

# What Now?™

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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.

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## 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

March 6, 2012

**Basics of Alzheimer's Disease and Memory Loss**

*A comprehensive guide to Alzheimer's and dementia*

March 13, 2012

**Putting Legal & Financial Affairs in Order**

*How to begin with legal and financial issues*

March 20, 2012

**Learning to Manage Challenging Behaviors**

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

March 27, 2012

**Taking Care of Yourself**

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

April 3, 2012

**Hiring and Managing In-Home Caregivers**

*Introductions to homecare planning and management*

April 10, 2012

**When is it Time to Move**

**Your Loved One into a Facility?**

*Steps to take when exploring residential facilities*

April 17, 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.***

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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](http://www.alz.org/hawaii)