

July & August 2020

Join us for online education! These webinars will be held using Zoom, and participation is free and easy. RSVP is required. **To learn more and to register, visit www.alzsd.org/classes or call 858.492.4400. *Se habla español!***

Getting Started – Open to all attendees

Living with Memory Loss

Thursday, July 2nd | 1-2:30 PM

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.

Dementia 101

Friday, August 28th | 10-11:30 AM

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.

★ Take Charge *(a great place to start!)*

This is a 5-week, interactive program for people living with a new diagnosis and their care partners. It will be held online using Zoom. 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 August. Call 858.492.4400 for a brief screening to enroll.**



Need help setting up Zoom or any other technology? Our Volunteer Tech Team can talk you through it. Give us a call to get started.

Planning – Open to all attendees

Legal & Financial Basics

Tuesday, July 21st | 1-2:30 PM

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.

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

Tuesday, August 11th | 1-2:30 PM

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

Caregiving – Specifically for care partners

Preparing for the Late Stage

Wednesday, July 8th | 10-11:30 AM

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

Communication Skills

Thursday, July 16th | 10-11:30 AM

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

Coping with Personality & Behavior Changes

Thursday, July 30th | 1-2:30 PM

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

Managing Resistance

Thursday, August 20th | 10-11:30 AM

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

Research Corner

You can help find a cure for Alzheimer's disease. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time and signing up for this important research.

**Sharp Mesa Vista Hospital
Clinical Research**
858-836-8350
sharp.com/clinicaltrials

Excell Research
760-758-2222
excellresearch.com

Pacific Research Network
619-294-4302
PRNSD.com

**The Research Center of
Southern California**
760-732-0557
neurocenter.com

**USC Alzheimer's Therapeutic
Research Institute**
858-964-4644
keck.usc.edu/atri



Explore our Webinar Library!

If you aren't able to attend our live virtual classes, you can still access the recorded webinars in our growing library. Learn about important caregiving topics such as:

- Communication Skills
- After the Move to Memory Care
- Safety at Home...and more!

Find the Webinar Library at: www.alzsd.org/classes