

Webinar/Phone Family Caregiver Education Programs – December



10 Warning Signs of Alzheimer's

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, the diagnostic process, and Alzheimer's Association resources.

Wednesday, Dec. 2, 1:00-2:00 pm | [REGISTER](#)

Thursday, Dec. 3, 2:00-3:00 pm | [REGISTER](#)

Wednesday, Dec. 9, 3:30-5:00 pm | [REGISTER](#)

Thursday, Dec. 10, 6:30-7:30 pm | [REGISTER](#)

Advancing the Science: The Latest in Alzheimer's & Dementia Research

This program gives attendees a current look at the world of Alzheimer's and dementia research. Learn about where the science began and where it's heading in addition to what projects and studies are ongoing.

Friday, Dec. 18, 10:00-11:00 am | [REGISTER](#)

Corona/Covid-19 y cuidadores

Cuidando a una persona con problemas de memoria o Demencia durante estos tiempos de Corona/Covid 19, agrega problemas y dificultades para los cuidadores y familia. Este programa provee información simple para los cuidadores, y familia de las personas con problemas de memoria o demencia, por más que la persona viva en su casa, en una residencia, o las personas que vienen a cuidar a gente en su propia casa.

Martes, Dec. 8, 2:00-3:00 pm | [REGISTRESE](#)

Dementia Conversations

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

Friday, Dec. 11, 11:00 am-12:00 pm | [REGISTER](#)

Wednesday, Dec. 16, 2:00-3:30 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.

Tuesday, Dec. 8, 2:00-3:30 pm | [REGISTER](#)

Thursday, Dec. 10, 11:00 am-12:00 pm | [REGISTER](#)

Friday, Dec. 11, 2:00-3:00 pm | [REGISTER](#)

Tuesday, Dec. 15, 5:30-6:30 pm | [REGISTER](#)

Healthy Living for Your Brain & Body

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, Dec. 7, 10:00-11:00 am | [REGISTER](#)

Thursday, Dec. 10, 12:00-1:00 pm | [REGISTER](#)

Monday, Dec. 14, 3:00-4:00 pm | [REGISTER](#)

Holidays in Harmony

Holidays can be a challenging time for persons with dementia and their caregivers. Join us to talk about creative strategies and tips to help the holidays run smoothly and peacefully by preventing or reducing dementia-related behaviors.

Wednesday, Dec. 9, 1:00-2:30 pm | [REGISTER](#)

Understanding Alzheimer's & Dementia

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, Dec. 1, 2:00-3:00 pm | [REGISTER](#)

Monday, Dec. 14, 12:00-1:00 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.

Tuesday, Dec. 1, 9:00-10:30 am | [REGISTER](#)

Saturday, Dec. 5, 11:30 am-12:30 pm | [REGISTER](#)

Thursday, Dec. 10, 11:30 am-1:00 pm | [REGISTER](#)

**Register for any of our education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.**