

EDUCATIONAL CLASSES

SERIES FOR CAREGIVERS

Each series is delivered across multiple sessions.

□ **Living with Alzheimer's: Early Stage (4 hours)** – In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this class to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

□ **Living with Alzheimer's: Middle Stage (4 hours)** – In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this class and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

□ **Living with Alzheimer's: Late Stage (3.5 hours)** – In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this class to hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for individuals with late-stage Alzheimer's and their families.

EARLY-STAGE ENGAGEMENT

Improve the quality of life for those living with early-stage Alzheimer's disease through arts engagement (Memories in the Making), emotional support groups, physical activity (walking groups), and more. Note: All early-stage programming requires screening of care receivers and caregivers prior to initial participation.

ADDITIONAL RESOURCES

Care Consultations – Confidential help with decisionmaking support, crisis assistance and education on issues families face.

Online Caregiver Center – Resources and information including the Community Resource Finder and care team calendar.

24/7 Helpline – 800.272.3900



TO REGISTER

To locate an education program, early-stage program, or support group near you, please visit the Community Resource Finder at ALZ.ORG/CRF. Click on Alzheimer's Association Programs and Events and a pop-up window will allow you to select the category of programming and enter your city, state, and zip code. Or, call **800.272.3900**.

PARTNER WITH US

If your business or organization would like to have programming delivered to members of your community, call **800.272.3900** to learn about becoming a community partner.

ABOUT US

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest private, nonprofit funder of Alzheimer's research.

Headquartered in Lake Oswego, OR, the Oregon and Southwest Washington Chapter has regional offices in Bend, Corvallis, Medford, and Salem to serve the entire state of Oregon, as well as Clark and Skamania counties in Washington.

OUR VISION: A world without Alzheimer's disease®.