

## Webinar/Phone Family Caregiver Education Programs – August



### **10 Warning Signs of Alzheimer's**

This program covers typical age related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

**Tuesday, August 4, 1:00-2:00 pm | [REGISTER](#)**

**Wednesday, August 5, 12:00-1:30 pm | [REGISTER](#)**

**Tuesday, August 11, 1:00-2:00 pm | [REGISTER](#)**

**Thursday, August 13, 11:30 am -1:00 | [REGISTER](#)**

**Wednesday, August 26, 1:00-2:30 pm | [REGISTER](#)**

### **Advancing the Science: The Latest in Alzheimer's & Dementia Research**

This program gives attendees a current look at the world of Alzheimer's and dementia research. Learn about where the science began and where it's heading in addition to what projects and studies are ongoing.

**Wednesday, August 26, 11:00 am – 12:00 pm | [REGISTER](#)**

### **Dementia Conversations**

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

**Monday, August 3, 6:00-7:00 pm | [REGISTER](#)**

**Thursday, August 13, 11:00 am – noon | [REGISTER](#)**

**Wednesday, August 19, 10:30-11:30 am | [REGISTER](#)**

### **Effective Communication Strategies**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

**Tuesday, August 11, 10:00-11:30 am | [REGISTER](#)**

**Friday, August 14, 1:00-2:30 pm | [REGISTER](#)**

**Thursday, August 20, 1:00-2:30 pm | [REGISTER](#)**

**Tuesday, August 25, 2:00-3:00 pm | [REGISTER](#)**

**Thursday, August 27, 9:30-11:00 am | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Monday, August 3, 10:00-11:00 am | [REGISTER](#)**

**Monday, August 10, 12:00-1:00 pm | [REGISTER](#)**

**Monday, August 17, 3:00-4:00 pm | [REGISTER](#)**

**Tuesday, August 25, 12:30-2:00 pm | [REGISTER](#)**

### **Living with Alzheimer's – Middle Stage Caregivers**

This three-part program will address many topics for caregivers of individuals with moderate Alzheimer's disease, including symptoms and care needs, relationship changes, ways to maximize safety, prepare for emergencies, and access respite care.

**Three Consecutive Mondays, August 3, 10, 17, 1:30-3:00 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**Thursday, August 6, 11:00 am – noon | [REGISTER](#)**

**Friday, August 7, 12:00-1:00 pm | [REGISTER](#)**

**Monday, August 17, 1:00-2:30 PM | [REGISTER](#)**

**Wednesday, August 19, 12:00-1:00 pm | [REGISTER](#)**

**Monday, August 31, 6:00-7:00 pm | [REGISTER](#)**

### **Understanding & Responding to Dementia Related Behavior**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

**Saturday, August 1, 9:00-10:30 am | [REGISTER](#)**

**Tuesday, August 11, 6:00-7:00 am | [REGISTER](#)**

**Wednesday, August 12, 10:00-11:30 am | [REGISTER](#)**

**Friday, August 28, 10:00-11:00 am | [REGISTER](#)**

**Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).**

**You will receive connection information after you register.**