

# COMMUNITY EDUCATION PROGRAM MENU

All Our Education Programs Are Provided At No Cost

Contact your local staff partner or call 800.272.3900 for more information.

## Awareness Presentations

### 15 to 20 minutes

These presentations provide tailored information for specific groups and organizations about Alzheimer's Association programs, connect community members to education and support, and encourage participation in various Association initiatives, including Alzheimer's & Brain Awareness Month, Walk to End Alzheimer's, and Do What You Love to End Alzheimer's.

### Awareness presentation offerings include:

- **General:** Featuring the latest insights from the U.S. POINTER study, this presentation is perfect for broad community audiences seeking to understand Alzheimer's, risk reduction, and how to get involved.
- **Corporate:** Tailored for workplace settings, this version highlights the impact of Alzheimer's on employees and caregivers, and offers ways companies can support their teams and the cause.
- **Public Service:** Designed for first responders, EMTs and law enforcement, this presentation emphasizes the importance of dementia awareness in public service roles and how to better serve affected individuals and families.
- **Faith Based:** Created for congregations and faith leaders, this version explores the role of spiritual communities in supporting those impacted by dementia and fostering compassionate outreach.
- **Brain Health:** Shares information about brain-healthy actions. Highlights science-backed steps we can take, including from the U.S. POINTER trial, to support lifelong brain health

## Research

### 15 to 20 minutes

### Research Conversations Awareness

The purpose of this presentation is to increase awareness and promote clinical trials in underrepresented communities.

## Public Health Education

### 30 minutes

### Risk Reduction

Education for public health students, faculty and professionals. The latest science on risk reduction into actionable tools, materials and messaging that public health agencies can use to reduce dementia risk.

## Education Programs

30 to 60 minutes

### Understanding Alzheimer's and Dementia

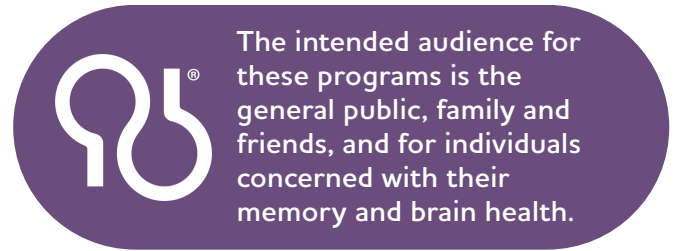
*available in 30 or 60 minutes*

Gain a comprehensive understanding of the distinctions between Alzheimer's disease and other forms of dementia. Explore the different stages of Alzheimer's, identify key risk factors, review the latest research developments, and learn about FDA-approved treatments currently available to manage the disease.

### New Advances in Alzheimer's Treatment

*30 minute program*

This program is designed for individuals exploring options for future treatment. Learn more about the latest treatments available for Alzheimer's disease.



### 10 Warning Signs of Alzheimer's

*available in 30 or 60 min*

This education program will help you distinguish between typical aging and warning signs of the disease in yourself and others, and guide you on the next steps to take, including how to talk to your doctor.

### Building Brain-Healthy Habits

*60 minute program*

This program provides research-backed guidance on brain health and the importance of taking action to protect your brain at every age. Participants will gain resources and tools – including a personalized action plan – to help build brain-healthy habits into daily life. Key takeaways include healthy habits for your brain, like exercising and eating right, the brain-heart connection, and why brain health is important at all ages.

### Managing Money: A Caregiver's Guide to Finances

*available in 30 and 60 minutes*

This program provides essential information to help you understand the financial impact of caregiving and the importance of early planning. You'll learn how to recognize and avoid financial abuse and fraud, start important conversations about money, assess financial and legal needs, and identify resources and support to help you navigate these challenges with confidence.

## Empowering Care Partners & Caregivers

### Empowered Caregiver Series

*45 to 90 minutes*

This new education series is designed to empower caregivers with practical knowledge, tools, and strategies for navigating the complex and evolving responsibilities of caring for someone living with dementia. In addition to providing guidance on day-to-day caregiving challenges, the series also emphasizes the importance of self-care and mental health, helping caregivers maintain their own well-being throughout the journey.

Each topic in the series can be delivered individually to suit the needs of your group or organization and includes:

- Building Foundations of Caregiving (30 minutes)
- Supporting Independence (60 minutes)
- Communicating Effectively (30 minutes)
- Responding to Dementia-related Behaviors (45 minutes)
- Exploring Care and Support Services (25 minutes)