

CLASSES FOR FAMILY CAREGIVERS

JANUARY-JUNE

CLASS DETAILS

Dates

Third Wednesday of each month

Time

1:30 pm to 3:00 pm

Cost

FREE!

Place

Alzheimer's Family Day Center
2812 Old Lee Highway, Suite 210
Fairfax, VA 22031

Presenter

Sue Stone, Outreach and Education
Coordinator

Details

All classes in this series are geared towards family caregivers; those caring for a loved one at home, or family members and friends of someone with dementia. All are welcome to attend.

Register

Please call 703-204-4664. or
email afdc@alzheimersfdc.org.

Care Requests

Respite care is available; please
call to make arrangements.

IS FORGETFULNESS A PROBLEM?

January 18, 2012

We all forget. But if we forget that we forgot, that's a problem. Discussion will include the warning signs of Alzheimer's disease, with some guidelines about when it's time to seek help.

THE MECHANICS OF ALZHEIMER'S DISEASE

February 15, 2012

Neuropsychology Associates of Fairfax will discuss the disease process and brain deterioration, as well as some of the tests that can be used to properly diagnose and assess progression of Alzheimer's disease and other dementias.

LIFE AFTER DIAGNOSIS

March 21, 2012

What can you expect now that a diagnosis of Alzheimer's disease has been given? Discover some of the practical things that you can do now to help you and your loved one plan for future care as the disease progresses.

LET'S TALK ALZHEIMER'S

April 18, 2012

Communication, both expressive and receptive, often becomes difficult as you struggle to meet the needs of your loved one. Learn some communication skills that can help ease the frustration and lead to successful interactions.

COMMUNICATION & BEHAVIORS

May 16, 2012

Behaviors can be the best source of communication for those with Alzheimer's disease. Successful communication is directly related to positive behaviors. Strategies for minimizing and dealing with challenging behaviors will be discussed.

TAKING CARE OF BUSINESS

June 20, 2012

Many practical legal matters need to be taken care of, like powers of attorney, trusts, wills and estates, and guardianship. A community based elder law attorney will help evaluate your needs and the steps that should be taken for a smooth transition.



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JULY-DECEMBER

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ATTITUDE IS EVERYTHING

July 18, 2012

Meeting the challenges of memory impairment with a positive attitude and a sense of humor can benefit everyone. Anger management techniques, as well as positive approaches to the tasks and emotions of caregiving will be explored.

ASK THE EXPERTS: OPEN Q&A SESSION

August 15, 2012

Bring your questions and join a guided discussion with the help of dementia care professionals and everyone in attendance! No one has better answers than those who are also dealing with the daily care of a loved one with Alzheimer's disease.

FINANCIAL CONSIDERATIONS OF CAREGIVING

September 19, 2012

The financial costs of long term care and long term caregiving are enormous. Explore some of your options for this important aspect of caregiving. The program will be presented by a financial manager with expertise in long term care planning.

KEEP THEM BUSY - AND HAPPY: ACTIVITIES WITH A PURPOSE

October 17, 2012

Keeping busy and active is important to both care giver and the person with dementia. As simple tasks can become more and more frustrating, adapting leisure pursuits and daily routines can provide more quality time for everyone.

WHERE DO I GO FOR HELP?

November 14, 2012 (a week early for Thanksgiving holiday)

In Fairfax County alone, the Agency on Aging, Elderlink, case managers, assisted living facilities, continuing care retirement communities, home health organizations and day care and senior centers are all available. Learn what they can do for you!

MAKING CHANGES

December 19, 2012

Transitions are a part of life, especially with Alzheimer's disease. Family roles, responsibilities, daily routines, and often living arrangements all change. Knowing when and how to make those changes is often difficult. Information and strategies for making transitions are offered.