

LUNCH AND LEARN OPPORTUNITIES

alzheimer's  association®

Central & North Florida Chapter

A calendar of scheduled programs is available at alz.org/cnfl. To schedule a presentation for your group or organization, contact:

Pavla Paul | pmpaul@alz.org | 407-543-9428

PROGRAMS OVERVIEW

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, and current research and treatments available to address some symptoms. This program uses video clips. Presentation settings should allow for audio-visual equipment.

Living with Alzheimer's for Caregivers

Caregivers can learn about what changes to expect as their loved one's memory loss condition progresses, including effective communication tips, care options for the future, coping with relationship changes and ways to maintain health as a caregiver.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways people experiencing dementia communicate their needs and feelings as the ability to use verbal language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Effective Communication Strategies

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

