

October-December 2021

To sign up for these free webinars, visit www.alzsd.org/classes or call 858.492.4400. Pre-registration is required. Be sure to check out our online education calendar for additions and updates.

Getting Started – Open to all attendees

Drop-In Education Hours

Thursday, October 7th | 11:30 AM-12:30 PM

Tuesday, November 23rd | 4-5 PM

Tuesday, December 21st | 12-1 PM

Have you watched one of our education webinars, and still have unanswered questions? Join us for an unstructured, open-ended hour with the Alzheimer's San Diego education team! Bring your questions about symptoms, diagnosis, treatments, or caregiving, and let's have a conversation.

Maintaining Your Brain Health

Wednesday, November 3rd | 10-11:30 AM

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

Starting in November: Take Charge!

This is a 5-week, interactive program for people living with a new diagnosis and their care partners. Topics in this series will include:

- Week 1: Adjusting to a new normal
- Week 2: Understanding the changing brain
- Week 3: Partnering with your health providers
- Week 4: Quality of life
- Week 5: Planning for next steps & the future

The next session begins November 2021 and will be held using Zoom. **Please call 858.492.4400 for a brief screening to enroll.**

 *New diagnosis? Start here!*

All online classes and programs are FREE, thanks to our generous sponsors: Alpine View Lodge, A.M. Ortega, AVIVV, Cordoba Corporation, ICON Utility Services, Jingoli Power, Meruelo Enterprises Inc, Par Electric, Patriot General, SDG&E, Sharp Mesa Vista Hospital, Southland Electric Inc, Stellar Care & Sun Garden Terrace 

En Español – Abierto a todos

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¿Mala memoria o síntomas de demencia? La importancia de promover una mejor salud cerebral

Miércoles el 27 de octubre | 10:30 AM-12 PM

Identifique cambios cognitivos, factores de riesgo y síntomas asociados con demencia. Aprenda estrategias para mantener la salud de su cerebro.

Cómo iniciar una plática sobre la pérdida de memoria

Viernes el 3 de diciembre | 10:30 AM-12 PM

A medida que se acerca la temporada de festividades, únase a nosotros para aprender cómo planificar discusiones familiares exitosas y menos estresantes sobre temas difíciles como cambios en la memoria, conducir y vivir solo.

Planning – Open to all attendees

How to Talk About Memory Loss

Saturday, November 20th | 9-10:30 AM

As the holidays approach, learn how to plan for successful, lower-stress family discussions about difficult topics like changes in memory, driving, and living alone.

Safety at Home

Thursday, December 9th | 1-2:30 PM

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.

Caregiving – Specifically for care partners

Care in the Late Stage

Wednesday, October 20th | 10-11:30 AM

Learn what to expect in the late stage of the disease, and explore new ways to communicate and provide care as needs are changing. (NOTE: This is part 1 of a 2-part Late Stage Care series. Each webinar may be taken separately, or in sequence.)

Preparing for a Good End: Hospice, Palliative, and End-of-Life Care

Thursday, October 21st | 10-11:30 AM

An introduction to hospice and palliative care services, as well as resources for care and support at the end of life. (NOTE: This is part 2 of a 2-part Late Stage Care series. Each webinar may be taken separately, or in sequence.)

Communication Skills

Presented in partnership with ElderHelp

Thursday, October 28th | 1-2 PM

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

Skills Clinic: Medications

Wednesday, November 10th | 1-2:30 PM

Skills Clinics provide family care partners with the same hands-on training as professional caregivers. In this special workshop, learn strategies to help a person with dementia manage medications safely.

Managing Resistance

Thursday, December 2nd | 4-5:30 PM

If you care for someone who refuses help, join us to explore what causes resistance in people living with dementia. Develop new strategies that strengthen relationships, build trust, and preserve dignity.

★ SPECIAL EVENT – Confessions of a Caregiver: Men’s Perspectives

Wednesday, December 15th | 10 AM-12 PM

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 caregivers, who will share lessons learned and their tips for handling difficult situations. This session will focus on the perspectives of men who care for someone with dementia, but everyone is welcome to attend.



Get expert support for your situation.

Far too often, people wait until they are in a crisis to reach out for support. The Clinical Care Coaches at Alzheimer’s San Diego are here to help!

No problem is too big or small...and chances are, you’re not the only one who’s faced it. Whether you are living with dementia, or caring for someone who is, we will work together to create a successful plan for the future. Don’t wait until it’s too late. **Call us for free support: 858.492.4400**

¡Se habla español! Obtenga apoyo de expertos. Llámenos para soporte gratuito: 858.492.4400