2005 family education programs

march – june

Education programs for persons with memory loss, their care partners, family and friends
This program is designed to provide information and resources for persons with memory loss, their care partners, friends and family. If you would like further information regarding the workshop content, please call 952-830-0512.

Registration & Fee:
Please register in advance by phone at 952-830-0512 or online at www.alzmndak.org. A $25.00 donation is suggested.

Alzheimer’s Association Office
4550 West 77th Street, Suite 200
Edina, MN 55435

Woodwinds Hospital
1925 Woodwinds Drive
Woodbury, MN 55125

Plymouth Creek Center*
14800 34th Avenue North
Plymouth, MN 55447

*There is a $2.00 per/person fee for each workshop at this location. Please call 763-509-5280 to register.

www.alzmndak.org
understanding memory loss

This workshop provides a basic overview of memory loss, with a specific focus on Alzheimer’s disease. The workshop is intended for those currently undiagnosed who might be concerned about memory loss, or for those with limited knowledge of the disease.

This workshop will address:

• Memory and Alzheimer’s disease
• Defining Alzheimer’s disease and dementia
• Related dementias
• The disease process
• Overview of the stages
• Warning signs and risk factors
• Diagnosis and treatment
• Alzheimer’s Association services

Alzheimer’s Association
March 22, 2005; 6:30 – 8:00 p.m.
April, 14, 2005; 10:00 – 11:30 a.m.
April 26, 2005; 6:30 – 8:00 p.m.
May 24, 2005; 6:30 – 8:00 p.m.
June 28, 2005; 6:30 – 8:00 p.m.

Woodwinds Hospital
March 7, 2005; 6:30 – 8:00 p.m. Room C
June 9, 2005; 6:30 – 8:00 p.m. Room C

Plymouth Creek Center
June 6, 2005; 10:00 – 11:30 a.m.
after the diagnosis. . . what to expect

This workshop is intended for families and persons with memory loss who have received the diagnosis of Alzheimer’s disease or a related dementia. The information in the workshop is geared toward persons in the early stage of the disease.

This workshop will address:

• Changes for the person with memory loss
• Changes for the care partner
• Overview of the stages
• Maximizing strengths
• Safety considerations
• Strategies for planning your next steps
• Alzheimer’s Association services

Alzheimer’s Association
March 29, 2005; 6:30 – 8:30 p.m.

Woodwinds Hospital
May 19, 2005; 6:30 – 8:30 p.m. Room C
living with the diagnosis – working together as care partners

This workshop focuses on managing the disease from a family perspective. Participants will learn about the impact on the family, strategies to manage care issues, solve problems and make decisions.

This workshop will address:
• Strategies for sharing the diagnosis
• Facilitating the family discussions
• Tips for holding a family meeting
• Alzheimer’s Association services

Alzheimer’s Association
April 5, 2005; 6:30 - 8:30 p.m.

Woodwinds Hospital
May 2, 2005; 6:30 - 8:30 p.m. Room C
partnering with your doctor

If you or someone else has memory problems, developing a partnership with your physician and enhancing communication skills can result in both an increased knowledge of the situation and decreased stress, which will help partners make informed decisions about care and services.

This workshop will address:
• Eight strategies to make the best use of time during a doctor visit
• Tips and practical tools to prepare and organize for doctor visits
• Strategies for communicating effectively with your physician
• Alzheimer’s Association services

Alzheimer’s Association
March 3, 2005; 6:30 – 8:30 p.m.
May 5, 2005; 10:00 – 12:00 p.m.

Woodwinds Hospital
June 23, 2005; 6:30 – 8:30 p.m. Room A

Plymouth Creek Center
June 27, 2005; 10:00 – 12:00 p.m.
The ongoing management of Alzheimer's disease symptoms requires an integrated approach. This workshop will help care partners understand the changes in communication and behavior and will provide strategies to help manage these changes without medications.

This workshop will address:

• How the disease impacts communication abilities
• Strategies to facilitate effective communication
• Anticipating the symptoms of the disease
• Strategies to manage the symptoms
• Alzheimer’s Association services

Woodwinds Hospital
April 21, 2005; 6:30 – 8:30 p.m. Room C

Alzheimer’s Association
May 10, 2005; 6:30 – 8:30 p.m.
planning for the future – financial issues

This workshop will provide an overview of the options available to assist with payment and help facilitate further discussions concerning your own financial planning. Each attendee will not leave with an individual financial plan; rather, they will leave with the resources and tools to begin the financial planning process.

