

**Dementia Conversations:** Get tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making plans for future care.

- Friday, May 22 | 10am - 11am | [Register Now](#)
- Wednesday, May 27 | 1pm - 2pm | [Register Now](#)

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**Effective Communication Strategies:** Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.

- Wednesday, May 6 | 10am - 11am | [Register Now](#)
- Monday, May 11 | 1pm - 2pm | [Register Now](#)
- Saturday, May 16 | 10am - 11am | [Register Now](#)

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**Healthy Living for your Brain and Body:** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, to create a plan for healthy aging.

- Thursday, May 14 | 11am - 12pm | [Register Now](#)
- Tuesday, May 19 | 10am - 11am | [Register Now](#)

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**Introduction to Alzheimer's and Research Update:** Intro to Alzheimer's takes a high level look at the disease, warning signs, the importance of early detection and resources available by the Alzheimer's Association. This session will also include a conversation regarding the latest development in research.

- Wednesday, May 13 | 1pm - 2pm | [Register Now](#)

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**Know the 10 Signs:** Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

- Thursday, May 7 | 2pm - 3pm | [Register Now](#)
- Tuesday, May 12 | 10am - 11am | [Register Now](#)
- Monday, May 18 | 2pm - 3pm | [Register Now](#)
- Thursday, May 28 | 10am - 11am | [Register Now](#)

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**Legal and Financial Planning:** This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include: making legal plans, legal documents you'll need and what they mean for; how to find legal and financial assistance; practical strategies for making a long-term care plan; tax deductions and credits; government programs that can help pay for care

- Wednesday, May 20 | 4pm - 5pm | [Register Now](#)
- Thursday, May 28 | 6pm - 7pm | [Register Now](#)

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**Understanding Alzheimer's and Dementia:** Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

- Tuesday, May 5 | 10am - 11am | [Register Now](#)
- Tuesday, May 26 | 2pm - 3pm | [Register Now](#)

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**Understanding and Responding to Dementia Related Behavior:** Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

- Tuesday, May 5 | 6pm - 7pm | [Register Now](#)
- Wednesday, May 20 | 10am - 11am | [Register Now](#)

The social distancing guidelines in place across Missouri and Illinois have resulted in even more challenging caregiving situations. The Alzheimer's Association Greater Missouri Chapter is here to help. Below is information about our ongoing support mechanisms – 24/7 Helpline and virtual and phone-based care consultations and support groups – as well as our enhanced online resources and education programs. Go to [alz.org/mohelp](http://alz.org/mohelp) for additional details.



**COVID-19 Tips for Caregivers:** COVID-19 presents new challenges for caregivers and persons living with the disease. [Click here to view our tips for dementia caregivers.](#)

**Alzheimer's Association 24/7 Helpline (800.272.3900):** The Helpline is answered day or night by trained dementia specialists. Through our Helpline, we can offer support, information, referrals, or care consultations to our constituents in more than 200 different languages.

**Care Consultations:** Care consultations are available by phone and provide families with a comprehensive needs assessment, individualized action plan to address current and future needs, and connections to critical chapter services and community resources. To schedule an appointment, call 314.801.0414.



**Support Groups:** The Alzheimer's Association has a network of more than 80 caregiver or early-stage support groups statewide. This network is a lifeline and source of support and education for many. Alzheimer's Association support groups use a unique, confidential conference call line specifically assigned to their group. To find a support group to join, please call our 24/7 Helpline at 800.272.3900 or visit [Community Resource Finder](#).

**ALZConnected:** This online support group is available 24/7 at [alzconnected.org](http://alzconnected.org).



**Alzheimer's Navigator:** Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources. [alzheimersnavigator.org](http://alzheimersnavigator.org)

**Community Resource Finder:** A comprehensive database to help caregivers easily locate dementia resources, program and services in their area. Visit [communityresourcefinder.org](http://communityresourcefinder.org) for more information.