



ALZHEIMER'S AND DEMENTIA EDUCATION YOU CAN TRUST



The Alzheimer's Association® provides care and support to those affected by Alzheimer's and all other dementia through free, high-quality education programs. Explore our convenient learning opportunities focused on Alzheimer's disease, caregiving, communication and more. All programs can be delivered in-person or virtually, in English or Spanish.

The 10 Warning Signs of Alzheimer's *60-minute and 30-minute options available.*

This education program will help you recognize common signs of the disease in yourself and others, and includes next steps to take, including how to talk to your doctor.

Understanding Alzheimer's and Dementia *60-minute and 30-minute options available.*

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Understanding and Responding to Dementia Related Behaviors

60-minute and 30-minute options available.

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with Alzheimer's and dementia, such as agitation, confusion and more.

Introduction to Alzheimer's *15-20 minutes*

This program touches on a range of topics including the impact of Alzheimer's, risk factors and warning signs, resources, and ways to join the fight against Alzheimer's.

Effective Communication

45-minute and 30-minute options available.

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Dementia Conversations

45-minute and 30-minute options available.

If you know someone who is experiencing changes in memory, thinking and behavior, this program provides tips and strategies for difficult (but important) conversations about changes that may be related to dementia.

Healthy Living For Your Brain & Body

45 minutes

Lifestyle choices impact the aging process. Learn about important research into diet and nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to develop a plan for healthy aging.

Managing Money: A Caregiver's Guide to Finances

60 minutes

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us for this free program that will feature tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

To learn more or schedule a program please contact: