

## Family Education Program Descriptions



### **Family Orientation: A Memory Loss G.U.I.D.E.**

A one-time meeting for care partners and family members new to the disease and/or the Association.

- G** – Gain Knowledge About Signs, Symptoms, Diagnosis, and Treatment
- U** – Understand How the Brain Works
- I** – Inform Yourself About Resources, Support and Self Care
- D** – Develop Helpful Communication and Interactive Practices
- E** – Enhance Your Ability to Plan for the Future

### **Maintain Your Brain**

Learn about the every day changes you can make in your life that can lead to a better quality of living

Join us to learn a new way of thinking about aging and maintaining your healthy brain. We will discover what lifestyle choices may affect brain health and even the risks for dementia as well as explore common misconceptions – such as: Alzheimer’s disease is a “normal part of aging.”

**This program is free of charge. If you would like more information please contact [Andrew Eng](#) at 949.757.3703**

### **Breaking Through the Taboo**

Talking with older adults about safety and placement issues

Learn important tools to help you navigate potentially difficult conversations while honoring dignity and self-determination.

**If you are interested in attending, would like information regarding future workshops, or know of a venue that would like to host a Breaking Through the Taboo workshop, please contact [Andrew Eng](#) at 949.757.3703**

### **Schedule of Religious Services**

**Special services for individuals with Dementia and their caregivers**

Are you a family caregiver of someone with Alzheimer's disease or a professional caregiver caring for dementia patients?

Individuals of all faiths are invited to join us for a special Alzheimer's religious service and reception.

**Please RSVP to Jacque Scheppe at 714.259.7509**

**For additional information about the Interfaith Program, please contact [Bobbie Babbage](#) at 949.757.3758**

## **Savvy Caregiver: Special series offered for family caregivers**

Family caregivers are a critically important part of the healthcare of individuals with dementia. To better equip family caregivers, we are offering a specialized class series, entitled "The Savvy Caregiver." The Savvy Caregiver Program provides families the clinical-level training that professionals receive. The 12-hour training, provided over a six-week period, results in caregivers who possess greater confidence, understanding and practical skills. Those completing this nationally acclaimed course gain:

- Personal knowledge, skills & care giving perspective
- Skills to assess abilities to their loved one with dementia
- Confidence to set and alter care giving goals
- Strategies to manage activities of daily living
- Understanding of the disease progression
- Essential abilities to attend to self-care

**There is no charge to attend. Interested individuals must call to reserve space and discuss the suitability of the class in meeting their family's needs. Please contact Bobbie Babbage 949.757.3758 or [Bobbie.Babbage@alz.org](mailto:Bobbie.Babbage@alz.org)**

## **Building a Care Partnership**

**Avoid misunderstandings and frustration with hired caregivers through effective communication.**

Avoid misunderstandings and frustration with hired caregivers through effective communication.

### ***This workshop will address:***

- How your values and the caregivers' values influence our expectations
- How to communicate your care expectations
- Helping the caregiver get to know your loved one
- Monitoring your loved one's care
- Recognizing mistreatment

### ***With this information, you will be better able to:***

- Decrease the risk of caregiver misunderstandings with family and loved ones
- Effectively monitor caregiving practices

**This program is free of charge. RSVP's are required to attend. If you would like information regarding future workshops please contact [Andrew Eng](#) at 949.757.3703**

## **Legal Workshops**

Is placement in assisted living or a skilled nursing facility being considered for your loved-one? Do you have questions about how to manage the financial decisions? Get current information before a crisis. At these two hour workshops an expert elder law attorney will provide current information on:

- Estate Planning
- Durable Powers of Attorney for Healthcare and Finance Conservatorship
- Probate, Trust & Living Will Issues
- Advanced Directives
- Long Term Care Planning & Medi-Cal Eligibility Issues

**For more information, or future dates, contact [Andrew Eng](#) at 949.757.3703**

## UCI Family Education Series

Presented by: UCI Institute for Memory Impairments and Neurological Disorders, Alzheimer's Association Orange County Chapter, Alzheimer's Family Services Center, Caregiver Resource Center

Location: University Club at UCI Campus **RSVP 949.824.2382**

## Health Fair & Community Event Training

Participation in Health Fairs and Community Events is an opportunity for many in the community to gain knowledge regarding free services available to families. Join our team of Health Fair & Community Events Volunteers.

