

CLASS DESCRIPTIONS

COMMUNITY AND PROFESSIONAL EDUCATION

alzheimer's  association®

Minnesota-North Dakota Chapter

Classes are one-hour in length, unless otherwise noted.

View upcoming presentations at the alz.org/mnnd [Events and Education Calendar](#) or call 800.272.3900.

THE BASICS

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.

KNOW THE 10 SIGNS

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

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.

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.

Alzheimer's Association Minnesota-North Dakota Chapter
7900 W 78th Street, Suite 100 | Minneapolis, MN, 55439

24/7 Helpline 800.272.3900 | alz.org/mnnd



CHAPTER OFFICES

Dickinson	Grand Forks	Minot
Duluth	Jamestown	Rochester
Fargo	Mandan	St. Cloud
Fergus Falls	Minneapolis	St. Paul



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.

DEMENTIA CONVERSATIONS: Driving, Doctor Visits, Legal & Financial Planning

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 workshop 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.

LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. In this workshop you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Topics covered will include:

- > Making legal plans that fit your needs
- > Legal documents you'll need and what they mean for all of you
- > How to find legal and financial assistance
- > Practical strategies for making a long-term plan of care
- > Tax deductions and credits
- > Government programs that can help pay for care

LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (Two-part series, 90 minutes/each)

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.

LIVING WITH ALZHEIMER'S: FOR YOUNGER-ONSET ALZHEIMER'S (One workshop, 90 minutes)

When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young...does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us for this series of programs that provide answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Hear from those directly 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.



LIVING WITH ALZHEIMER'S: FOR CAREGIVERS

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way.

Living with Alzheimer's: For Care Partners – Early-Stage (Two-part series, 90 minutes/each)

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Living with Alzheimer's: For Caregivers – Middle-Stage (Two-part series, 90 minutes/each)

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and 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 (One workshop, 90 minutes)

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 hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

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THE BRAINS BEHIND SAVING YOURS.®

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research.

Our **mission** is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our **vision** is a world without Alzheimer's®.