

Alzheimer's Association Education Programs

10 Warning Signs: 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.

Healthy Living for Your Brain and Body: Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.

Understanding Alzheimer's and Related 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.

Dementia Conversations: Get 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 plans for future care.

Legal and Financial Planning: Learn about making legal plans, legal documents you'll need if facing an Alzheimer's diagnosis and what they mean for you; how to find legal and financial assistance; practical strategies for making a long-term care plan; tax deductions and credits; and government programs that can help pay for care.

Stage specific series: Early, Middle, and Late stage programs: Provides answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.

Living with Alzheimer's: For people with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Younger-onset Alzheimer's: When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? This series provides answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Effective Communication Strategies: Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.

Understanding and Responding to Dementia-related Behavior: 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.

COVID-19 & Dementia Caregiving: Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

Please contact Hayley Young at hdyoung@alz.org for questions