

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	Mondays October 8, 2018 October 15, 2018 October 22, 2018	Required. Contact Aurora at 888.863.5502 or register online at www.aurora.org/events	6:00pm – 8:00pm
Ozaukee County	Date	Registration	Time
Aurora Medical Center 975 Port Washington Road Conference Room 4 Grafton, WI 530242	Tuesdays October 16, 2018 October 23, 2018 October 30, 2018	Registration is required. Call the Alzheimer's Association at 800.272.3900 or email sprohuska@alz.org	2:00pm – 4:00pm
Oconomowoc Memorial Hospital 791 Summit Avenue Oconomowoc, WI 53066	Wednesdays November 7, 2018 November 14, 2018 November 28, 2018	Registration is required. Call the ProHealth class registration service at 262.928.2745	4:00pm – 6:00pm

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

None Scheduled at This Time

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

Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 th St #160 Milwaukee, WI 53214	Tuesdays October 2, 2018 October 9, 2018 October 16, 2018	Required. Call Lynda Markut at 800.272.3900	1:00pm – 3:00pm
Washington County	Date	Registration	Time
Washington County Public Agency Center 333 E. Washington Street West Bend, WI 53095	Wednesdays November 14, 2018 November 21, 2018 November 28, 2018	Required. Contact Sarah Prohuska at 800,272.3900 or sprohuska@alz.org	10:00am – 12:00pm
Waukesha County	Date	Registration	Time
Aging & Disability Resource Center of Waukesha County 514 Riverview Avenue Waukesha, WI 53188	Thursdays October 22, 2018 October 18, 2018 October 25, 2018	Required. Contact Jennifer Harders at 800.272.3900 or jharders@alz.org	2:00pm – 4:00pm

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

Sheboygan County	Date	Registration	Time
United Way Building Lower Level 2020 Erie Avenue Sheboygan, WI 53081	Tuesdays October 2, 2018 October 9, 2018 October 16, 2018	Required. Register online or contact Ginny Nyhuis at 800.272.3900 or gnyhuis@alz.org	2:30pm – 4:30pm

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

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

Walworth County	Date	Registration	Time
Town Bank/Delavan Community Center 824 E. Geneva Street Delavan, WI 53115	Monday November 12, 2018	Registration is required. Register online or call 800.272.3900	2:00pm – 4:00pm

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

Sheboygan County	Date	Registration	Time
Germantown Community Library N112 W16957 Mequon Rd Germantown, WI 53022	Wednesday November 7, 2018	Required. Register online or contact Sarah at 800.272.3900 or sprohuska@alz.org	3:00pm – 4:30pm

dodge county care giving conference – a roadmap to a stronger tomorrow

The Alzheimer's Association, in partnership with the Dementia Concerns Coalition of Dodge County, is offering "A Roadmap to a Stronger Tomorrow", an educational conference for family and professional caregivers. The conference will feature a keynote address by Susan McFadden, Ph.D., Professor Emerita of Psychology, University of Wisconsin – Oshkosh, and workshops of various topics. Exhibitors and sponsors will be available to explain local services and resources. Lunch is included.

Dodge County	Date	Registration	Time
Henry Dodge Office Building 199 County Rd DF Juneau, WI 53039	Thursday October 25, 2018	<p>Required. There is no cost to attend this conference. Contact Alyssa Nickodem at alnickodem@alz.org for a registration brochure or Register online here.</p> <p>Contact Kelly Conway with registration questions at 800.272.3900.</p> <p>Care options are available for loved ones. Call 920.386.3580 for details.</p>	8:00am – 4:30pm

sheboygan county care giving conference The Alzheimer's Association, in partnership with the Dementia Care Network of Sheboygan County, is offering an educational conference for family and professional caregivers on Thursday, November 15, 2018, from 9:00am to 3:30pm at Acuity, 2800 S Taylor Drive in Sheboygan.

The conference will feature keynote addresses from Diane Mosnik, Clinical Neuropsychologist, and Bonnie Blair, winningest US female winter Olympian, and workshops of various topics. Exhibitors and sponsors will be available to explain local services and resources. Lunch is included with registration.

Cost is \$5 before Thursday, November 1 and is \$10 beginning Friday, November 2, 2018. Registration deadline is Thursday, November 8, 2018.

Grant funds for assistance with respite care may be available. Contact Ginny for details at 920.838.1311.

Sheboygan County	Date	Registration	Time
Acuity 2800 S Taylor Drive Sheboygan, WI	Thursday November 15, 2018	Required. Register on line or mail completed registration form and check to: Alzheimer's Association 620 S 76 th St #160 Milwaukee, WI 53214. Contact Ginny Nyhuis with conference questions. At gnyhuis@alz.org . Contact Kelly Conway with registration questions at 800.272.3900.	9:00am – 3:30pm

walworth county dementia conference – stepping stones to care

The Alzheimer's Association is offering "Stepping Stones to Care", an educational conference for family and professional caregivers. The conference will feature presentations by Dr. Piero Antuono, MD, Neurology and Biophysics, Memory Clinics and Research Center, The Medical College of WI, Lynda Markut, Alzheimer's Association, and Dr. Diane Mosnik, PhD., Clinical Neuropsychologist, Medical Psychology Associates.

Walworth County	Date	Registration	Time
Chapel on the Hill 2482 Cisco Road Lake Geneva, WI 53147	Friday October, 26, 2018	<p>Required. Register online or send completed registration form to: Alzheimer's Association 620 S 76th St #160 Milwaukee, WI 53214.</p> <p>Conference is free and open to the public. Contact Bonnie Beam-Stratz at bbeam@alz.org with general conference questions.</p> <p>Contact Kelly Conway at 800.272.3900 for questions about registration.</p>	8:15am – 12:15pm

caregivers connect: the importance of sleep! Many family caregivers, contending with their role's responsibilities and challenges, sleep even less than most – though it's so crucial to maintain your own health when you're caring for another. It is also important to know how you can assist your loved one in receiving restful sleep. Attend this program to learn tips on better sleep and why it is so important. This session is open to family and professional caregivers and care recipients.

Sheboygan County	Date	Registration	Time
Aging & Disability Resource Center 650 Forest Avenue Sheboygan Falls, WI 53085	Thursday October 18, 2018	Not Required.	1:00pm – 2:30pm

evaluating the research behind alternative treatments and supplements for dementia related symptoms

Dr. Diane Mosnik, Clinical Neuropsychologist with Medical Psychology Associates in Glendale, will be providing information on alternative approaches that are being explored in dementia care and what have been the positive and/or negative results from such treatments. She will share information based upon her experiences with persons with dementia and from the research she has reviewed. All persons are welcome to this program. Registration is required. Seating is limited.

Cost: FREE.

Audience: General Public

Walworth County	Date	Registration	Time
Advia Credit Union Community Room 837 N. Wisconsin Street Elkhorn, WI 53121	Tuesday October 9, 2018	Required. Register online or call Bonnie at 800.272.3900	3:30pm – 5:30pm

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



*If you would like to see any of these programs offered in your area
please contact our office.*