



## 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!

### **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 Distressed Behaviors of Dementia**

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

### **Communicating with Improv**

This is not another educational class on communication with a person who has dementia! You can say "Yes!" instead of just redirecting or distracting, both of which fail to meet a person's needs. Designed to improve communication with people who have a memory impairment, this class teaches skills which are applicable to all areas of life. During an interactive skill-building session, techniques from improv will help you learn how to live in another person's reality, speak with confidence, and validate another person's feelings

### **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.

### **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.

### **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.

**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 the office at (602) 264-8009 to set something up today!**