

CLASS DESCRIPTIONS

Community And Corporate Education



View upcoming presentations at alz.org/mnnd/helping_you/calendar.

To schedule a class contact Jenna Fink, Associate Director of Community Services, at 952.857.0558 or jfink@alz.org.

All classes are free and presented virtually or in-person.

30 Express Presentation - 30 Minute Class

60 Full Presentation - 60 Minute Class

UNDERSTANDING ALZHEIMER'S AND DEMENTIA **30** **60**

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.

10 WARNING SIGNS **30** **60**

Alzheimer's and other dementia's 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.

EFFECTIVE COMMUNICATION STRATEGIES **30** **60**

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.

UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR **30** **60**

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.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH **30** **60**

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.

DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL AND FINANCIAL PLANNING **30** **60**

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.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES **60**

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.