



The Empowered Caregiver Series: 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.

Foundations of Caregiving

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Communicating Effectively

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Responding to Dementia-Related Behaviors

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

Exploring Care & Support Services

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

Managing Money

If you or someone you know is facing Alzheimer's disease or dementia 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.

Awareness Presentation

15- 30 minutes

A brief informative program to learn an overview of Alzheimer's disease and its impact, prevention and current treatments, local resources and ways you can join the fight against Alzheimer's and all other dementia.

Healthy Living for Your Brain and Body

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

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Understanding Alzheimer's and Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Dementia Conversations

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

The Alzheimer's Association offers a variety of free, high-quality education programs for our local communities. If you are interested in hosting an Alzheimer's Education Program at your business or organization, please email inquirywa@alz.org for more information.