



No one should face Alzheimer's alone.

Register for one of our free community programs for information and resources about Alzheimer's and other dementias from the safety of your own home.

View all listings at alz.org/cincinnati

Monday Evening - all start at 6 p.m.

September 14 - Understanding and Responding to Dementia-Related Behaviors: [Register for webinar](#)

September 21 - Strategies to Optimize Brain Health with Dr. Sigward: [Register for webinar](#)

September 28 - Effective Communication Strategies: [Register for webinar](#)

Tuesday Afternoon - all start at 3:30 p.m.

September 1 - Dementia Conversations: [Register for webinar](#)

September 8 - Understanding Alzheimer's and Dementia: [Register for webinar](#)

September 15 - Living with Alzheimer's Disease: Late Stage Part 1: [Register for webinar](#)

September 22 - Living with Alzheimer's Disease: Late Stage Part 2: [Register for webinar](#)

September 29 - Understanding and Responding to Dementia-Related Behaviors: [Register for webinar](#)

Wednesday Education - all start at 1 p.m.

September 2 - Living with Alzheimer's Disease: Late Stage Part 1: [Register for webinar](#)

September 9 - 10 Warning Signs of Alzheimer's: [Register for webinar](#)

September 16 - Living with Alzheimer's Disease: Middle Stage Part 1: [Register for webinar](#)

September 23 - Living with Alzheimer's Disease: Middle Stage Part 2: [Register for webinar](#)

September 30 - Legal and Financial Planning for Alzheimer's Disease: [Register for webinar](#)

Thursday Education - all start at 1 p.m.

September 3 - Living with Alzheimer's Disease: Early Stage Part 1: [Register for webinar](#)

September 10 - Living with Alzheimer's Disease: Early Stage Part 2: [Register for webinar](#)

September 17 - Living with Alzheimer's Disease: Early Stage Part 3: [Register for webinar](#)

September 24 - Dementia Conversations: [Register for webinar](#)

Friday Afternoon - all start at 3:30 p.m.

September 4 - Healthy Living for your Brain and Body: [Register for webinar](#)

September 11 - Effective Communication Strategies: [Register for webinar](#)

September 18 - 10 Warning Signs of Alzheimer's: [Register for webinar](#)

September 25 - Living with Alzheimer's Disease: Early Stage Part 1: [Register for webinar](#)

To register visit alz.org/cincinnati or call 800.272.3900 Program is FREE, but reservations must be made in advance. Registrants will receive a link to join prior to the start of the program.

JOIN THE WALK TO END ALZHEIMER'S® email Annemarie Barnett at anbarnett@alz.org

Follow us on Facebook for LIVE chats and special programming at <https://www.facebook.com/alzcin>

alzheimer's association®

Description of Education Programs

10 Warning Signs of Alzheimer's

Offers information about the difference between typical age-related changes vs. common signs of Alzheimer's and other dementias. This program offers tips for how to approach someone about memory concerns; explains the importance of early detection and the benefits of diagnosis and identifies helpful Alzheimer's Association resources.

Dementia Conversations

Offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's.

Effective Communication Strategies

Explores how communication takes place when someone has Alzheimer's disease. Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways.

Healthy Living for Your Brain and Body

looking for information on ways to age as well as possible. The program covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social Engagement

In each area we discuss what we know, drawing on

Legal and Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

Living with Alzheimer's Early Stage

In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help? This series provides answers to the questions that arise. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.

Living with Alzheimer's Middle Stage

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 2 part program which will offer helpful strategies to provide safe, effective, and comfortable care during the middle stage of this disease. Part 1: covers symptoms, communication, personal care, and some safety issues. Part 2: covers behaviors, medications, driving, and wandering.

Living with Alzheimer's Late Stage

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this program and hear from caregivers and professionals about resources, monitoring care, and providing meaningful connection for the person with late stage Alzheimer's and their families.

Responding to Dementia-Related Behaviors

Decipher new behaviors exhibited in middle stages of dementia and how best to respond. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. The program will review: a) Identify common triggers for behaviors associated with dementia; b) Explain the process for assessing; and identifying challenging behaviors; c) List strategies to address some common dementia-related behaviors

Understanding Alzheimer's and Dementia

Provides a general overview for people who are facing a diagnosis as well as those who wish to be informed. In this program we explore: a) The relationship between Alzheimer's disease and dementia; b) Other types of dementia outside of Alzheimer's; c) What happens in the brain affected by Alzheimer's; d) Risk factors for and the three general stages of the disease.