

## Presentation Information

Presentations are listed in categories, but most are interchangeable and will appeal to a variety of audiences. The topics may also be combined. Each presentation is one-hour in length, but the content may be shortened or expanded as needed. Presenters are Alzheimer's Arkansas staff members.

Presentations to family caregivers, the general public and non-profit organizations are free. However, attendees who want Continuing Education Credit (CEUs) must each pay \$10.00 per hour.

CEUs are available only for presentations lasting one-hour or more. Participants must sign in and complete the evaluation form.

In-service training for direct service staff in for-profit in-home care agencies, day care centers, nursing homes, assisted living residences and other organizations cost \$50.00 per hour (or any part of an hour), plus mileage. \$50.00, plus mileage is the minimum charge.

## Alzheimer's Arkansas

*Our mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementias are able to live with dignity and comfort until a cure is found.*

## Programs and Services

- Toll-free 24-hour telephone support for caregivers
- Family and early stage patient support groups
- Financial assistance to family caregivers
- Family and professional caregiver education
- Community awareness presentations
- Monthly newsletter

*Programs and services are funded through grants, memorials and other donations, and special events such as the Alzheimer's Arkansas Walks and Art to Remember*

Alzheimer's Arkansas Programs and Services does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.



## EDUCATIONAL OPPORTUNITIES

Presentations and Training

Available From

Alzheimer's Arkansas



10411 West Markham, Suite 130  
Little Rock, AR 72205

501-224-0021 or 800-689-6090

Web site: [www.alzark.org](http://www.alzark.org)

# EDUCATIONAL OPPORTUNITIES

## Family & Professional Caregivers

- **Alzheimer's Disease.** What is Alzheimer's disease and dementia? How is Alzheimer's disease treated? What may be occurring in each stage?
- **Alzheimer's Disease. A Journey—the end, the beginning:** From diagnosis to death, the journey encompasses a multitude of issues. Anticipatory grief, guilt, stress, depression and caregiver health are part of the expedition.
- **Caregiver Guilt.** What are the physical, emotional, mental, interpersonal or spiritual symptoms of the stress caused by caregiver guilt?
- **Activities of Daily Living—Bathing.** Understanding how the disease contributes to the reluctance to bathe. The terms collect, calm, communicate, concentrate and cover are used as guides to a more successful bathing experience.
- **Diet and Exercise, Keys to a Better Memory.** A healthy diet combined with exercise and appropriate levels of rest, physical and emotional exercise can delay the onset of Alzheimer's.
- **Understanding Difficult Behavior.** Helping caregivers understand dementia and how to respond to the associated behaviors.
- **When Alzheimer's Disease and Down Syndrome Meet.** Addresses health issues affecting individuals with Down syndrome as they age, including Alzheimer's disease.

- **Depression and Dementia.** Depression is a real disease--a disease that affects approximately 20 million people in the United States. What are some of the symptoms and how can it be treated?
- **Communication.** Communication is the cement that holds our relationships together; when the person with Alzheimer's disease is changing the language it is up to the caregiver to learn the new language.
- **Alzheimer's Disease—Searching for Answers.** The search is multi-dimensional; this presentation looks at various aspects of research, several theories and current efforts in Arkansas.
- **Long-Term Planning—Levels of Care.** Learn what behaviors to expect at different functioning levels, how to recognize when you are at a certain level, and what care you will need when you get there.
- **Meaningful Activities.** Replacing the tendency to concentrate on disabilities and instead focusing on maintained abilities. Learn how to preserve dignity and encourage activity.
- **Nutrition and Exercise.** Learn about the dietary issues associated with Alzheimer's, including maintaining good nutrition, hydration, swallowing difficulties, learned helplessness, safe exercise and communication techniques.
- **What Can I Do?** Activities that are appropriate for the stages of the disease.

## General Public & 1st Responders

- **Emergency Assistance.** Understanding how the loss of judgment and impulse control can lead to problems with: wandering, driving, abuse/neglect, shoplifting, false reporting, indecent exposure, victimization, suicide and homicide.
- **Normal Aging.** What is normal aging? How does attitude impact aging? What is healthy aging? What types of memory loss are reversible? What can we do to make the best of it?
- **Diet and Exercise— Keys to a Better Memory.** It is a risky business to not take good care of our body so that we can keep our brain in good shape!! Learn healthy habits that boost the brain.

## Faith Congregations

- **Alzheimer's Disease: Your Ministry?** How congregations can develop ways to minister to the needs of caregivers, as well as the person with the diagnosis.
- **Support Groups:** A description of the historical as well as the current need for community support.

## Staff Training for Special Care Unite

- Alzheimer's Arkansas can provide the 30 hours of required training for Special Care Units in nursing home and assisted living . Call for information.

New presentations are developed regularly.  
If what you need is not on this list  
call and ask us about it.