



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. 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

Wednesday, February 7th at 11:00 am

Caring for a person with Alzheimer's disease or other forms 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.

Activities at Home: Effectively Engaging an Individual with Dementia

Friday, February 16th at 12:00 pm

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

Thursday, February 22nd at 2:00 pm

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.

Understanding Dementia – An Overview for Caregivers

Thursday, February 29th at 2:00 pm

This program is designed to provide caregivers with 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.

Please note, we use Microsoft Teams for our webinars.

***Mac users*:** Microsoft Teams is not compatible with Safari. Microsoft Teams will work best when using the Google Chrome browser. You can download Google Chrome by clicking on the icon below:



Please feel free to call our Helpline with any questions – 888-280-6055.

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