

## ALZNJ Online Community Education Schedule

ALZNJ Online Community Education Programs provide caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer's disease and other dementias. Registration is required. Please see below or click [here](#) for more information.

### Monthly Webinars Facilitated by Alzheimer's New Jersey Staff

#### [Communication Tips and Techniques](#)

**Thursday, December 5<sup>th</sup> at 1:00 pm**

As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Join us to learn how to improve communication at each stage of the disease, including how to recognize behavior as a form of communication. Topics will include how to identify verbal and non-verbal messages to connect with the person living with Alzheimer's disease.

#### [Coping with Caregiver Stress](#)

**Monday, December 16<sup>th</sup> at 12:00 pm**

Caring for a person with Alzheimer's disease or other form of dementia can be a very overwhelming experience. Often, caregivers neglect their own well-being because they devote so much time to the responsibilities of day-to-day caregiving. This program examines caregiver stress and offers coping strategies to become a healthier caregiver.

**Please note, we use Microsoft Teams for our webinars.**

**\*Mac users\*:** Microsoft Teams is not compatible with Safari. Microsoft Teams will work best when using the Google Chrome browser. You can download Google Chrome by clicking on the icon below:



**Please feel free to call our Helpline with any questions – 888-280-6055.**