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. Registration required.

DATE: December 3, 2018        TIME: 3-5 pm CST
LOCATION: Metcalfe County Library – 200 S. Main Street Edmonton, KY
          Edmonton, KY

DATE: December 12, 2018       TIME: 2:30-4:30pm EST
LOCATION: Jasper Public Library – 1116 Main Street (Annex Bldg), Jasper, IN
          Jasper, IN

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 connect and communicate at each stage of the disease. Registration required.

DATE: December 5, 2018        TIME: 2-4 pm EST
LOCATION: Alzheimer’s Association – 6100 Dutchmans Lane 4th floor, Louisville, KY 40205
          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: December 11, 2018       TIME: 2-3:30 pm 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

THERE WILL BE NO LOUISVILLE MEMORY CAFÉ DUE TO OFFICE CLOSURE ON DECEMBER 31st
LEARN FROM HOME

WEBINAR: Under Which Roof: Residential Placement vs In-Home Care
As the roles transition from care partner to care giver, we find that there is no way one person can do it all alone. However, not every situation calls for a placement in a residential facility. Join this webinar to learn about the different options and levels of in-home care that are available before a residential placement becomes necessary.

DATE: December 4, 2018
TIME: 10:00AM-11:00AM or 12:00PM- 1:00PM (CST); 11:00AM-12:00PM or 1:00PM-2:00PM (EST) or recorded to watch at a later time

PROGRAM BY PHONE: Diagnosing Alzheimer’s Disease and Mild Cognitive Impairment
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? What is the difference between mild cognitive impairment, dementia and Alzheimer’s disease? Join us as we speak to board-certified neurologist Dr. Gregory Cooper to learn about the diagnostic process when cognitive issues arise. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: December 11, 2018
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: Understanding Alzheimer's and Dementia
Alzheimer’s is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources.

DATE: December 19, 2018
TIME: 11:00AM- 12:00PM (CST)/12:00PM-1:00PM (EST) or 1:00PM-2:00PM (CST)/2:00PM-3:00PM (EST) or recorded to watch at a later time
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.

Park Terrace
9700 Stone Street Rd Louisville KY 40272
2nd Wednesday; 5pm
Activities room; third floor

Beargrass Christian Home
4100 Shelbyville Rd Louisville, KY
Room 201
2nd Thursday; 10:30am

Thrive at Beckley Creek
13700 English Villa Drive Louisville, KY 40245
Lunch and respite provided
3rd Friday of the month; 11:30am

Home Instead
4101 Taylorsville Rd Suite 200 Louisville KY 40220
2nd Tuesday of the month; 2pm

Nazareth Home
2000 Newburg Rd Louisville, KY
3rd Monday of the month; 5:30pm

Episcopal Church Home
7504 Westport Rd
Louisville, KY
3rd Wednesday of the month; 7:30pm

Commonwealth Medical Plaza
720 2nd Ave Suite 103
Bowling Green, KY 42104
3rd Thursday; 3pm

Wesley Manor Retirement Community
5400 E Manslick Rd Louisville, KY
Community Center for Patio Homes
First Tuesday of the month; 5pm

Atria Senior Living
133 Heartland Drive
Elizabethtown, KY
2nd Tuesday; 12pm

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