

## Wisconsin Webinar/Phone Family Caregiver Education Programs – Oct.



### **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.

**Tuesday, October 5, 1:00-2:00 pm | [REGISTER](#)**  
**Tuesday, October 26, 5:00-6:00 pm | [REGISTER](#)**

**Saturday, October 9, 11:00 am –12:00 pm [REGISTER](#)**

### **Advancing the Science: The Latest in Alzheimer's and Dementia Research**

**Offered in partnership with the ADRC of Southwest Wisconsin and the ADRC of Eagle Country**

Alzheimer's is a global health problem with more than 6 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. The Alzheimer's Association is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia. Learning objectives include: Landscape of Alzheimer's and dementia science, basic facts and figures regarding Alzheimer's and other dementias, risk factors; highlights in early detection and diagnosis and why early detection and diagnosis are important; define biomarkers, why they are needed, and some of the ways biomarkers are used in dementia research; latest advances in clinical trials, treatments and lifestyle interventions; discover the diversity in therapeutic approaches currently under investigation; and advances in clinical trials, treatments and/or lifestyle interventions.

**Friday, October 15, 10:00-11:30 am | [REGISTER](#)**

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

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.

**Monday, October 18, 11:30 am – 12:30 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.

**Wednesday, October 20, 5:30-6:30 pm | [REGISTER](#)**      **Friday, October 29, 9:00-10:00 am | [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.

**Monday, October 11, 12:00-1:00 pm | [REGISTER](#)**

**Register for any of our virtual 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.**

**Additional education programs are being held in person.  
To learn about in person opportunities in your area call our 24/7 Helpline at 800.272.3900.**

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### **Living in the Moment: A Caregiver's Journey with Walter Zerrenner**

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

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

### **Living with Alzheimer's for Caregivers – Middle Stage**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

**Wednesday, October 6, 8:30 pm - 12:30 pm | [REGISTER](#)**

### **Living Well 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. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer and osteoporosis.

**Wednesdays, October 6 – November 17, 1:00-3:30 pm | [REGISTER](#)**

### **The Savvy Caregiver: Supported by the ADRC of Kenosha County**

Based on research by experts in care-giving techniques, this 6 week course provides clinical level training for family caregivers, going beyond introductory education programs. Graduate with: Personal knowledge, skills and caregiving outlook - Skills to assess abilities of your loved one with dementia - Confidence to set and alter caregiving goals – Strategies to manage activities of daily living - Perspective on the course of Alzheimer's and related disorders.

**Mondays, October 4 – November 8, 10:00 am - 12:00 pm | [REGISTER](#)**

### **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.

**Friday, October 8, 5:00-6:00 pm | [REGISTER](#)**

**Thursday, October 14, 10:00-11:00 am | [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, October 12, 3:30-4:30 pm | [REGISTER](#)**

**Thursday, October 21, 12:00-1:00 pm | [REGISTER](#)**

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