

Let us help your community!

Education Presentations Available

alzheimer's  association®

Greater Indiana Chapter

Healthy Living for your Brain & Body: Tips from the Latest Research

Audience: General Public (60 minutes)

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 hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

10 Warning Signs of Alzheimer's

Audience: General Public (60 minutes)

This education program is to help people recognize common signs of the disease and know what to watch for in themselves and others. This program explores typical age-related changes, offers tips for how to approach someone about memory concerns, and explains the importance of early detection and benefits of diagnosis.

Understanding Alzheimer's and Dementia

Audience: General Public/Family & Friends of Newly Diagnosed (60 minutes)

This is an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. Join us for this informational program and learn more about the relationship between Alzheimer's disease and dementia, risk factors, FDA-approved treatments, and what's on the horizon for Alzheimer's research.

Dementia Conversations

Audience: Family & Friends of Newly Diagnosed (60 minutes)

This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communications Strategies

Audience: Family & Friends of Person Living with Alzheimer's or Another Dementia (60 minutes)

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.

Understanding and Responding to Dementia-Related Behaviors

Audience: Family & Friends of Person Living with Alzheimer's or Another Dementia (60 minutes)

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use 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.

To request education for your community, please contact our 24/7 Helpline 800.272.3900