimer's disease, the benefits of early detection, risk factors for dementia, what is involved in getting a diagnosis, as well as tips to follow up on any concerns that attendees may have about themselves or someone they care about.

Caring Through the Holidays

Length: 45 minutes

Intended audience: Family members and care partners of people with dementia

This class focuses on holiday stress and challenges for families dealing with dementia. Tips are provided for stress management, hosting and attending gatherings, gift giving and helping the person with dementia participate in events.

Partnering with Your Doctor

Length: 2 hours

Intended audience: Caregivers and persons with dementia

If you or someone else has memory problems, developing a partnership with your physician and enhancing your communication skills can result in both an increased knowledge of the situation and decreased stress. This class helps care partners make informed decisions about care and services. This program is appropriate for both the care partner and the person with memory loss.

Legal & Financial Planning Issues

Length: 1.5 hours

Intended audience: Family members, care partners and persons with memory loss

Learn about the important legal and financial decisions which are helpful when planning the future for persons with memory loss. Topics covered include useful strategies, power of attorney, advanced directives and conservatorship as well as an overview of medical assistance and Medicare options, laws regarding estate planning, and available assistance programs.

Understanding Alzheimer's Disease

Length: 1 hour

Intended audience: General community with an interest in learning more about Alzheimer's disease and the Alzheimer's Association services

This presentation, presented by trained volunteers provides a basic overview of Alzheimer's disease and focuses on the following:

- The disease process
- Warning signs
- Risk factors
- Diagnosis information
- How you can help
- Alzheimer's Association programs and services

FOR MORE INFORMATION OR TO SCHEDULE CLASSES, CONTACT:

Ashley Brooks-Danso, MSW

Community and Family Education Manager, Alzheimer's Association Minnesota-North Dakota

952.857.0551 or ashley.brooks-danso@alz.org