



Educational Programs for 2009

Every 3rd Wednesday through November

- March 18** **The Stages of Alzheimer's Disease**
Learn what to expect as Alzheimer's Disease progresses so you can better plan for care.
- April 15** **Behavior as Communication**
Those with Alzheimer's Disease often communicate through behavior, some of it quite challenging. We will discuss ways to anticipate and minimize troubling behaviors.
- May 20** **Traveling with those who have Alzheimer's disease**
Travel can be an essential part of your summer, and offers many unique challenges. Being well prepared can help ensure a fun vacation for you and your loved one.
- June 17** **Planning for Future Care**
Guest Speaker: Tom West, CLU, ChFC, AFDC Board of Directors
Caregiving can be a costly endeavor. Tom will talk about strategies for meeting the financial needs of caregivers.
- July 15** **Resources for Caregivers** *Guest Speakers: TBA*
You are not alone in your caregiving journey. We will discuss the many services available to caregivers in the Fairfax County area.
- August 19** **Understanding Hospice** *Guest Speaker: Odyssey Hospice*
Hospice can offer enhanced caregiving to your loved one. Learn about the many services provided by hospice.
- September 16** **Activities for those who have memory impairment**
Discover innovative ways to keep your loved one meaningfully engaged throughout the day.
- October 21** **Anger Management for Caregivers** *Guest Speaker: TBA*
Strategies will be discussed to help caregivers cope with the multitude of emotions that accompany caregiving.
- November 18** **Surviving the Holidays**
Holidays can be adapted to fit into the routine and needs of the whole family.

These FREE sessions will be from 1:30 - 3:00

Please register for each session individually

Respite care available—
please call to make arrangements

Alzheimer's Family Day Center

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