

Education Classes

For families, community members and people facing Alzheimer's disease



AWARENESS

Getting Connected: Alzheimer's Association Programs & Services (10, 20 or 30 mins)

A great place for everyone to start. Learn the basics about Alzheimer's disease, and programs and services offered by your local Alzheimer's Association.

Know the 10 Signs: Early Detection Matters

(60 or 120 mins)

The workshop addresses the ten warning signs of Alzheimer's disease. Learn what is involved in getting a diagnosis, risks associated with Alzheimer's, and the benefits of early detection.

The Basics: Memory Loss, Dementia and Alzheimer's Disease (60 or 120 mins)

Learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. Learn about resources offered by the Alzheimer's Association, keys for planning for the future, and how family members and caregivers can help the person with dementia.

Research Updates: Latest in Alzheimer's Treatment and Research (60 mins)

In recent years we have entered a period of tremendous advances in Alzheimer research, encompassing genetic risk factors for Alzheimer's, imaging studies to identify Alzheimer's in the living brain, blood tests and other biomarkers that may one day be used to diagnose Alzheimer's, how our lifestyle influences our risk of Alzheimer's as we age, and more.

REDUCING YOUR RISK

Healthy Habits for a Healthier You (60 minutes)

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 optimize our physical and cognitive health as we 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.

Maximize your Memory: Tips and Strategies (60 mins)

This presentation covers how memory works, the difference between normal & abnormal memory loss, tips for increasing your memory, and three keys to maintaining brain health.

FOR CAREGIVERS AND FAMILY MEMBERS

Conversations about Dementia (60 or 90 mins)

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Legal Planning for Alzheimer's Disease (60 mins)

This is an interactive program where you will have a chance to learn about important legal issues to consider, how to put plans in place, and how to access legal resources near you.

Financial Planning for Alzheimer's Disease (90 mins)

This is an interactive program where you will have a chance to learn about important financial issues to consider, how to put plans in place, and how to access financial resources near you.

Effective Communication Strategies (60 minutes)

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.

Understanding and Responding to Dementia-Related Behavior (60 or 120 minutes)

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.

Additional Topics Available On Request

ONLINE LEARNING!

<http://bit.ly/alzonlineclasses>

- Help & Hope in Alzheimer's Science and Care
- Compassionate Communication: Connecting with a Person with Alzheimer's
- Conversations about Dementia (with your loved one who is experiencing memory loss)
- Responding to Challenging Behaviors: Successful Strategies and Interventions
- And many more!

CARES

Developed for family members or friends caring for a loved one with memory loss or dementia, the CARES approach offers many practical, person-centered strategies to common caregiving concerns. Visit <http://www.hcinteractive.com/DementiaCareFamilies> for more information and pricing.

PROFESSIONAL EDUCATION

The Alzheimer's Care Academy™ is the premier training program in quality dementia care from the Alzheimer's Association. Created from evidence-based research and field-tested, the Academy provides in-depth training in all key aspects of dementia care. Modules can be tailored to meet the needs of both the professional and paraprofessional staff person, and are coordinated to California state-mandated requirements for CNA, RCFE and nursing home staff. Training programs are offered onsite for facility staff (attendance up to 25), tailored to specific needs and schedule. Contact Pauline Martinez to learn more, pmartinez@alz.org.

Alzheimer's Association® essentiALZ® is an online individual certification program that provides recognition for knowledge of quality dementia care practices. This program combines approved dementia care training with Alzheimer's Association online certification exams. EssentiALZ offers two levels of certification—essentiALZ and essentiALZ Plus. Visit www.alz.org/essentialz to learn more.

FOR MORE INFORMATION

For additional information, to register for a program, or request a presentation, contact 800.272.3900 or norcal-education@alz.org.

WWW.ALZ.ORG | 800.272.3900

