

Care NYC Education and Training Topics

All Education and training events are scheduled for one hour unless requested for a different amount of time.

1) The Early Signs of Alzheimer's/dementia- Learn the warning signs and symptoms of Alzheimer's disease and other forms of dementia. Gain insights into behaviors that could suggest deeper problems that may require medical attention.

2) How to help someone with Memory Loss- Learn about the over 100 causes of memory loss! In addition, gain insight as to the best ways to help a loved one with memory loss and tangible ways to improve their quality of life.

3) Ageism, Advocacy and the "Age of Alzheimer's"- Learn about ageism in healthcare and the impact it has on our health and well-being as we age. Discover proven ways to advocate for our loved ones and ourselves in healthcare. Learn the differences between aging and Alzheimer's and other forms of dementia.

4) How to Talk with Your Doctor- One of the keys to getting good health care is communication. Learn proven ways to talk to your doctor and healthcare professionals and how to advocate for yourself and the people for whom you are caring.

5) Home Safety and Fall Prevention*- Learn how to prevent falls through understanding the medical and environmental causes of falls. We will review safety devices, equipment, and a home safety checklist that can keep you and your loved ones safe and free from injury. Lastly, we will learn together the "ABC Exercise" that will help keep you in good step.

Healthy Brain Series

6) Healthy Brain, Healthy Life*- Gain insight into the best ways to reduce the risk of cognitive impairment as we age. Learn the steps to take to have a healthy brain and a healthy life by experiencing techniques designed to keep your brain happy and well.

7) Healthy Brain Work Outs*- Discover proven methods that may help strengthen and create cognitive reserves in the brain which could help lower the risk of getting Alzheimer's Disease.

8) Healthy Heart, Healthy Brain*- Find out what you need to know about the link between heart health and memory loss. Gain insight into ways to take care of your heart which, in turn, will help take care of your brain.

9) Healthy Food, Health Brain- Learn about the connection between eating the right foods and brain health. Gain insight into a diet that may lower the risk of getting Alzheimer's Disease.

10) A Caregiver's Guide to Alzheimer's/dementia- Understand the basics of Alzheimer's and other forms of dementia including the warning signs, stages, symptoms, and behaviors of the person for whom you are caring.

11) A Caregiver's Guide to Communication and Behavior Issues - Learn the best way to help someone with Alzheimer's and other forms of dementia. Gain insights into caregiver skills and coping with challenging behaviors of persons with Alzheimer's and other forms of dementia.

12) Self-Care for the Caregiver- Discover the six areas of self-care that can lead to a more centered and fulfilled life. This interactive workshop is designed for caregivers who are caring for persons with Alzheimer's and other form of dementia.

13) Caregiver Grief and Loss- Feelings of grief and loss are common when caring for someone with Alzheimer's and other forms of dementia. Learn how to claim the grieving process as your own and tips on accepting and coping with the grieving process.

14) Coping with Caregiver Stress*- Caring for someone with Alzheimer's /dementia can be a stressful and emotional journey that can affect the health of the caregiver. Learn how to identify the signs of caregiver stress and how to avoid caregiver burn-out. Experience stress management techniques that can help you manage stress.

15) First Steps on the Road to Long Term Care - Planning ahead is important. Take the first steps in long term care planning by educating yourself on the basics. Learn tips on how to have conversations with your loved ones about long term planning to ensure that their wishes and desires are respected.

16) Care Options for Loved Ones: From Home Care to Nursing Homes- Learn the right questions to ask when choosing care options such as: home care, assisted living, long term care facilities and more. Discover the steps you can take to insure your loved one receives the proper care.

*Indicates that this program is an interactive/experiential program