



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

Safety Considerations in Alzheimer's Disease

Tuesday, March 5th at 1:00 pm

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.

Coping with Caregiver Stress

Tuesday, March 12th at 2:00 pm

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.

Managing Behavior Changes in Alzheimer's Disease

Friday, March 22nd at 11:00 am

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.

Understanding Dementia – An Overview for Caregivers

Wednesday, March 27th at 12:00 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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