

CLASS DESCRIPTIONS

Community And Corporate Education



View upcoming presentations at alz.org/sd. To learn more or schedule a class for your group or company please call the South Dakota Chapter at 605.339.4543. All classes are free and presented virtually or in person.

INTRODUCTORY CLASSES

THE IMPACT OF ALZHEIMER'S & DEMENTIA IN OUR COMMUNITY (15-20 minutes)

This program provides basic information about Alzheimer's and dementia, risk reduction, the latest insights from the U.S. POINTER study, overview of the services provided by the association and how to get involved in the cause.

SUPPORTING BRAIN HEALTH AWARENESS PROGRAM (15-20 minutes)

This program shares important information about brain healthy actions we should all build into our routines. It's never too early - or too late - to start prioritizing brain health. This presentation helps everyone understand the science-backed steps we can take to support lifelong brain health.

BUILDING BRAIN-HEALTHY HABITS (60 minutes)

This presentation provides research-backed guidance on brain health and the importance of taking action to protect your brain at every age. In this program, you will learn about healthy habits for your brain, like exercising and eating right, hear why brain health is important at all ages, and be able to build a personalized action plan for brain-healthy habits. Now is the time to build healthy habits. Join us to learn how you can take positive steps to help you live better and protect your memory and thinking as you get older.

10 WARNING SIGNS (30 or 60 minutes)

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (30 or 60 minutes)

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms and Alzheimer's Association resources.

SPECIALTY CLASSES

MANAGING MONEY:

A CAREGIVER'S GUIDE TO FINANCES (60 minutes)

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

NEW ADVANCEMENTS IN ALZHEIMER'S TREATMENTS (30 minutes)

Learn about the latest treatments available for Alzheimer's disease, how they work, may be a candidate for treatment, access and availability.

EMPOWERED CAREGIVER SERIES

(60 minutes each)

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series.

BUILDING FOUNDATIONS OF CAREGIVING ●

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

SUPPORTING INDEPENDENCE ●

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY ●

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS ●

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES ●

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.