

JANUARY 2022 VIRTUAL COMMUNITY EDUCATION PROGRAMS

ALZNJ Virtual Community Education Programs provide caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer's disease and other dementias.

To register, please click the links below or call our Helpline at 888-280-6055.

Communication Tips and Techniques in Alzheimer's Disease

January 4th at 1p.m.

This program teaches caregivers how to improve communication at each stage of the disease, including how to recognize behavior as a form of communication. Topics will include how to identify verbal and non-verbal messages to connect with the person living with Alzheimer's disease.

Managing Behavior Changes in Alzheimer's Disease

January 12th at 11a.m.

Behavioral changes in Alzheimer's disease and other forms of dementia can pose concerns for family caregivers. As the disease progresses, behavior often becomes the primary way people with the disease communicate their needs. Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging.

Safety Considerations in Alzheimer's Disease

January 17th at 2p.m.

Alzheimer's disease causes progressive changes in abilities and judgment. It is important for family caregivers to anticipate potential safety risks and take proactive steps to address the safety needs of a loved one with Alzheimer's disease. This program provides practical tips on fall prevention, home and medication safety, driving concerns, reducing the risk of wandering, and preparing for emergencies.

Understanding Dementia: An Overview for Caregivers

January 19th at 3p.m.

This program is designed to provide caregivers a comprehensive overview of Alzheimer's disease and other forms of dementia. Caregivers of individuals with dementia will learn about the various stages of Alzheimer's disease, the process of getting a diagnosis, strategies for caring for someone with dementia, and much more.

Activities at Home: Effectively Engaging an Individual with Dementia

January 25th at 1p.m.

This program is designed to help caregivers identify and implement activities that match the abilities and preferences of a person with dementia. Caregivers will learn how Alzheimer's disease affects the person's ability to complete tasks and obtain strategies for how to engage a person with dementia in activities that can be meaningful and enjoyable.

Coping with Caregiver Stress

January 27th at 11a.m.

This program is designed to help caregivers identify and implement activities that match the abilities and preferences of a person with dementia. Caregivers will learn how Alzheimer's disease affects the person's ability to complete tasks and obtain strategies for how to engage a person with dementia in activities that can be meaningful and enjoyable.

You can find a complete schedule of Community Education Programs on our website.
Please don't hesitate to call us with questions.

888.280.6055 | programs@alznj.org | alznj.org®