

# CLASS DESCRIPTIONS

Community And Corporate Education



View upcoming presentations at [alz.org/iowa](http://alz.org/iowa). To learn more or schedule a class for your group or company please call our 24/7 Helpline at 1.800.272.3900. All classes are free and presented virtually or in person.

**20** 15-20 minute class   **30** 30 minute class   **60** 60 minute class   **90** 90 minute class   ★ Available in Spanish

## INTRODUCTORY CLASSES

### INTRO TO ALZHEIMER'S

**20**

This brief class covers the difference between Alzheimer's and dementia, risk factors and warning signs, resources, and how you can join the fight against the disease.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

**30** **60** ★

For centuries, we've known that the health of the brain and the body are connected. But now, science can 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. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### 10 WARNING SIGNS

**30** **60** ★

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**30** **60** ★

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms and Alzheimer's Association resources.

### AWARENESS PRESENTATION

**15**

In this brief presentation, learn about the Alzheimer's Association, resources and support, and how to get involved in the cause. There are several different versions to choose from depending on your audience:

- General audience
- Corporate partners
- Faith-based organizations
- Public service workers, i.e. police officers and EMTs
- Brain health focus

### ONLINE OPTIONS

Visit [training.alz.org](http://training.alz.org) to watch any of these presentations online at any time, i.e. *Approaching Alzheimer's: First Responder Training*

## SPECIALTY CLASSES

### MANAGING MONEY:

#### A CAREGIVER'S GUIDE TO FINANCES

**60** ★

It's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

### NEW ADVANCEMENTS IN ALZHEIMER'S TREATMENTS

Learn about the latest treatments available for Alzheimer's disease, how they work, who may be a candidate for the treatment, access and availability.

### EMPOWERED CAREGIVER SERIES

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series.

### BUILDING FOUNDATIONS OF CAREGIVING

**90**

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

### SUPPORTING INDEPENDENCE

**90**

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

### COMMUNICATING EFFECTIVELY

**60**

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

### RESPONDING TO

#### DEMENTIA-RELATED BEHAVIORS

**90**

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

### EXPLORING CARE AND SUPPORT SERVICES

**60**

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.