

## 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
Froedtert Hospital West 9200 W Wisconsin Avenue Milwaukee, WI 53226	Thursdays September 20, 2018 September 27, 2018 October 4, 2018	Required. Call Sue Moser at 414.805.9269 or email <a href="mailto:suzanne.moser@froedtert.com">suzanne.moser@froedtert.com</a>	6:00pm – 8:00pm
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 <a href="http://www.aurora.org/events">www.aurora.org/events</a>	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 <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	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 <sup>th</sup> 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
Ozaukee County	Date	Registration	Time
Family Enrichment Center Rooms D & E 885 Badger Circle Grafton, WI 53024	Tuesdays September 1, 2018 September 18, 2018 September 25, 2018	Required. Call Sarah Prohuska at 800.272.3900 or email <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	10:00am – 12:00pm
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 <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	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 <a href="mailto:jharders@alz.org">jharders@alz.org</a>	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**

**None Scheduled at this time**

<p><b>living with dementia – late stage</b> 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.</p> <p><b>Cost: FREE.</b></p> <p><b>Audience: Family Caregivers</b></p>			
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**

Jefferson County	Date	Registration	Time
Jefferson Public Library 321 S. Main Street Jefferson, WI 53549	Tuesday September 25, 2018	Registration is required. <a href="#">Register online</a> or call 800.272.3900	3:30pm – 5:30pm
Walworth County	Date	Registration	Time
Town Bank/Delavan Community Center 824 E. Geneva Street Delavan, WI 53115	Monday November 12, 2018	Registration is required. <a href="#">Register online</a> 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. <a href="#">Register online</a> or contact Sarah at 800.272.3900 or <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 4:30pm



## **fond du lac care giving conference – the more you know**

The Alzheimer's Association, in partnership with the Dementia Care Network of Fond du Lac County, is offering "The More You Know: A Day of Education and Support for Those Who Care", an educational conference for family and professional caregivers. The conference will feature keynote addresses by Lynda Markut, Alzheimer's Association, and Greg Giles, YMCA; and workshops of various topics. Exhibitors and sponsors will be available to explain local services and resources. Free chair massages will be offered throughout the day by No Knots Therapeutic Massage, Skin Care & Wellness. Lunch is included.

<b>Fond du Lac County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Holiday Inn Conference Center 625 W Rolling Meadows Drive Fond du Lac, WI 54937	Thursday September 27, 2018	Required. Cost is \$5 for Family Caregiver \$15 for Professionals <a href="#">Register online</a> or contact Alyssa Nickodem at <a href="mailto:alnickodem@alz.org">alnickodem@alz.org</a> for a registration brochure	8:30am – 3:30pm

**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. <a href="#">Register online</a> 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.*