This workshop will address:

• An overview of Medical Assistance and Medicare – their payment options
• Assistance programs across the county
• Laws and regulations of estate planning
• Resources for individual financial planning
• Alzheimer’s Association services

Alzheimer’s Association
April 28, 2005; 6:30 – 8:30 p.m.

Woodwinds Hospital
June 15, 2005; 6:30 – 8:30 p.m. Room A
planning for the future – legal issues

It is important to think about and plan for the care that a person with Alzheimer’s disease may need. This workshop will provide an overview of the tools and documents that can assist in providing care.

This workshop will address:

- Strategies for making legal decisions
- Power of attorney
- Advanced directives
- Conservatorship
- Alzheimer’s Association services

Alzheimer’s Association
April 12, 2005; 6:30 - 8:30 p.m.

Woodwinds Hospital
June 2, 2005; 6:30 - 8:30 p.m. Room C
This workshop will address:

• The effects of providing care for someone with Alzheimer’s disease
• Tips for taking care of yourself
• The importance of help and support
• Alzheimer’s Association services

understanding caregiving
Caring for a loved one with Alzheimer’s disease presents common challenges for all direct care providers. The speaker will provide an overview of such challenges and provide practical tips for healthy caregiving.

Alzheimer’s Association
April 28, 2005; 10:00 – 11:00 a.m.

Plymouth Creek Center
June 20, 2005; 10:00 – 11:00 a.m.
understanding future care options

As the needs of the person with Alzheimer’s disease increase, more assistance may be required. This workshop will provide valuable information about services available throughout the stages of the disease. Participants will learn about specific services and strategies for choosing a provider.

This workshop will address:
• Home care assistance
• Adult day programs
• Volunteer assistance
• Facility placement options – residential care homes, assisted living and nursing homes
• Tips for choosing the most appropriate service
• Alzheimer’s Association services

Woodwinds Hospital
March 24, 2005; 6:30 – 8:30 p.m. Room A

Alzheimer’s Association
June 7 2005; 6:30 – 8:30 p.m.
understanding the use of medications in the treatment and management of Alzheimer’s disease and related dementias.

It is important to properly manage Alzheimer’s disease and its accompanying symptoms. This workshop is designed to provide an overview of the various treatment options and encourage you to think about and plan for future treatment needs.

This workshop will address:

- Purpose, dosage, and side effects of medications prescribed for Alzheimer’s disease
- Management of the symptoms
- Resources for prescription drug assistance
- Alzheimer’s Association services

Woodwinds Hospital
April 7, 2005; 6:30 – 8:30 p.m. Room A

Alzheimer’s Association
May 26, 2005; 6:30 – 8:30 p.m.
providing care during late-stage alzheimer’s disease

This workshop will prepare care partners for the changes in the late-stage of the disease and provide information on the resources available to address the changes.

This workshop will address:

• Cognitive changes
• Physical changes
• Communication at this stage
• Strategies for providing care
• The hospice option
• Alzheimer’s Association services

Woodwinds Hospital
March 8, 2005; 6:30 – 8:30 p.m. Room A

Alzheimer’s Association
June 21, 2005, 2005; 6:30 – 8:30 p.m.
directions to woodwinds hospital

From the South
Take Hwy. 694 to Hwy. 494 South. Take the Lake Road exit and turn left (go west). Proceed to Woodwinds Drive and turn right. The Woodwinds Health Campus is located approximately 1 mile from the corner of Lake Road and Woodwinds Drive. Follow the signs for the Main Entrance.

From the North
Take 494N to Lake Road. Cross Lake Road and proceed straight onto Woodwinds Drive. Woodwinds Health Campus is located approximately 1 mile from the corner of Lake Road and Woodwinds Drive.

directions to plymouth creek center

From the South
Take Hwy. 494N to Hwy. 55 (Olson Memorial Highway) and turn left. Follow to Plymouth Blvd. and turn right. Proceed to 34th Avenue and turn right. Plymouth Creek Center will be on your left.

From the North
Take Hwy. 494S to Hwy. 55 (Olson Memorial Highway) and take a right. Follow to Plymouth Blvd. and turn right. Proceed to 34th Avenue and turn right. Plymouth Creek Center will be on your left.
directions to the alzheimer's association

**From 494:**
Take the France Avenue exit north to 76th Street and go West. 76th Street will curve to the left. Straight ahead is a stoplight, which will be 77th Street. Take a right on 77th Street. Take another right at the second driveway. The sign will say 4550 and Pentagon Park. We are the 4550 building, Suite 200.

**From Highway 100:**
Take the 77th Street exit and go east. Go through the stoplights. On the left side of the road look for the sign that says Pentagon Park and the numbers 4550. Take a left at the 4550 sign. We are the 4550 building, Suite 200.