

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



### **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, July 12, 3:00-4:00 pm | [REGISTER](#)**

**Monday, July 19, 6:00-7:00 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.

**Tuesday, July 13, 12:00-12:30 pm | [REGISTER](#)**

**Friday, July 23, 11:00 am -12:00 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.

**Tuesday, July 13, 10:00-11:00 am | [REGISTER](#)**

**Thursday, July 29, 1:00-2:00 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, July 8, 1:00-2:00 pm | [REGISTER](#)**

**Tuesday, July 27, 10:00-11:00 am | [REGISTER](#)**

### **Living with Chronic Conditions (Mild Cognitive Impairment)**

The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this seven-week program to help you continue living your best life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about your health.

**Tuesdays, beginning July 13, 1:00-3:30 pm | REGISTER - contact Jennifer McAlister at 800.272.3900**

### **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.

**Monday, July 19, 3:30-4:40 pm | [REGISTER](#)**

**Wednesday, July 28, 1:00-2:30 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.

**Tuesday, July 6, 10:00-11:00 am | [REGISTER](#)**

**Wednesday, July 21, 10:00-11:00 am | [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.**