

## Wisconsin Webinar/Phone Family Caregiver Education Programs – May



### **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.

**Monday, May 17, 3:30-4:30 pm | [REGISTER](#)**

**Tuesday, May 27, 3:30-4:45 pm | [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.

**Friday, May 21, 12:00-1:00 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, May 19, 10:00-11:00 am | [REGISTER](#)**

**Tuesday, May 25, 2:00-3:00 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.

**Thursday, May 6, 3:00-4:00 pm | [REGISTER](#)**

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

### **Living with Alzheimer's for Caregivers – Late Stage**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, you will have the opportunity to learn about the late stage of Alzheimer's disease and dementia, information about providing care, communicating, developing resources, working with your care team to provide an optimal end of life experience. Join us with guest speaker Marian Plummer, Care Transition Coordinator, St. Croix Hospice.

**Two Consecutive Mondays, May 10 & 17, 3:00-4:30 pm | [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, May 13, 12:00-1:00 pm | [REGISTER](#)**

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

### **Updates from the Latest Research in Dementia**

Alzheimer's disease is not a normal part of aging. Dr. Kimberly Mueller will discuss 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. This presentation is being offered in conjunction with the Brown County Dementia Friendly Community Coalition.

**Monday, May 17, 12:00-1:30 pm | [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.**