

JOIN US IN APRIL

COMMUNITY EDUCATION PROGRAMS

Presented by the Alzheimer's Association Greater Cincinnati Chapter



EDUCATION PROGRAMS

Dementia Conversations

Wednesday, April 9th, 6:30-7:30pm
Green Township Library
6525 Bridgetown Rd.
Cincinnati, OH 45248
[REGISTER](#)

10 Warning Signs

Friday, April 18th, 2:00-3:00pm
Kenton County Library, Erlanger Branch
401 Kenton Lands Rd.
Erlanger, KY 41018
[REGISTER](#)

Empowered Caregiver- Session 3: Communication Strategies

Thursday, April 10th, 5:00-6:00pm
Artis Senior Living of Mason
6200 Snider Rd.
Mason, OH 45040
[REGISTER](#)

SPECIAL PROGRAMS

The Confident Caregiver Workshop

Friday, April 11th, 10:00am-3:30pm
In person: Atrium Medical Center
One Medical Center Drive
Middletown, OH 45005

In person - [REGISTER](#)

Virtual - [REGISTER](#)

Empowered Caregiver- Session 2: Supporting Independence

Friday, April 18th, 1:00-2:00pm
Shirley M. Davies Center at Twin Lakes
9840 Montgomery Rd.
Montgomery, OH 45242
[REGISTER](#)

TO REGISTER, PLEASE CALL 800.272.3900

Program descriptions on back. Visit alz.org/cincinnati to explore additional education programs in your area.

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ON DEMAND PROGRAMS

[Link to view sent in email once registered](#)

10 Warning Signs | [REGISTER](#)

Effective Communication Strategies
[REGISTER](#)

Ohio Legal Planning and Medicaid
[REGISTER](#)

Kentucky Legal Planning and Medicaid
[REGISTER](#)

Understanding Alzheimer's and
Dementia with Dr. Downey
[REGISTER](#)

Understanding and Responding to
Dementia-Related Behaviors
[REGISTER](#)



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COMMUNITY EDUCATION

PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association Greater Cincinnati Chapter

HEALTHY LIVING FOR YOUR BRAIN AND 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 optimize our physical and cognitive health as we 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.

10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. This free Alzheimer's Association education program will feature tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

THE EMPOWERED CAREGIVER

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors

details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.



**TO REGISTER OR LEARN MORE,
PLEASE CALL 513.721.4284
OR 800.272.3900.**