

Workshops and Training Programs for Family Caregivers Calendar

understanding dementia: an educational program for family caregivers If you have a family member or friend who is experiencing memory-related issues or a recent diagnosis of Alzheimer's disease/dementia, this free presentation series is for you. Join us for this 2 or 3 session workshop and learn more about Alzheimer's disease and related dementia as well as ways we can better communicate and manage challenging behaviors.

Cost: FREE.

Audience: Family Caregivers

Milwaukee County	Date	Registration	Time
Aurora West Allis Medical Center 8901 W. Lincoln Avenue West Allis, WI 53227	Wednesdays February 13, 2019 February 20, 2019 February 27, 2019	Required. Contact Aurora at 888.863.5502 or register online at www.aurora.org/events	6:00pm – 8:00pm
Froedtert Hospital – West 9200 W Wisconsin Ave Milwaukee, WI	Tuesdays March 26, 2019 April 2, 2019 April 9, 2019	Required. Contact Sue Moser at 414.805.9269 or Suzanne.moser@froedtert.com	6:00pm – 8:00pm
Froedtert Hospital – West 9200 W Wisconsin Ave Milwaukee, WI	Tuesdays September 17, 2019 September 24, 2019 October 1, 2019	Required. Contact Sue Moser at 414.805.9269 or Suzanne.moser@froedtert.com	6:00pm – 8:00pm
Aurora West Allis Medical Center 8901 W. Lincoln Avenue West Allis, WI 53227	Tuesdays October 8, 2019 October 15, 2019 October 22, 2019	Required. Contact Aurora at 888.863.5502 or register online at www.aurora.org/events	6:00pm – 8:00pm



the savvy caregiver Based on research by experts in care-giving techniques, this **6-week** course provides clinical-level training for family caregivers, going beyond introductory education programs. Graduate with:

- Personal knowledge, skills and caregiving outlook
- Skills to assess abilities of your loved one with dementia
- Confidence to set and alter caregiving goals
- Strategies to manage activities of daily living
- Perspective on the course of Alzheimer's and related disorders.

Cost: \$30 to cover cost of materials. Scholarships are available. Supervisory care may be available.

Please inquire when you register.

Audience: Family Caregivers

Waukesha County	Date	Registration	Time
Aurora Hospital Summit 36500 Aurora Drive Summit, WI 53066	This program meets six consecutive Thursdays beginning February 28, 2019	Required. Call the Alzheimer's Association at 800.272.3900	4:00pm – 6:00pm

living with dementia – early stage The diagnosis of Alzheimer's disease or a related form of dementia 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 where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Cost: FREE.

Audience: Family Caregivers and persons with dementia

None Scheduled at this time			
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living with moderate dementia This three part program includes many topics for caregivers of individuals with moderate Alzheimer's disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.

Cost: FREE.

Audience: Family Caregivers and persons with moderate Alzheimer's disease or related dementia

None Scheduled at this time

living with dementia – late stage This two-session program offers an opportunity for caregivers to learn about the late stage of Alzheimer's disease and related dementias and offers information about providing care, communicating, developing resources, working with the care team and providing an optimal end-of-life experience.

Cost: FREE.

Audience: Family Caregivers

None Scheduled at this time			
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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 in the 2 hour presentation to learn to decode behavioral triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Cost: FREE.

Audience: Family Caregivers

None Scheduled at this time

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.

Cost: FREE.

Audience: Family Caregivers

None Scheduled at this time			
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legal and financial planning for alzheimer's Please join us for this 2 session program designed to help those affected by dementia, their care partners and family members to better understand the legal and financial issues that may impact them. At the end of this two session program attendees will be able to:

- Understand the importance of advance planning
- Identify the steps to getting legal, financial and future care plans put in place
- Be familiar with specific legal issues, future care options and financial issues pertaining to dementia
- Use hands-on tools for making plans now

While the information in the program is an overview of important issues to consider and options to explore, it IS NOT a substitute for professional legal or financial advice.

Cost: FREE.

Audience: Family Caregivers

None Scheduled at this time			
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If you would like to see any of these programs offered in your area please contact our office.