

# Education Courses

FREE In-Person, Online, & Over-the-Phone



Contact the Alzheimer's Association to schedule a program in your community: [montana@alz.org](mailto:montana@alz.org) or 800-272-3900

- 10 Warning Signs of Alzheimer's** - Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's, as well as tips to approach someone who is experiencing changes in their memory, and the benefit of early detection and diagnosis.
- Understanding Alzheimer's & Dementia** - Alzheimer's disease is not a normal part of aging. This program covers information 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.
- Effective Communication Strategies** - We will explore how communication takes place when someone has 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.
- Understanding & Responding to Dementia-Related Behavior** - Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. This program will prepare you to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** - Often, conversations with family about changing behaviors can be challenging and uncomfortable. We will provide tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss.
- Legal & Financial Planning for Alzheimer's Disease** - The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.
- Healthy Living for the Brain & 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. We will discuss research and recommendations in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

**24/7 HELPLINE:** Call us toll-free anytime day or night at 1.800.272.3900 for reliable information and support.

- Living with Alzheimer's: For People with Alzheimer's** - 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? In this three-part program, you'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.
- Living with Alzheimer's: For Caregivers - Early Stage** - In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This 3-part program provides practical answers to the questions that arise in the early stage.
- Living with Alzheimer's: For Caregivers - Middle Stage** - In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. In this 3-part series we will discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.
- Living with Alzheimer's: For Caregivers - Late Stage** - In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, you'll hear about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.
- Living with Alzheimer's: For Younger-Onset Alzheimer's** - When someone under 65 is diagnosed with Younger-Onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young...does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? This program will address questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia.
- Approaching Alzheimer's: First Responder Training** - This online course will help prepare you to respond to common calls involving a person with dementia. Start at the Briefing for tips and information that can help in any situation. Then, hear from other first responders and learn how to respond to typical calls.
- Free CME Course: Challenging Conversations about Dementia** - Learn to confidently approach the detection, diagnostic and care-planning processes for your patients with cognitive impairment and dementia with this 75-minute course. Developed with primary care clinicians in mind, the course is composed of five modules and an additional resource compendium. Learners who complete at least one module, the post-test and evaluation are eligible to receive professional credit. **Access the free course: [www.alz.org/FreeCME](http://www.alz.org/FreeCME)**



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