



THE BRAINS BEHIND SAVING YOURS:

## Alzheimer's Association, North Carolina - Education Programs

We offer educational opportunities, for a variety of audiences, to learn about brain health, Alzheimer's, and all other dementia diseases.

Most programs are available in 30 minute, 60 minute, and workshop formats - in-person or virtual. **To request an educational program, visit [alz.org/northcarolina](http://alz.org/northcarolina), call 1-800-272-3900, or email [infonc@alz.org](mailto:infonc@alz.org).** We look forward to working with you.

### GENERAL HEALTH AND DISEASE EDUCATION:

#### Know the 10 Signs: *Early Detection Matters*

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. This workshop will provide the general public with a greater understanding of the difference between age related memory loss and dementia and what to do if they have signs of Alzheimer's disease.

#### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join dementia experts and people living with dementia and care partners to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia; stages and risk factors; and current research and treatments available for some symptoms.

#### Healthy Living for Your Brain and Body

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

### DEEPER DIVE TOPICS:

#### Effective Communication Strategies

For caregivers, understanding communication changes throughout the disease process and learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways.

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

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication and are essential to understanding the needs of the person with dementia.

### NEEDS AND RESOURCES ACROSS DISEASE STAGES:

### Navigating a Dementia Diagnosis

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Individuals affected by Alzheimer's and related dementia and their loved ones cannot walk this journey alone. Early planning and understanding of services you may need helps relieve stress and allows for a higher quality of life.

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

Don't wait to have difficult conversations. Invite family, friends, employers and health care professionals to form a care team, communicate with each other, and address challenging conversations.

### The Confident Caregiver

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on care givers. This interactive workshop will provide you with the tools you need to take the next steps.

### Living with Alzheimer's Series: For Younger-Onset Alzheimer's, *For Care Partners/ Caregivers - Early, Middle, Late Stages*

When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This workshop provides answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. The Caregiver series of programs provide answers to the questions that arise in the early, middle and late stages of the disease.

### **SPECIALITY:**

#### Advancing the Science at any Given Moment: The Latest in Alzheimer's and Dementia Research

Join us to learn more about the landscape of Alzheimer's and Dementia Science including risk factors for Alzheimer's and all other dementia, highlights in early detection and diagnosis, the latest advances in clinical trials, treatments and lifestyle intervention. **virtual platform delivery only**

#### Caregiving During the Holidays

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and goodwill. This program is designed to teach caregivers to care for themselves, their loved ones, and about holiday safety all while giving suggestions that may make the holidays more enjoyable for you and your loved ones.

#### New Advances in Alzheimer's Treatments

You may have heard in the news recently about a new Alzheimer's treatment. This program will provide you with information about that and all treatments for Alzheimer's disease. After attending today's presentation, you will be able to list FDA - approved treatments, explain the impact of aducanumab on amyloid plaques in the brain, its potential benefits and side effects, explain the pathways to access treatment, and describe the resources available through the Alzheimer's Association.