



# Operation Stronger Together Workplace Education Program Offerings

## Helping Caregivers Cope, Learn and Survive the Heroics of Caregiving

### **The Basics: Memory Loss, Dementia and Alzheimer's Disease (basic level)**

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatment and steps to a proper diagnosis/assessment.

### **Know The 10 Signs (basic level)**

This interactive workshop identifies the 10 warning signs of Alzheimer's disease and the benefits of early detection. Separate myth from reality and address commonly held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs.

### **Healthy Habits for a Healthier You (basic level)**

For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands on tools to help incorporate these recommendations into a plan for healthy aging.

### **3 R's of Caregiving and Care Receiving (medium level)**

Caregiving can be stressful for both the person providing the care as well as the one receiving it. This program talks about how utilizing Resources and finding Respite could greatly enhance the experience for both parties by helping distribute the Responsibilities.

### **Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning (advanced level)**

This educational workshop offers helpful hints to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. The objectives are to share tips about having these tough conversations, to reinforce the need to plan ahead and create a care team, connect all attendees to helpful resources to enhance the quality of life for all involved and to provide the opportunity to hear from others who are dealing with similar issues.

**To schedule one of these workshops, a customized presentation or participation in an employee health fair contact:**

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