



alzheimer's  association®

## EDUCATION PROGRAMS

### 10 WARNING SIGNS OF ALZHEIMER'S

Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

### EFFECTIVE COMMUNICATION STRATEGIES

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner.

### 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. 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, and Alzheimer's Association resources.

### DEMENTIA CONVERSATIONS: DOCTORS VISITS, DRIVING, LEGAL AND FINANCIAL

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.

### MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

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 to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

### RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Behavior is a powerful form of communication and is one of the primary ways people living with dementia 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 triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

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FOR MORE INFORMATION OR TO SCHEDULE A PROGRAM.