This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real life issues.

**10 Warning Signs of Alzheimer’s**

Alzheimer’s and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; 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.

**Healthy Living for Your Brain and Body: Tips from the Latest Research**

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 make lifestyle choices that may help you keep your brain and body healthy as you 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.

**Caregiving Topics**

**Effective Communication Strategies**

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

**Understanding and Responding to Dementia Related Behavior**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.
Dementia Conversations
When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Planning for the Future: Legal and Financial Issues for People with Dementia
This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law. (contingent upon availability)

Education programs sponsored by the Alzheimer’s Association Cleveland Area Chapter provide comprehensive, informative, practical information to individuals living with Alzheimer’s disease or other forms of dementia, their family members and friends, as well as the general public.

In addition to providing education programs, a representative from the Alzheimer’s Association Cleveland Area Chapter can present information about the FREE programs and supportive services that are offered in Ashtabula, Cuyahoga, Geauga, Lake and Lorain counties.

Please visit https://www.alz.org/cleveland/events to see a current listing of community education programs.
All programs are offered online at training.alz.org