

## **Education Programs**

Our programs are designed to increase the understanding of Alzheimer's, to learn coping skills for difficult communication and behaviors, and to identify resources for daily living, medical care and legal assistance. These programs normally meet only one time, or can be provided over a period of weeks or offered together. Offerings can be designed according to your needs and audience.

Each program briefly describes information to be covered and who should attend. Most programs are free, but those requiring extensive materials may require a small donation or registration fee.

### [Program descriptions](#)

#### **What Is Alzheimer's?**

What is the difference between Alzheimer's and dementia? Recognizing warning signs, stages of Alzheimer's and average duration, causes and risk factors and Early and Late On-set. This is general information and appropriate for persons with Alzheimer's, family members, friends, facility staff and community members. Length: 1 hour

#### **Facing Communication and Behavior Challenges**

As the disease progresses, learn how effective communication tips make all the difference in meeting daily challenging behaviors. This information can be presented as general information or in-depth, as well as, separate topics or combined topics. Appropriate persons to attend are family members, friends, facility staff and community members. Length: 1 - 3 hours

#### **Maintain Your Brain**

Learn how to live a brain healthy lifestyle. This is an interactive workshop and provides tools to make brain health part of your overall wellness goals. Appropriate for audiences. Length: 1 hour, 1 ½ hours

#### **MedicAlert + Safe Return**

Since 6 out of 10 people with Alzheimer's will wander, you can't know when it will happen, but through this education program you will learn the warning signs and know what to do when it does happen. This program is appropriate for families, friends, community members, law enforcement, first responders (police, firemen, EMTs) and facility staff. Length: 1, 2, 3 hours

#### **Support Group Facilitator Training**

Caregivers of those with dementia are under constant stress and need more local resources. Learn what it takes to become a support group facilitator in your area. Applies to health care workers. Length: Completed by mail, email and conference calls.