

The Alzheimer's Association's programs are designed to meet the needs of family caregivers and the general community seeking information about Alzheimer's disease and other dementias. All programs are free of charge and available across the State of Wisconsin. Programs are also available in Spanish and on-demand via our website.

**Ten Warning Signs**

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. This training shares the 10 Warning Signs of Alzheimer's, separates myth from reality and addresses commonly-held fears.

**Understanding and Responding to Dementia-Related Behavior**

This program helps caregivers understand behaviors and determine how to best respond.

**Effective Communication Strategies**

Explore effective communication strategies and learn how to decode messages through attitude, tone of voice, facial expressions and body language.

**Understanding Alzheimer's & Dementia**

Designed to help participants understand the difference between Alzheimer's and dementia, recognize risk factors, and learn about potential treatments.

**Healthy Living for Your Brain & Body: Tips from the Latest Research**

Learn about research in the area of diet, exercise, cognitive activity and social engagement and learn how to incorporate these recommendations into a plan for healthy aging.

**Managing Money:  
A Caregivers Guide to Finances**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Living With Dementia -  
Early Stage**

Three-part class that covers what a dementia diagnosis means for families, how to plan for the future and where to find help to navigate the journey.

**Living with Dementia -  
Moderate Stage**

Three-part class with topics that include: understanding symptoms and care needs, understanding changing relationships, learning ways to maximize safety, preparing for emergencies and learning how to get respite care.

**Living with Dementia -  
Late Stage**

Two-part class where you will hear from caregivers and professionals about resources, monitoring care, and providing meaningful connection for the person with late-stage Alzheimer's and their families.

**Living with Dementia -  
Younger Onset**

Designed for families with a loved one under the age of 65 with a dementia diagnosis. Hear from those directly affected and learn what the diagnosis means, what you need to plan for, what resources are available, and what you can do to ease the impact of the diagnosis.

**Support Groups**

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or dementia. We offer support groups both in-person and virtually.

**Join Us: Call 800.272.3900 or  
visit [www.alz.org/wi](http://www.alz.org/wi)**