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Alzheimer's Care class offers practical tips for all caregivers

WHAT: "Advanced Topics in Alzheimer's Care" is a free, four-week course that teaches both family and professional caregivers effective communication techniques to enhance their interactions and foster more nurturing relationships with individuals living with Alzheimer's. The course, developed by the Alzheimer's Association, covers twelve critical areas, addressing the most common physical, social, and emotional behaviors triggered by this disease. Through interactive group exercises that stress person-centered care, attendees gain a keen understanding of how Alzheimer's patients see the world and how they can use their skills to ensure the physical and emotional needs of the affected person are met.

WHEN: Four consecutive Wednesdays - June 11, 18, 25 and July 2

2 to 4 pm

WHERE: Alternatives for the Older Adult Sage Center

1526 - 5th Avenue, Moline

Garage Parking available at 6th Avenue and 16th Street

Coffee and snack provided

WHY: Alzheimer's is a progressive and fatal brain disease that destroys brain cells, impairing memory, thinking and language skills. According to the Alzheimer's Association, it causes problems severe enough to affect work, lifelong hobbies or social life. As many as 5 million Americans are living with Alzheimer's disease. Today, it is the seventh-leading cause of death in the United States.

No two people experience Alzheimer's disease in the same way. As a result, there's no one approach to caregiving. However, by learning techniques and improving caregiving skills, those responsible for a loved one or patient with Alzheimer's can redirect unwanted or potentially harmful behavior and ensure the person feels supported and understood.

The course will benefit family caregivers, as well as nurses, CNAs, and social service and activities staff providing direct care in nursing homes, assisted and supportive living facilities, retirement communities, adult day programs, home care agencies, and hospices. **Please RSVP to Sonya Paddock at 309/277-0167, ext. 255.**

About Alternatives: Moline, Illinois-based Alternatives for the Older Adult serves eleven counties - ten in western Illinois, as well as Scott County, Iowa and promotes the independence and quality of life for older adults and their families through care management services, caregiver support programs, client advocacy and protective services. AFOA is a place to start to find answers and arrange care for older adults.