

The Alzheimer's Association's programs are designed to meet the needs of family caregivers and the general community seeking information about Alzheimer's and other dementia. All programs are free of charge and available across the State of Wisconsin. Programs are also available in Spanish and online 24/7 at www.alz.org/education.

**Ten Warning Signs**

60-min. and 30 min. options available
The warning signs of Alzheimer's 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

60-min. and 30 min. options available
Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Effective Communication Strategies

45-min. and 30-min. options available
Explore effective communication strategies and learn how to decode messages through attitude, tone of voice, facial expressions and body language.

Understanding Alzheimer's & Dementia

60-min. and 30-min. options available
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

Learn about the costs of caregiving and the benefits of early planning, and how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs and find support.

Dementia Conversations

45-min. and 30-min. options available
If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult - but important - conversations about changes that may be related to dementia.

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.