

alzheimer's  association®

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**Desert Southwest Chapter**

# **CLASS DESCRIPTIONS**

## **COMMUNITY & PROFESSIONAL EDUCATION**

**800.272.3900**  
**[alz.org/dsw](http://alz.org/dsw)**

## **The Basics: Memory Loss, Dementia and Alzheimer's Disease**

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

## **Dementia Conversations**

Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia.

## **Effective Communication Strategies**

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 connect and communicate at each stage of the disease.

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

Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging.

## **Know the 10 Signs: Early Detection Matters**

Learn the facts and warning signs of Alzheimer's disease and the need for early detection, information about drug therapy, enrolling in clinical studies, and planning for the future.

## **Legal and Financial for Alzheimer's Disease**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Learn what legal and financial issues to consider and how to put plans in place.

## **Living with Alzheimer's: For Care Partners – Early Stage (3-part series)**

In the early stage of Alzheimer's disease, families face new questions as they adjust. In this 3-part series, hear from individuals that are directly affected and learn what you can do to cope with the changes that come with being a Care Partner for someone with an early-stage diagnosis.

## **Living with Alzheimer's: For Caregivers – Middle Stage (3-part series)**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. In this 3-part series, hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

## **Living with Alzheimer's: For Caregivers – Late Stage (2-part series)**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

*All educational workshops are free of charge unless otherwise noted.*

*Note: dates, times and locations are subject to change.*

### **Living with Alzheimer's: For People With Alzheimer's (3-part series)**

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this 3-part series, hear from others who have been where you are, discussing what you need to know, what you need to plan, and what you can do to develop and work with your care team.

### **Living with Alzheimer's: For Younger-Onset Alzheimer's**

Are you concerned about Younger-Onset Alzheimer's disease or a related dementia? Hear from people 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.

### **Understand and Responding to Dementia-Related Behavior**

Behavior is a powerful form of communication especially as the ability to use language is lost. 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.

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