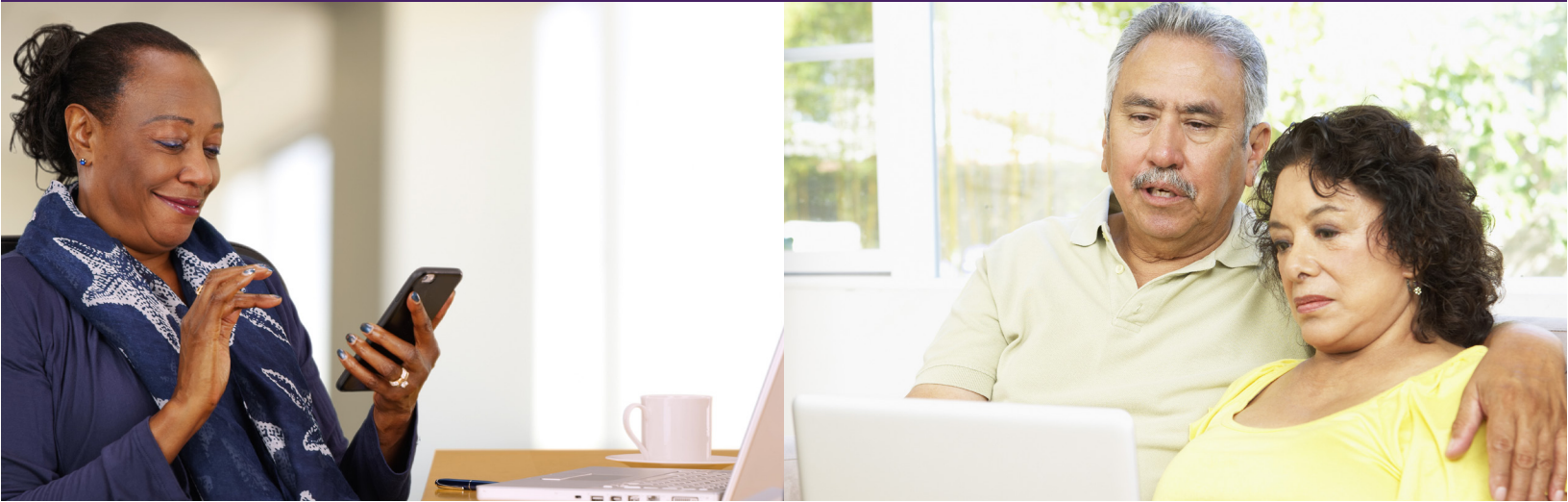


# ONLINE ALZHEIMER'S AND DEMENTIA EDUCATION

Presented by the Alzheimer's Association® and Kaiser Permanente



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

3rd Tuesday, 1-2:30 p.m.

## **Dementia Conversations**

2nd Friday, 1-2:30 p.m.

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

2nd Thursday, 3-4:30 p.m.

## **Understanding Alzheimer's and Dementia**

1st Monday, 1-2:30 p.m.

## **Effective Communication Strategies**

3rd Thursday, 10-11:30 a.m.

## **Understanding and Responding to Dementia-Related Behavior**

1st Tuesday, 1-2:30 p.m.

## **Online education programs are:**

- » Open to Kaiser Permanente and non-Kaiser Permanente members
- » Free of charge
- » To register or for more information:
  - » Contact the Alzheimer's Association at 800.272.3900
  - » Contact your Kaiser Permanente Memory Clinic provider

**In partnership with:**

**KAISER PERMANENTE® thrive**

*Last updated September 2021*

**alzheimer's  association®**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

# PROGRAM DESCRIPTIONS:

## HEALTHY LIVING FOR YOUR BRAIN AND 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 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.

## DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

## 10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour 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.



## 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. Join us to 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.

## 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.

## UNDERSTANDING AND 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.

