

# 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 eight (8) week course.

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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

### February 1, 2011

**Alzheimer's Educating Yourself About the Disease** *A comprehensive guide to understanding the specifics of the disease*

### February 8, 2011

**Putting Legal and Financial Affairs in Order**  
*How to begin with legal and financial issues*

### February 15, 2011

**Learning to Manage Challenging Behaviors**  
*How to approach some of the more challenging care situations that arise*

### February 22, 2011

**Taking Care of Yourself**  
*How can I cope while I care for my loved one?*

### March 1, 2011

**Hiring and Managing In-Home Caregivers**  
*Introductions to homecare planning and management*

### March 8, 2011

**When is it Time to Move our Loved One into a Facility?**  
*Steps to take when exploring residential facilities*

### March 15, 2011

**Extended Family and Friends**  
*Facing the challenges as a family and the impact on friends ~ navigating the waters of family relationships*

### March 22, 2011

**Community Resources**  
*An easy guide to community resources*

*Class sizes are limited by design, so registration is strongly encouraged*

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