

# Caregiver Awareness Programs

## **The Importance of Reminiscing**

A simple collection of memories can make your loved-one with Alzheimer's happy. You can jump start this important activity by attending this program to help you outline topics to talk about. This program is appropriate for any family member to reminisce with your elderly loved-one.

## **On the Road with Alzheimer's – When to Take Away the Keys**

Driving safely requires good judgment, multi tasking, quick reaction times, a sense of direction, and other tasks that require critical thinking. A frank (and often hard) conversation will need to take place with your loved-one to help them understand your reasoning for this decision. Above all, the safety of your loved-one and others should be the criteria you use to make this decision.

## **Speaking Dementia**

It requires special techniques, patience, and sensitivity to successfully communicate with someone who has Alzheimer's disease or dementia. Learn techniques and strategies that can help you communicate more effectively. This presentation is useful to families and professional caregivers.

## **Leading a Purposeful Life with Alzheimer's**

People with Alzheimer's can do much more than most people believe. Their quality of life can be determined by the sum of the special moments created for them. Simple activities and interaction can bring happiness and joy. Learn how to help people with Alzheimer's live a meaningful and purposeful life at this important presentation.

## **Managing Behaviors with Alzheimer's**

The changes in the brain that are associated with Alzheimer's disease can lead to unusual and unpredictable thinking and behavior. Behavior management in people with Alzheimer's can pose many challenges for the caregiver particularly as the disease progresses, and your loved one's ability to communicate declines.

## **Is It Normal Aging or Alzheimer's?**

How do you know if that forgetfulness you've had is an early sign of Alzheimer's disease, or just normal aging? Many more people are worried that they may have Alzheimer's disease than actually get the disease. Learn the important signs to look out for, signs that tell you it's time to get to the specialist and get checked out.

## **Minimizing Falls**

Among the elderly, falls are the leading cause of injury resulting in death, the most common cause of nonfatal injuries and hospitalizations for trauma. Learn how to understand and modify risks factors for falls and even prevent them from happening.

## **End Stage Alzheimer's and Hospice Care**

Making important decisions during a hospice situation is hard, having a loved one with Alzheimer's adds more stress to the situation because often times your loved-one is not able to express their wishes ahead of time. This program will help you to organize your plans for helping your loved one with end stage Alzheimer's and what it means to be on Hospice care.

## **New Year's Resolutions for Caregiver and People with Alzheimer's**

Do you have New Year's Resolution? Do they include helping your family member with Alzheimer's to achieve goals as well? Learn some tips to help you and your family start out on the right foot in Alzheimer's care.

To schedule a presentation for your group or business call

**281-220-0882.**