

# Caregiving

FOR ALZHEIMER'S  
OR DEMENTIA

*Join via Zoom or in-person at Homewatch Caregivers of Crystal Lake – 333 Commerce Dr  
#275, Crystal Lake, IL.*

Sept

7

## **Understanding Alzheimer's & Dementia**

**9:30 A.M. – 10:30 A.M.**

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: The Impact of Alzheimer's, The difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, Current research and treatments available to address some symptoms, and Alzheimer's Association resources.

## **Effective Communication Strategies**

**11:00 A.M. – 12:00 P.M.**

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 & Responding to Dementia – Related Behavior**

**12:15 P.M. – 1:15 P.M.**

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.

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