



## **ALZNJ Online Community Education Schedule**

ALZNJ Online 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. Due to concerns related to COVID-19, all education programs are being offered via Zoom webinars and telephone conference. Registration is required. Please see below or click [here](#) for more information.

### **Monthly Webinars Facilitated by Alzheimer's New Jersey Staff**

#### **Coping with Caregiver Stress**

**Tuesday, April 6 at 11 am**

**Tuesday, June 1<sup>st</sup> at 1 pm**

Caring for a person with Alzheimer's disease or other form of dementia can be a very overwhelming experience. Often, caregivers neglect their own well-being because they devote so much time to the responsibilities of day-to-day caregiving. This program examines caregiver stress and offers coping strategies to become a healthier caregiver.

#### **Bring Back the Joy with Music**

**Wednesday, April 7 at 1 pm**

**Friday, April 23 at 11 am**

**Thursday, May 6<sup>th</sup> at 6pm**

**Thursday, May 13<sup>th</sup> at 1pm**

Please join us for a free special interactive workshop via Zoom that will provide caregivers with practical tips and tools on how to use music to connect with a loved one with dementia, manage challenging behaviors, improve communication and more! Jan Maier, RN, BSN, MPH, workshop facilitator, will also share information on the latest brain science and research that identifies cognitive and emotional benefits of engaging individuals with dementia through music.

#### **Communication Tips and Techniques in Alzheimer's Disease**

**Tuesday, April 13 at 1 pm**

**Friday, May 21<sup>st</sup> at 11am**

As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Join us to learn 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.

**Activities at Home: Effectively Engaging an Individual with Dementia - Thursday, April 22 at 9am**

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.

**Safety Considerations in Alzheimer's Disease - Tuesday, April 27<sup>th</sup> at 11 am**

Alzheimer's disease causes progressive changes in abilities and judgement. 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.

**Managing Behavior Changes in Alzheimer's Disease - Tuesday, May 4<sup>th</sup> at 1pm**

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.

*Revised March 29, 2021*