

January-March 2020

All classes are free! Learn more & register: alzsd.org/classes or 858.492.4400

Getting Started – Open to all attendees

Dementia 101

A comprehensive overview about memory loss, Mild Cognitive Impairment, Alzheimer's disease, and other dementias. Learn about risk factors, common symptoms, and resources for help.

Jan. 9, 1-2:30 PM: Peninsula YMCA (Point Loma Heights)

Jan. 14, 12-1:30 PM: Glenner Town Square (Chula Vista)

March 24, 4-6 PM: Alzheimer's San Diego

The Latest in Alzheimer's Research

As the impact of Alzheimer's disease increases, efforts to find effective methods for prevention, treatment, and cure are gaining momentum. Hear the latest updates, and get information about local clinical trials.

Jan. 16, 1-3 PM: San Marcos Senior Activity Center

Maintaining Your Brain Health

Learn about the latest research on lifestyle changes and strategies that everyone can use to maintain their brain health.

Jan. 10, 10 AM-12 PM: Scripps Miramar Ranch Library

Living With Memory Loss

This class is designed for people living with early-stage memory loss and their care partners. Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future.

Jan. 29, 10 AM-12 PM: Oceanside Library (Civic Center Branch)

Feb. 25, 10 AM-12 PM: Alzheimer's San Diego

March 13, 10 AM-12 PM: Scripps Miramar Ranch Library

Take Charge

This is a 5-week, interactive program for people living with a new diagnosis and their care partners. You'll gain in-depth knowledge about living well with dementia, and learn how to plan for quality of life on the road ahead. **The next session begins in February. Call 858.492.4400 for a brief screening to enroll.**

Planning – Open to all attendees

Legal & Financial Basics

Learn from local estate planning and elder law experts about getting key legal documents in place and how to plan for the costs of future care.

Feb. 4, 10 AM-12 PM: Alzheimer's San Diego

March 19, 1-3 PM: San Marcos Senior Activity Center

Home Care, Day Care & Memory Care: What You Need to Know

Is it time for more help? Learn about available care options, what they cost, and how to access them.

Jan. 7, 1-3 PM: San Rafael Parish (Rancho Bernardo)

Feb. 18, 1-3 PM: Alzheimer's San Diego

Safety at Home

Important home safety tips to keep people living with memory loss safe and well at home. Reduce the risk of wandering, falls, household injuries, medication errors, and more.

Feb. 14, 10 AM-12 PM: Scripps Miramar Ranch Library

Caregiving – Specifically for care partners

After the Move to Memory Care

The challenges of dementia caregiving don't end when someone moves. Join us to learn how to make the transition a positive one: ensuring quality of life, building relationships, and managing emotions.

March 12, 10 AM-12 PM: Alzheimer's San Diego

Communication Skills

Develop new skills and strategies for connecting and communicating with a person experiencing memory loss, and responding when interactions are challenging.

Jan. 11, 10 AM-12 PM: Alzheimer's San Diego

Feb. 20, 1-3 PM: San Marcos Senior Activity Center

Confessions of a Caregiver

Join us for an open and honest discussion about the challenges of caring for a person living with dementia. Your questions will be answered by a panel of family care partners who have been in your shoes, sharing their tips for handling tough situations, getting through the difficult days, and enjoying the moments of joy.

Feb. 27, 10 AM-12 PM: Alzheimer's San Diego

Coping With Personality & Behavior Changes

Learn why people with dementia experience behavior and personality changes, what those changes mean, and how to respond.

Feb. 6, 10 AM-12 PM: Alzheimer's San Diego

March 11, 1-3 PM: Alzheimer's San Diego

Living in the Moment

This informative and interactive workshop incorporates the use of play and improvisation. Dementia care partners will learn new techniques for responding to confusion or disorientation by letting go and joining their person in the moment.

March 10, 10 AM-12 PM: Alzheimer's San Diego

Long-Distance Caregiving

Caring for someone living with dementia from afar presents its own unique challenges. Join us to discuss ways to stay in touch, keep informed, and be a helpful and supportive care partner.

Feb. 25, 4-6 PM: Alzheimer's San Diego

Managing Resistance

If you're struggling with someone who refuses help, join us to explore what causes resistance. You'll also develop new caregiving strategies to strengthen relationships, build trust, and preserve dignity.

Jan. 22, 10 AM-12 PM: Alzheimer's San Diego

March 3, 1-3 PM: San Rafael Parish (Rancho Bernardo)

Preparing for the Late Stage

Learn what to expect as Alzheimer's disease progresses, explore ways to stay connected, and get information about options for late-stage care.

Jan. 21, 4-6 PM: Alzheimer's San Diego

March 25, 1-3 PM: Alzheimer's San Diego

Skills Clinics

These special workshops give families the chance to get the same hands-on training as professional caregivers. Each session focuses on specific, practical skills.

Planning Cognitively-Stimulating Activities

Feb. 11, 10 AM-12 PM: Alzheimer's San Diego

Meals & Eating

March 18, 1-3 PM: Alzheimer's San Diego

Did you know?

Alzheimer's San Diego partners with Sharp HealthCare to provide free memory screenings the 3rd Thursday of every month! **Sign up today by calling 858.492.4400.**

All classes are FREE, thanks to our generous sponsors: Alpine View Lodge, Home Instead, ICON Utility Services, Par Electric, SDG&E, Sharp HealthCare & Stellar Care 