

Wisconsin Webinar/Phone Family Caregiver Education Programs – April



10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Wednesday, April 21, 10:00-11:00 am | [REGISTER](#)

Wednesday, April 28, 6:00-6:30 pm (30-minute shortened version) | [REGISTER](#)

Dementia Conversations

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Wednesday, April 21, 2:00-3:00 pm | [REGISTER](#)

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.

Wednesday, April 7, 2:00-3:00 pm | [REGISTER](#)

Wednesday, April 28, 1:00-2:30 pm | [REGISTER](#)

A Healthy Brain Begins with a Healthy Body

Presented by: Denise McNeely, RecoverHealth. We have known for years that the body and the brain are connected, and that what is good for the body may also be good for the brain. Join us for a discussion on heart health, understanding your numbers, healthy eating and exercise made simple.

Tuesday, April 6, 1:00-2:00 pm | [REGISTER](#)

Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. 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.

Tuesday, April 13, 9:00-10:00 am | [REGISTER](#)

Wednesday, April 28, 7:00-8:00 pm | [REGISTER](#)

Legal & Financial Planning for Alzheimer's or Another Dementia

Presented by: Attorney Alan L. Hougum, Hougum Law Firm LLC , Estate Planning and Elder Law

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. You will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

Monday, April 12, 11:30 am – 1:00 pm | [REGISTER](#)

**Register for any of our education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.**

Wisconsin Webinar/Phone Family Caregiver Education Programs – April



Living with Alzheimer's for Caregivers – Middle Stage

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Three Consecutive Mondays, April 19, 26 & May 3, 3:00-4:30 pm | [REGISTER](#)

Mind the Music: Effective Communication Strategies

The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help caregivers learn to decode verbal and behavioral messages from people with dementia. 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. Following this program & a 10-minute break, guest speaker Cathy Reitz will share how and why music inspires, enlightens and touches deep parts of us that words alone cannot describe. Singing, playing, and listening to music have always been ways in which people touch and move one another. Music transports us away from our day to day thoughts and the trappings of our busy lives. The *Stand in the Light Memory Choir* uses the power of singing to move people with memory loss, their care partners and singing partners, to rediscover themselves, make new friends, laugh together, learn together and contribute to their community. Find out how and why music inspires, enlightens and touches deep parts of us that words alone cannot describe. Find out why music stays in our memories longer than anything else. Your mind will appreciate it! **No additional log on information needed.**

Wednesday, April 21, 11:30 am - 1:30 pm | [REGISTER](#)

Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Wednesday, April 7, 7:00-8:00 pm | [REGISTER](#)

Monday, April 19, 3:30-4:30 pm | [REGISTER](#)

Understanding Alzheimer's & Dementia and Grief: Loss in Pieces

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and grief (loss in pieces).

Tuesday, April 27, | [REGISTER](#)

Understanding & 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 to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Thursday, April 15, 3:30-4:30 am | [REGISTER](#)