

EDUCATION PROGRAMS

ALZHEIMER'S AND DEMENTIA EDUCATION YOU CAN TRUST

60- and 30-minute options are available for the following programs:

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.

Dementia Conversations

This education program can help you address concerns about changes in memory with tips and strategies for difficult - but important - conversations.

Effective Communication Strategies

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

Healthy Living for Your Brain & Body

Learn about research into how diet, exercise, cognitive activity and social engagement can help keep your brain healthy at any age.

Understanding Alzheimer's and Dementia

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

Understanding & 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.

The following programs are presented in two-hour sessions:

Living with Alzheimer's for Early Stage Care Partners

In this three-part series, we answer common questions that arise in the early stage of dementia, including how to plan for the future, what the diagnosis means for you and your family, and how to access available resources that can help.

Living with Alzheimer's for Middle Stage Caregivers

In this three-part series, we address how the needs of the person living with dementia and the role of the caregiver will change as the disease progresses. Hear helpful strategies from professionals and family caregivers to provide safe, effective, and comfortable care to your loved one.

Living with Alzheimer's for Late Stage Caregivers

This two-part series, we explore how the role of the caregiver changes in the late stage of dementia. Hear tips from professionals and family caregivers that can help you maintain a meaningful connection with your loved one.

All programs are offered for free and are presented by trained Community Educator volunteers. Registration is required for all participants. Programs can be conducted in-person or via Zoom. Contact Leila Thayer Malone at lmthayer@alz.org or 805.261.2186 for questions.

alzheimer's  association®

California Central Coast Chapter
alz.org/CACentral

We're always here to help
by phone and online.

24/7 HelpLine
800.272.3900

alz.org