

What Now?™

Caring for someone who has Alzheimer's disease or a related disorder is perhaps one of the biggest commitments a person can face. "What Now?" is designed for **non-professional family caregivers** to provide information and allow for *guided group discussion* and sharing in a one hour period. The series will be scheduled throughout the year so caregivers can elect to select the training that is most needed at the time and pick up the other classes later in the year, or take the complete seven (7) week series.

alzheimer's association®

Alzheimer's Association Aloha Chapter Office
Ward Warehouse, 1050 Ala Moana Blvd., Ste. 2610, Honolulu, HI 96814
Tuesdays - 9:30 am to 10:30 am

January 10, 2012

Basics of Alzheimer's Disease and Memory Loss

A comprehensive guide to Alzheimer's and dementia

January 17, 2012

Putting Legal & Financial Affairs in Order

How to begin with legal and financial issues

January 24, 2012

Learning to Manage Challenging Behaviors

How to approach some of the more challenging care situations that arise

January 31, 2012

Taking Care of Yourself

How can I cope while I care for my loved one?

February 7, 2012

Hiring and Managing In-Home Caregivers

Introductions to homecare planning and management

February 14, 2012

When is it Time to Move Your Loved One into a Facility?

Steps to take when exploring residential facilities

February 21, 2012

Partnering with Your Doctor

Provides strategies and resources to make the most of doctor visits and to receive the most effective treatment and care possible from health care providers.

Class sizes are limited by design, so REGISTRATION IS REQUIRED.

The series is free to **non-professional family caregivers** and comes with a free Caregiver's Quick Guide and Resource Manual.

Classes and Caregiver Quick Guide are supported in part by
City and County of Honolulu,
Department of Community Services
Elderly Affairs Division

To register or for more information:
Call 591-2771 or visit our website at www.alz.org/hawaii