



## 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

#### [Understanding Dementia – An Overview for Caregivers](#)

**Tuesday, May 14th 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.

#### [Managing Behavior Changes in Alzheimer's Disease](#)

**Friday, May 22<sup>nd</sup> at 10:00 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.

#### [Coping with Caregiver Stress](#)

**Thursday, May 30<sup>th</sup> 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.

**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.**

*Revised April 3, 2024*