

Webinar/Phone Family Caregiver Education Programs – February



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.

Tuesday, Feb. 2, 6:00-7:00 pm | [REGISTER](#)

Thursday, Feb. 11, 6:00-7:00 pm | [REGISTER](#)

Wednesday, Feb. 3, 1:00-2:00 pm | [REGISTER](#)

Wednesday, Feb. 17, 11:00 am -12:00 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.

Thursday, Feb. 11, 11:30 am -1:00 pm | [REGISTER](#)

Thursday, Feb. 18, 3:30-5:00 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, Feb. 3, 5:30-7:00 pm | [REGISTER](#)

Thursday, Feb. 4, 1:00-2:00 pm | [REGISTER](#)

Saturday, Feb. 13, 9:00-10:30 am | [REGISTER](#)

Tuesday, Feb. 16, 3:00-4:00 pm | [REGISTER](#)

Thursday, Feb. 18, 3:00-4:30 pm | [REGISTER](#)

Friday, Feb. 26, 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.

Monday, Feb. 8, 10:00-11:00 am | [REGISTER](#)

Tuesday, Feb. 23, 5:30-6:30 am | [REGISTER](#)

Thursday, Feb. 25, 11:30 am -1:00 pm | [REGISTER](#)

Living with Alzheimer's – Early Stage Care Partners

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. Join us for this three-part program to discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Three Consecutive Tuesdays, Feb. 9, 16, 23, 11:00 am -12:30 pm | [REGISTER](#)

Living with Alzheimer's – Late Stage Caregivers

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'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

Two consecutive Thursdays, Feb. 18, 25, 9:00-10:00 am | [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.**

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Steering Into the Skid

Steering into the Skid helps family members, caregivers, local businesses, and the broader community openly discuss dementia and the most well-known form of memory loss, Alzheimer's disease. Audience members meet Tim and Amanda, played by actors Jim Sweeney and Chanda Foley. In 12 short scenes, one per month—starting on New Year's Eve—and all taking place in Tim & Amanda's SUV, the audience comes to know this loving couple and bear witness to the early progression of dementia. As the months pass, the audience sees the subtle changes and adjustments the couple is forced to deal with due to memory loss. The play has prompted conversations addressing the isolation and fear associated with dementia. Experience this unique approach using theater and conversation to learn and make decisions about the future. All community members are encouraged to attend. This play will be streamed LIVE from the Automobile Gallery in Green Bay, WI. We will begin with a tour of the gallery by Executive Director, Darrel Burnett. Following the tour, we will watch the play before breaking out into virtual breakout sessions to discuss the play. Feel free to bring your lunch and join us!

Friday, Feb. 12, 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.

Tuesday, Feb. 2, 6:00-7:00 pm | [REGISTER](#)

Wednesday, Feb. 24, 1:00-2:30 pm | [REGISTER](#)

Wednesday, Feb. 17, 10:00-11:00 am | [REGISTER](#)

Friday, Feb. 26, 11:00 am -12:00 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.

Tuesday, Feb. 9, 4:00-5:30 pm | [REGISTER](#)

Wednesday, Feb. 17, 1:00-2:00 pm | [REGISTER](#)

Wednesday, Feb. 17, 11:30 am -1:00 pm | [REGISTER](#)

Friday, Feb. 26, 9:30-11:00 am | [REGISTER](#)

SPANISH – Understanding & Responding to Dementia Related Behavior

El comportamiento es una forma poderosa de comunicación y es una de las formas principales para las personas con demencia de comunicar sus necesidades y sentimientos a medida que la capacidad de usar el lenguaje se pierde. Sin embargo, algunos comportamientos pueden presentar desafíos reales para los cuidadores. Únase a nosotros para aprender a descifrar los mensajes de comportamiento, identificar los factores desencadenantes comunes del comportamiento, y aprender estrategias para ayudar a intervenir con algunos de los problemas de comportamiento más comunes de la enfermedad de Alzheimer.

Saturday, Feb. 13, 10:00 am-12:00 pm | [REGISTRESE](#)