REGISTRATION IS REQUIRED FOR ALL PROGRAMS. TO REGISTER FOR A PROGRAM OR FIND A SUPPORT GROUP IN YOUR AREA PLEASE CALL 1.800.272.3900 OR REGISTER ONLINE AT http://www.communityresourcefinder.org

LIVING WITH ALZHEIMER’S: LATE STAGES
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 and find out about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer’s and their families. Registration required. Designed for family caregivers; please no professionals.

DATE: November 6, 2018       TIME: 1pm-3pm CST
LOCATION: Mary Wood Weldon Memorial Library- 1530 S Green Street Glasgow, KY

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 dementia, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Registration required. Designed for care partners; please no professionals. This program will take place during the normal support group meeting time.

DATE: November 7, 2018       TIME: 4:30pm-5:30pm EST
LOCATION: Nazareth Home Clifton-2120 Payne Street Louisville, KY

MEMORY CAFÉ
The Memory Café is a monthly social group comprised of people with memory loss and their loved one(s). Its mission is to provide a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn and remain socially engaged with others traveling the same journey. It is a time and place where people can interact, find support, and celebrate together without feeling embarrassed or misunderstood. It encourages friendship and acceptance. Registration requested. Designed for people with memory issues and their care partners; no professionals please.

DATE: November 13, 2018       TIME: 2-3:30pm EST
LOCATION: Hodgenville United Methodist Church, 825 Tonieville Rd, Hodgenville, KY
This program is offered in partnership with LaRue County Cooperative Extension Service and Health Department

DATE: November 26, 2018       TIME: 2-3:30pm EST
LOCATION: Alzheimer’s Association 6100 Dutchmans Ln, 4th floor (Kaden Tower) Louisville, KY

Sponsored by: A Faith Filled Senior Neighborhood

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
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 dementia. Registration required. Designed for care partners; please no professionals

DATE: November 19, 2018       TIME: 2-4pm EST
LOCATION: Alzheimer’s Association – 6100 Dutchmans Lane, 4th floor, (Kaden Tower) Louisville, KY
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FAMILY CAREGIVER WORKSHOP
This family caregiver workshop is sponsored by Cardinal Health. This family caregiver workshop, sponsored by Cardinal Health, will provide an overview of the middle and late stages of dementia. Progression, symptoms, and resources will be discussed, and the audience will have an opportunity to ask questions. Lunch will be provided free of charge, courtesy of Cardinal Health. Pre-registration is required by 4:30pm on November 27th to ensure that enough lunches are ordered.

DATE: November 29, 2018   TIME: 10am – 2pm EST
LOCATION: Pritchard Community Center - 404 S Mulberry St   Elizabethtown, KY

COMMUNITY FORUM – JASPER, INDIANA
Learn about Alzheimer’s, dementia and memory loss and share your thoughts about how we can best help the people in Jasper and the surrounding communities. Bring a friend who has been affected by the disease.

DATE: November 15, 2018   TIME: 5:30pm-7:00pm EST
LOCATION: Jasper Memorial Hospital – 800 W. 9th Street Board (Conference Rms B/C near lower level Tower Café)

LEARN FROM HOME

WEBINAR: IS IT TIME TO SEE THE DOCTOR? ALZHEIMER’S SYMPTOMS VS NORMAL AGING
If you or someone you know is experiencing changes in memory and cognition, how can you tell if it’s normal aging or something more serious? Join us as we speak to Dr. Liana Apostolova, Director of the Clinical Core of the Alzheimer’s Disease Center at Indiana University.

DATE: November 6, 2018   TIME: 10:00AM-11:00AM or 12:00PM-1:00PM (CST) or recorded to watch at a later time

PROGRAM BY PHONE: FAMILY CONFLICT & ALZHEIMER’S: FINDING COMMON GROUND
A diagnosis of Alzheimer’s can be especially challenging for families. Family dynamics between adult children and parents can quickly become problematic and seem like an overwhelming obstacle to focusing on caring for the person with dementia. Dial in to learn some strategies for navigating the difficult waters of family and dementia. This program will be presented by Becky Beanblossom, a certified Alzheimer’s trainer. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: November 13, 2018   TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: THE ART & SCIENCE OF MUSIC & DEMENTIA
Music has been shown to improve mood, behaviors and quality of life for people at all stages of Alzheimer’s disease. Log in to learn from board certified music therapist Rebecca Froman-Freiman about the science behind music therapy, and how you can employ music to help your loved one with dementia.

DATE: November 29, 2018   TIME: 1:00PM-2:00PM (CST); 2:00PM-3:00PM (EST) or recorded to watch at a later time
REGISTRATION IS REQUIRED FOR ALL PROGRAMS; TO REGISTER FOR A PROGRAM OR FIND A SUPPORT GROUP IN YOUR AREA PLEASE CALL 1.800.272.3900 OR REGISTER ONLINE AT http://www.communityresourcefinder.org

Early Stage Support Group
The early support groups provide an opportunity to discuss issues and changes related to memory loss and a gathering to share experiences and feelings for both those with early stage memory loss and their care partners. Registration required. Vetting is necessary. Designed for people with memory issues and their care partners; no professionals please. Louisville, KY

Get the Emotional Support You Need
A support group provides a safe, supportive environment to allow family members, friends, caregivers, and other interested individuals to meet regularly for mutual support and to exchange coping skills with one another in matters relating to Alzheimer’s disease. All support groups are free and open to the public and of no religious affiliation unless otherwise designated. For more information call 1-800-272-3900.

Traditions at Beaumont
Memory Keepers
10210 Long Home Rd Louisville KY 40291
3rd Thursday of the month at 6pm

Elmcroft- Mt Washington
520 Woodlake Drive
Mt Washington, KY 40047
1st Thursday of the month at 6pm

The Medical Center of Scottsville
456 Burnley Rd Scottsville KY
Group meets in the Adult Learning Center
3rd Thursday of the month at 4pm

Tri-County Community Action Agency
1015 Dispatchers Way La Grange, KY
1st Monday of the month at 5:30pm

Healing Arts Center
10 E Court St Paoli, IN 47454
Former Carnegie Library; enter lower level rear of building
1st Thursday of the month at 1pm

Baptist Health Floyd Hospital
Paris Learning Center
1850 State Street New Albany, IN 47150
3rd Thursday 2pm-3:30 & 6pm-7:30pm

Park Louisville
10451 Linn Station Rd Louisville, KY
Last Monday; 12pm
Free Respite provided; 24 hour notice needed

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit https://www.alz.org/kyin/helping_you/support_groups