

## Webinar/Phone Family Caregiver Education Programs – July



### **10 Warning Signs of Alzheimer's**

This program covers typical age related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

**Thursday, July 9, 1:00-2:00 pm | [REGISTER](#)**

**Tuesday, July 14, 3:00-4:00 pm | [REGISTER](#)**

**Monday, July 27, 6:00-7:00 pm | [REGISTER](#)**

### **COVID-19 & Caregiving**

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

**Monday, July 13, 11:00 am-12:00 pm | [REGISTER](#)**

### **Dementia Conversations**

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

**Thursday, July 9, 10:30-11:30 am | [REGISTER](#)**

**Tuesday, July 14, 10:00-11:30 am | [REGISTER](#)**

### **Effective Communication Strategies**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

**Thursday, July 23, 1:00-2:30 pm | [REGISTER](#)**

**Monday, July 27, 1:00-2:00 pm | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

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.

**Thursday, July 16, 1:00-2:30 pm | [REGISTER](#)**

**Tuesday, July 21, 12:00-1:00 pm | [REGISTER](#)**

### **Advancing the Science: The Latest in Alzheimer's & Dementia Research**

This program gives attendees a current look at the world of Alzheimer's and dementia research. Learn about where the science began and where it's heading in addition to what projects and studies are ongoing.

**Monday, July 20, 11:00 am – 12:00 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

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.

**Friday, July 10, 12:00-1:00 pm | [REGISTER](#)**

**Wednesday, July 15, 2:00-3:00 pm | [REGISTER](#)**

**Wednesday, July 22, 1:00-2:30 pm | [REGISTER](#)**

**Thursday, July 30, 10:00-11:00 am | [REGISTER](#)**

### **Understanding & Responding to Dementia Related Behavior**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

**Thursday, July 16, 10:00-11:00 am | [REGISTER](#)**

**Tuesday, July 28, 10:00-11:00 am | [REGISTER](#)**

**Thursday, July 30, 11:00 am - 12:00 pm | [REGISTER](#)**

**Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.**