

# alzheimer's association®

**Our mission** is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**Our vision** is a world without Alzheimer's disease.

## 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. We will discuss typical age-related changes, warning signs of Alzheimer's, how to approach someone about memory concerns, early detection and the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources. The program is one hour long. **Intended for:** Anyone interested in learning more about dementia.

## Understanding Alzheimer's and Dementia

This program covers the basics of Alzheimer's and dementia, explores their relationship, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. **The program is one hour long. Intended for:** Anyone interested in learning more about dementia.

## Healthy Living for Your Brain and Body: Tips from the Latest Research

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. **The program is one hour long. Intended for:** Anyone looking to age as well as possible.

## Dementia Conversations

The Dementia Conversations program is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved. **The program is one hour long. Intended for:** Anyone that interacts with individuals living with Alzheimer's disease or another dementia.

## Effective Communication Strategies

This program explores how communication takes place when someone is living with 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. **The program is one hour long. Intended for:** Anyone that interacts with individuals living with Alzheimer's disease or another dementia.



# Education Programs

## Understanding and Responding to Dementia-Related Behavior

The Understanding and Responding to Dementia Related Behavior program of the Alzheimer's Association is designed to provide practical information and resources to help dementia caregivers learn to decipher how best to respond. **The program is one and one-half hours long. Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.**

## Legal and Financial Planning

If you or someone you know is affected by Alzheimer's disease or another dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits.

**The program is two hours long. Intended for: Individuals and families impacted by Alzheimer's disease or another dementia.**



## Living with Alzheimer's for People with Alzheimer's/Younger Onset

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? Living with Alzheimer's: For People with Alzheimer's and Living with Alzheimer's: Younger Onset are interactive programs where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life. **Intended for: Individuals living with younger-onset or early stage Alzheimer's disease and their care partners.**

## Living with Alzheimer's for Caregivers

When someone is diagnosed with Alzheimer's, friends and family have many questions. As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. **Intended for: Caregivers of someone living with Alzheimer's or another dementia.**

## FIND A PROGRAM NEAR YOU

Education programs are scheduled all year long throughout Central New York. Explore upcoming education programs in your area by calling 800.272.3900 or visiting [alz.org/CRF](http://alz.org/CRF).

## About the Chapter

The Alzheimer's Association, Central New York Chapter is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease.

The Central New York Chapter covers 14 counties, including: Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Onondaga, Oneida, Oswego, St. Lawrence, Tioga and Tompkins. For more information about the chapter, visit [www.alz.org/cny](http://www.alz.org/cny) or call 800-272-3900.

### Central New York Chapter Office

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