

JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



Healthy Living for your Brain and Body

Wednesday, October 14, 1-2:30 p.m. | [Register](#)
Monday, October 26, 3-4:30 p.m. | [Register](#)

10 Warning Signs of Alzheimer's

Monday, October 5, 1-2:30 p.m. | [Register](#)
Friday, October 16, 10-11:30 a.m. | [Register](#)
Thursday, October 29, 10-11:30 a.m. | [Register](#)

Understanding Alzheimer's and Dementia

Wednesday, October 7, 1-2:30 p.m. | [Register](#)
Monday, October 12, 3-4:30 p.m. | [Register](#)
Thursday, October 22, 1-2:30 p.m. | [Register](#)

Dementia Conversations

Thursday, October 1, 1-2:30 p.m. | [Register](#)
Tuesday, October 20, 10-11:30 a.m. | [Register](#)

Effective Communication Strategies

Tuesday, October 6, 1-2:30 p.m. | [Register](#)
Friday, October 23, 1-2:30 p.m. | [Register](#)

Understanding and Responding to Dementia Related Behavior

Wednesday, October 14, 10-11:30 a.m. | [Register](#)
Tuesday, October 27, 10-11:30 a.m. | [Register](#)

COVID-19 and Caregiving

Friday, October 2, 10-11:30 a.m. | [Register](#)
Monday, October 19, 3-4:30 p.m. | [Register](#)

Living with Alzheimer's for Individuals Living with Early Stage Alzheimer's and Other Dementia

Registration is required. Attend all three.
October 28, November 4 and 11
1:30-3:30 p.m. | [Register](#)
tinyurl.com/EarlyLWAFall2020

Living with Alzheimer's for Early Stage Care Partners

Registration is required. Attend all three.
October 28, November 4 and 11
11 a.m.-1 p.m. | [Register](#)
tinyurl.com/EarlyLWAFall2020

**TO REGISTER, PLEASE CALL
800.272.3900 OR VISIT US
ONLINE AT ALZ.ORG/CRF**

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SPANISH:

Healthy Living for your Brain and Body

Thursday, October 15, 10-11:30 a.m. | [Register](#)

10 Warning Signs of Alzheimer's

Thursday, October 22, 10-11:30 a.m. | [Register](#)

Basics of Alzheimer's Disease

Monday, October 1, 10-11:30 a.m. | [Register](#)

Effective Communication Strategies

Tuesday, October 27, 7-8:30 p.m. | [Register](#)

Understanding and Responding to Dementia Related Behavior

Tuesday, October 20, 7-8:30 p.m. | [Register](#)

COVID-19 and Caregiving

Monday, October 12, 1-2:30 p.m. | [Register](#)

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CHINESE:

10 Warning Signs of Alzheimer's (Chinese-Mandarin)

Thursday, October 15, 3-4:30 p.m. | [Register](#)

Basics of Alzheimer's Disease (Chinese-Mandarin)

Thursday, October 29, 3-4:30 p.m. | [Register](#)

Understanding and Responding to Dementia Related Behavior (Chinese-Cantonese)

Wednesday, October 21, 1-2:30 p.m. | [Register](#)

COVID-19 and Caregiving (Chinese-Cantonese)

Friday, October 2, 3-4:30 p.m. | [Register](#)

Legal and Financial Planning for Alzheimer's Disease (Chinese-Mandarin)

Tuesday, October 6, 5-7 p.m. | [Register](#)

Living with Alzheimer's for Middle Stage Care Partners (Chinese-Mandarin)

Registration is required.

Attend all three sessions.

October 13, 20, and 27

3-5 p.m. | [Register](#)

JOIN US ONLINE PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

COVID-19 and 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.

Dementia Conversations

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.

Effective Communications 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.

Healthy Living for Your Brain and 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 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.

Legal and Financial Planning for Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

Living with Alzheimer's for Individuals Living with Early Stage Alzheimer's and Other Dementia

A diagnosis of Alzheimer's disease may be life-changing and lead 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 and hear from other individuals living with Alzheimer's on what to expect, how to build a care team and planning for the future.

Living with Alzheimer's for Early Stage Care Partners

In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help? Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.

Living with Alzheimer's: For Middle Stage Care Partners

This 3-part series will discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. 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.

Understanding and 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.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour 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 and the diagnostic process, and Alzheimer's Association resources.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to 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.

**TO REGISTER OR LEARN MORE, PLEASE CALL
800.272.3900 OR ONLINE AT ALZ.ORG/CRF**

alzheimer's  association®

Visit alz.org/CRF to explore additional education programs in your area.