

## Wisconsin webinar/phone Family Caregiver Education Programs - May



### **10 Warning Signs of Alzheimer's**

Learn about 10 common warning signs of Alzheimer's disease and what to watch for in yourself and others. This 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.

**Monday, May 11, 6:00-7:00 pm | [REGISTER](#)**

**Tuesday, May 19, 12:15-1:15 pm | [REGISTER](#)**

**Thursday, May 21, 1:00-2:30 pm | [REGISTER](#)**

### **Effective Communication 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.

**Thursday, May 14, 11:30 am -12:30 pm | [REGISTER](#)**

**Wednesday, May 20, 2:00-3:30 pm | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

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.

**Monday, May 18, 11:30 am -1:00 pm | [REGISTER](#)**

**Tuesday, May 26, 1:00-2:30 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

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

**Tuesday, May 12, 10:00-11:30 am | [REGISTER](#)**

### **Understanding Dementia**

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease or other dementia, this presentation series is for you. Join us for a 3-session workshop.

**Three Consecutive Tuesdays, May 12, 19, 26, 6:00-8:00 pm | [REGISTER](#)**

### **Understanding & 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.

**Wednesday, May 27, 1:00-2:30 pm | [REGISTER](#)**

**To attend any of our educational webinars please verify your attendance by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf). You will receive connection information after you register.**