

CLASS DESCRIPTIONS

Community and Corporate Education



View upcoming presentations at alz.org/mnnd. To learn more or schedule a class for your group or company, please call our 24/7 Helpline at 1.800.272.3900. All classes are free and available in person, via live webinar, or on demand.

INTRODUCTORY CLASSES

20 20 minute class

30 30 minute class

60 60 minute class

& Available in Spanish

AWARENESS PRESENTATIONS **20**

Presentations include a basic introduction to Alzheimer's and dementia, current methods for diagnosis and treatment options, tips and strategies for maintaining a healthy brain, and an overview of the services provided by the Alzheimer's Association.

General: Featuring the latest insights from the U.S. POINTER study, this presentation is perfect for broad community audiences seeking to understand Alzheimer's, risk reduction, and how to get involved.

Corporate: Tailored for workplace settings, this version highlights the impact of Alzheimer's on employees and caregivers, and offers ways companies can support their teams and the cause.

Faith Based: Created for congregations and faith leaders, this version explores the role of spiritual communities in supporting those impacted by dementia and fostering compassionate outreach.

Public Service: Designed for first responders, EMTs and law enforcement, this presentation emphasizes the importance of dementia awareness in public service roles and how to better serve affected individuals and families.

Brain Health: Everyone deserves a life with the healthiest brain possible, and we can all take action to protect our brain health. *Supporting Brain Health in Our Community* shares important information about brain-healthy actions we should all build into our routines to benefit our brains. It's never too early—or too late—to start prioritizing brain health. This presentation helps everyone understand the science-backed steps we can take to support lifelong brain health.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH **60** **&**

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us in learning about research in diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

10 WARNING SIGNS **30** **60** **&**

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA **30** **60** **&**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

ADVANCES IN ALZHEIMER'S TREATMENT **60**

In this presentation you will learn about available drugs, who may be a candidate for treatment, potential benefits and side effects, and pathways for accessing these treatments.

EMPOWERED CAREGIVER SERIES



60 minute class



90 minute class



Available in Spanish



Evidence-based

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series.

BUILDING FOUNDATIONS OF CAREGIVING



This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

SUPPORTING INDEPENDENCE



This class focuses on helping the person living with dementia participate in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY



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

RESPONDING TO DEMENTIA-RELATED BEHAVIORS



This class outlines how dementia can cause changes in a person's behavior, including how a person may communicate. Learn about the possible reasons for behaviors and ways to address them, including non-medical and medical approaches. You'll also learn to recognize when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES



This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.



SPECIALTY CLASSES

60 60 minute class **90** 90+ minute class **&** Available in Spanish **Q** Evidence-based **📺** On demand only

LIVING WITH ALZHEIMER'S FOR CARE PARTNERS - EARLY STAGE **&**

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This three-part program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Part 1 **90** Learn about the difference between Alzheimer's and dementia, accepting and adjusting to the diagnosis, and joining the person living with Alzheimer's to form a partnership that will help you both in coping with new changes.

Part 2 **90** Learn about working with your care team, disclosing the diagnosis to others in your circle of friends and family, work issues, and the community resources that may be of help in the early stages.

Part 3 **90** Learn about legal, financial and safety plans, and the importance of being proactive in planning to prevent challenges in the future.

LIVING WITH ALZHEIMER'S FOR PEOPLE LIVING WITH DEMENTIA **&**

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Part 1 **105** Learn about the difference between Alzheimer's and dementia, stages of dementia, risk factors for developing the disease, getting a diagnosis, and partnering with your doctor.

Part 2 **120** Learn about how to talk with others about the diagnosis, changes to relationships, creating your support team and planning ahead, and safety considerations.

Part 3 **90** Learn about strategies and modifications that support independence, managing feelings, benefits of research participation, and Alzheimer's Association resources.

LIVING WITH ALZHEIMER'S FOR PEOPLE LIVING WITH YOUNGER ONSET **90**

When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young, does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us to get answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES **60** **&** **Q**

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. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

TRANSITIONS IN CARE **60** **📺**

Moving someone with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved after the move. Register for this online on demand class at bit.ly/transitionsincare.



A PUBLIC HEALTH APPROACH TO DEMENTIA

 60 minute class  90 minute class  On demand only

For public health students, educators and professionals, it is critical to understand the public health significance and opportunities to create immediate and long-term change for people living with dementia and their caregivers. This is a free, online, interactive curriculum featuring videos, knowledge checks and next steps for public health students and professionals. Anyone with internet access can easily learn from this curriculum at home, work or school, offering convenience for learners everywhere, anytime, at no cost. Learners who are Certified Health Education Specialists (CHES®) can earn one free continuing education (CE) credit after completing each module.

PUBLIC HEALTH AND DEMENTIA - PART 1

This interactive online module explores the public health impact of dementia and the role of public health organizations in promoting brain health.

PUBLIC HEALTH AND DEMENTIA - PART 2

This interactive online module explores the Healthy Brain Initiative (HBI) Road Map and how public health strategies can be used for public health action on dementia.

HEALTH EQUITY IN DEMENTIA

This interactive online module addresses health equity in Alzheimer's disease and other dementia from a population-based, life-course approach to reduce risk and ensure that everyone can live their best life after a diagnosis.

PUBLIC HEALTH AND DEMENTIA RISK REDUCTION

This interactive online module covers why a public health approach is important for addressing risk factors for dementia, and what public health professionals can do to reduce the risk of dementia in the populations they serve.

PUBLIC HEALTH AND DEMENTIA CAREGIVING

This interactive online module covers who dementia caregivers are, why dementia caregiving is a public health issue, and what public health organizations can do about dementia caregiving.



Visit
alz.org/publichealthcurriculum
to begin learning today.