**Information or RSVP to Bobbie at 949.757.3758.**

## Memories in the Making Training

### Memories in the Making® - Alzheimer's Art Program

Memories in the Making is the signature art program of the Alzheimer's Association Orange County Chapter. For many years, Memories in the Making has been recognized locally for its ability to elevate the quality of life for people suffering from Alzheimer's disease and related dementias. Art offers a non-verbal alternative to verbal communication through pictures. When Alzheimer's steals their words, art offers an important opportunity for the expression of memories and emotions. Sponsored in part by Pentel.

Fee: \$95.00 (lunch & \$39.95 training manual)

Approved by the CDSS for 4 hours of continuing education units for administrator recertification. Approved by the California Board of Registered Nursing, Provider # 14757 for 4 contact hours. Course meets the qualification for 4 hours of CE credit for LMFTs/LCSWs as required by the California Board of Behavioral Sciences, Provider # PCE 1384.

Cancellation Policy: full refunds are given for cancellations 7 days prior to the training date.



For more information,  
contact [Marilyn Lorey](#) at  
**949.757.3719**

## For Families Experiencing Early Stage Memory Loss:

### Early Detection Matters

A one-time meeting for individuals with memory concerns, Mild Cognitive Impairment, and those newly diagnosed with Alzheimer's disease or a related dementia and their spouses, family members, friends and loved ones. This group is offered at no charge.

**Contact Donna Velarde, LCSW 949.757.3759**

### Take Charge - Eight-week Early Stage Memory Loss Group

Supportive/educational group for adults (and their care partners) experiencing early stage symptoms of memory loss due to mild cognitive impairment, dementia, Alzheimer's disease or a related disorder. This group is offered at no charge. **Contact Donna Velarde, LCSW 949.757.3759**

## Younger Onset Memory Loss Group

An eight-week supportive/educational group specifically designed for adults younger than 65 years of age (and their care partners) experiencing symptoms of memory loss. This group is structured as described above and offered at no charge.

For additional information contact [Donna Velarde](#), LCSW at 949.757.

## The Breakfast Club

A weekly group for adults (and their care partners) experiencing moderate stage symptoms of memory loss. This socially-based group will provide opportunities to participate in a variety of activities and games, along with educational experiences, guest speakers and field trips to interesting and enjoyable destinations.

For additional information contact [Donna Velarde](#), LCSW at 949.757.3759

## Know the 10 Signs of Alzheimer's Disease: Early Detection Matters

Learn more about memory loss, the importance of early detection of Alzheimer's disease and related disorders, and what can be done to help people and families living with dementia. This program is offered at no charge.

For locations or if you would like to host a "Know the 10 Signs" presentation for your group, please contact Andrew Eng at 949.757.3703 or [andrew.eng@alz.org](mailto:andrew.eng@alz.org)



## Faith Centered Resource Liaison Training

The Faith-Centered Resource Liaison serves as a link between the faith community and the Alzheimer's Association Orange County Chapter. These volunteers provide general information about Alzheimer's disease and related dementias and refer congregants to the Alzheimer's Association for education, resources and emotional support.

Contact Bobbie Babbage at 949.757.3758 or [bobbie.babbage@alz.org](mailto:bobbie.babbage@alz.org)

## Support Group Facilitator Training

Caregiver support groups are one of the core services of the Alzheimer's Association. If you are interested in becoming a Support Group Facilitator, join us at the next training! Contact Andrew at 949.757.3703

*\$25 registration fee applies*

## Volunteer Orientation

Contribute your time and talent to the Alzheimer's Association Orange County Chapter: Become a Volunteer!

Interested in becoming a Volunteer? RSVP? Contact Jason Su at [jason.su@alz.org](mailto:jason.su@alz.org) or 949.757.3769

