



Community Support and Education

Dementia Overview

What is dementia? Is Alzheimer's disease different from other dementias? What causes dementia? Get answers to these questions and more!

The Dementia Journey

When overwhelmed with the day-to-day care required by a person with dementia, we take some time in this session to appreciate some pleasures in our lives and in the disease of dementia; we learn how to find joy along the journey for the care partner and the person diagnosed, remember to laugh when we can and forgive ourselves when we can't. Join the journey, don't fight it.

Memory and Aging - What's Normal and What's Not?

Although the brain changes with normal aging, dementia and the memory impairment associated with the disease is not a normal part of the aging process. This course will help differentiate between normal memory loss and memory loss caused by a disease process and list ways to help prevent memory loss.

Managing the Distressing Behaviors of Dementia

Distressing behaviors can be associated with dementia and should be viewed as a means of communicating needs and frustrations. This course identifies some common distressing behaviors, their causes, and strategies for responding while keeping yourself and the person safe. It reviews the risk factors that increase the likelihood of distressing behaviors and how to prevent them.

Communicating with People with Dementia

Both long- and short-term memory are important for effective communication. With all types of dementia, memory impairment occurs during the disease progression, making communication difficult. Learn ways to improve communication with people who have dementia through verbal and non-verbal techniques and how these techniques change as dementia progresses. Understand the challenges a person with dementia experiences when trying to communicate and learn ways to assist them.

Adjusting to the Holidays

When a family member is diagnosed with Alzheimer's disease or related dementias a new dynamic is added to holiday traditions. Learn how to keep the holidays enjoyable in this interactive class.

Ambiguous Loss: Loving Someone Who is Disappearing

Families and care partners of people with dementia experience loss throughout the disease process; this loss is difficult to describe as the person is still present, but the disease masks who they have always been. In this session we will learn more about ambiguous loss and finding meaning on the journey.

Finding Meaning and Hope: A video Discussion Series for Family Caregivers

Based on the book "Loving Someone who has Dementia: How to Find Hope while Coping with Stress and Grief" by Pauline Boss, PhD (Jossey-Bass, 2011). Using the video series as the basis for group discussion, Cypress provides you with a peer facilitator and program content for 10 weekly meetings focusing on reducing caregiver stress while building resilience. This program occupies a unique place in the caregiving landscape. It is not a class on caregiving techniques or elder care topics, nor is it a support group. Instead, we are offering a structured, peer-led conversation for caregivers of loved ones with dementia to equip them with tools to lower stress and stay healthy.

Changing Family Roles

Adjusting to Alzheimer's disease in a loved one is a long, difficult and complex process. This presentation focuses on the stages of adjustment of family members during their journey with Alzheimer's disease and other dementias. Interventions to assist the family cope throughout the process are also discussed.

Memory Training Class

A fun and informative class for people who want to enhance and keep their memory strong. There will be tips and tricks for improving memory as well as a handout for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you!

Ways to Love Your Brain

Brain health is important at any age. Discover ways to maintain a healthy memory, and identify signs of potential dementia. Walk away with helpful ideas to love your brain!

Dementia Friend Information Session

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and is now underway in the United States. The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend today. This session is great for those new to dementia and those with years of experience. Along with an introduction to the disease, it also covers how you can make a difference in the lives of people diagnosed.

What to do When You Have to do it All: The Stress of Caregiving

Experiencing a variety of emotions when caring for others is normal. This course teaches the warning signs of caregiver stress and tools and techniques to improve mental and physical health and to reduce the stress associated with caregiving.

Your TV Guide to Healthcare: The Channels to Meet Your Needs

Skilled Nursing...Assisted Living...Home Health...Home Care...With so many choices how do you determine which is the right channel to meet your needs? We will explain each option and provide the questions you should ask to ensure you're making the right decision for you and your family.

Classes range anywhere from 45 to 90 minutes and can be modified to fit your needs. Courses can be NCIA Board or NASW CEUs if requested in advance. Call Michelle Cornelius in the office or on her cell at 602-402-6840 to set something up today!