

IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



OCTOBER 2024

Understanding Alzheimer's and Dementia

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

Tuesday, October 1 | 8:30-10:00AM

San Juan Capistrano Community Center,
25925 Camino Del Avion, San Juan Capistrano, CA 92675

[CLICK HERE TO REGISTER](#)

10 Warning Signs / Vietnamese

Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, and the benefits of a diagnosis.

Friday, October 5 | 2:00-3:00PM

BPSOS
13950 Milton Ave, Westminster, CA, 92683

[GỌI 714-897-2214 ĐỂ ĐĂNG KÝ](#)

Healthy Living for Your Brain and Body

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways to incorporate changes into a plan for healthy aging.

Sunday, October 27 | 3:00-4:00PM

Fairview Community Church
2525 Fairview Rd, Costa Mesa, CA 92626

[PLEASE CALL \(714\) 545-4610 TO REGISTER](#)

ONLINE PROGRAMS

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ONLINE EDUCATION

Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. All times are PST.

Effective Communications Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and learn tips to better communicate with people living with the disease.

Wednesday, October 2 | 5:30-6:30PM

[REGISTER ONLINE](#)

Thursday, October 17 | 10:00-11:00AM

[REGISTER ONLINE](#)

Healthy Living for Your Brain and Body: Offered in Spanish

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways to incorporate changes into a plan for healthy aging.

Wednesday, October 9 | 5:30-6:30PM

[REGISTER ONLINE](#)

Understanding Alzheimer's and Dementia

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

Tuesday, October 22 | 2:00-3:00PM

[REGISTER ONLINE](#)

10 Warning Signs of Alzheimer's

Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, and the benefits of a diagnosis.

Wednesday, October 16 | 5:30-6:30PM

[REGISTER ONLINE](#)

Thursday, October 17 | 6:30-7:30PM

[SPANISH – REGISTER ONLINE](#)

Preparing & Caring for Aging Loved Ones

We will cover essential legal and medical steps for planning and caring for aging parents, including trusts, wills, powers of attorney, and health care directives. Learn how to approach these sensitive topics and ensure your loved ones age with dignity and peace of mind.

Wednesday, October 23 | 12:00-1:00PM

[REGISTER ONLINE](#)

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Living With Alzheimer's: For Early Stage Caregivers - Part 1

This program is designed to provide care partners with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's disease or a related dementia. Learn how to provide optimal care along the continuum of the disease in order to maintain quality of life.

Monday, October 7 | 1:00-2:30PM

[REGISTER ONLINE](#)

Monday, October 14 | 1:00-2:30PM

[REGISTER ONLINE](#)

Building Foundations of Caregiving

Understanding the key aspects of caregiving can help to ensure the delivery of person-centered care while managing your own emotional and physical well being. Learn how dementia changes relationships over time, the benefit of person-centered care approaches, how to create a supportive care team and steps to identify and manage caregiver stress.

Tuesday, October 8 | 2:00-3:00PM

[REGISTER ONLINE](#)

Responding to Dementia-Related Behaviors: Offered in Cantonese

People living with dementia may exhibit behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors.

Friday, October 11 | 10:00-11:00AM

[REGISTER ONLINE](#)

Empowered Caregiver Series Part 1: Building Foundations of Caregiving

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips for understanding key aspects of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

Tuesday, October 15 | 6:00-7:00PM

[REGISTER ONLINE](#)

Empowered Caregiver Series Parts 2 & 3: Supporting Independence & Exploring Care and Support Services

People living with dementia want to remain independent for as long as possible yet caregivers may not know how to balance safety and independence. Learn how dementia changes a person's independence and impacts safety, how to provide the right amount of support, and tips to make every activity meaningful to the person living with dementia.

Tuesday, October 22 | 6:00-7:00PM

[REGISTER ONLINE](#)



Orange County Chapter

ONLINE PROGRAMS

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Honoring Lives – The Importance of Funeral Planning

Learn the basics of funeral planning, including cultural, financial, and logistical considerations. We'll address common misconceptions and help you start the conversation with confidence.

Thursday, October 24 | 6:00-7:30PM

[REGISTER ONLINE](#)

Empowered Caregiver Series Parts 4 & 5: Communicating Effectively And Responding to Dementia Behaviors

As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

Tuesday, October 29 | 6:00-7:00PM

[REGISTER ONLINE](#)



Orange County Chapter