

# COMMUNITY EDUCATION PROGRAM MENU

THE GIFT OF EDUCATION FOR YOUR COMMUNITY.



Our education programs are free of charge, easy to join, and cover a wide variety of important topics for your community. We invite you to collaborate with us to bring an education program (in-person or virtual) to your group, business or community at large.

*\*The success of this program depends upon a great partnership, built on clear and frequent communication with both parties promoting our program in the community.*

**Contact your local staff partner or call 800.272.3900 for more information.**

## AWARENESS PRESENTATION



### Awareness Presentation

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

15 min and 30 min programs available

## ALZHEIMER'S & DEMENTIA KNOWLEDGE



### Advancing the Science: The Latest in Alzheimer's and Dementia

Join the Alzheimer's Association to learn more about the science of dementia, the impact of Alzheimer's disease, and the latest in research, including new studies that highlight the importance of lifestyle in reducing the risk of developing dementia.

30 min program available



### 10 Warning Signs of Alzheimer's

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

30 min and 60 min programs available

EN ESPAÑOL



### 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 optimize our physical and cognitive health as we 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.

60 min and 90 min programs available

EN ESPAÑOL



### Understanding Alzheimer's and Dementia

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

30 min and 60 min programs available

EN ESPAÑOL

# EMPOWERING CARE PARTNERS & CAREGIVERS



## 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 related to dementia.

30 min and 60 min programs available



## Effective Communication Strategies

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.

30 min and 60 min programs available



## Living with Alzheimer's for Care Partners and Caregivers

These classes offer participants specific resources and information focused on the stages of the disease. Options are available for Early-Stage Caregivers, Middle-Stage Caregivers and Late-Stage Caregivers. Contact us for more detailed information regarding the subjects covered in the classes.

Various program lengths available.



## Managing Money: A Caregiver's Guide to Finances

How much do you know about managing money? This free program will help you learn about the costs of caregiving and the benefits of early planning and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

30 min and 60 min programs available



## Understanding and 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, etc.

30 min and 60 min programs available

## FOR THOSE LIVING WITH EARLY STAGE OR YOUNGER ONSET ALZHEIMER'S



## Living with Alzheimer's

Alzheimer's is a journey, not a destination. The Alzheimer's Association offers these education programs that can help you understand what to expect so you can be prepared to meet the changes ahead and live well for as long as possible.

Various program lengths available.

- For People with Alzheimer's Disease (three parts, approx 90 min each)
- For Younger-Onset Alzheimer's disease (90 minutes)

**The Alzheimer's Association** provides care and support to those affected by Alzheimer's and other dementias through free, high-quality education programs.

Our programs are offered **in-person** and **virtually**. For virtual programs, attendees can join from the comfort and convenience of their own space.



Effective December 2022



Illinois Chapter

To schedule, contact your local staff partner or call

**800.272.3900**

[alz.org/illinois](https://alz.org/illinois)