



## **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 virtually. Registration is required. Please see below or click [here](#) for more information.

### **Monthly Webinars Facilitated by Alzheimer's New Jersey Staff August and September 2021**

#### **Safety Considerations in Alzheimer's Disease**

[Tuesday, August 3<sup>rd</sup> at 11am](#)

[Thursday, September 9 at 1pm](#)

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.

#### **Understanding Dementia: An Overview for Caregivers**

[Monday, August 23<sup>rd</sup> at 11am](#)

[Tuesday, September 14 at 11am](#)

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.

#### **Managing Behavior Changes in Alzheimer's Disease**

[Thursday, August 19<sup>th</sup> at 2pm](#)

[Thursday, September 23 at 11am](#)

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.

### **Activities at Home: Effectively Engaging an Individual with Dementia**

[Wednesday, August 25 at 3pm](#)

[Friday, September 17 at 2pm](#)

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.

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

[Tuesday, August 31<sup>st</sup> at 11am](#)

[Wednesday, September 29 at 3pm](#)

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.

### **Coping with Caregiver Stress**

[Monday, August 9 at 3pm](#)

[Monday, September 27 at 10am](#)

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.

*Revised 7/1/2021*