

alzheimer's  association

Northeastern New York Chapter

presents

Early
Alzheimer's
Support &
Education

Partnered learning to **EASE** the journey.

EASE is an 8 week interactive learning program for people with early stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's disease and other forms of dementia as well as current research and treatment plans. Other topics covered during the 8 weeks include legal and financial preparation, communication and compensatory strategies, home safety and community resources. A support group is also offered at the end of each session.

Appropriate audience:

Persons with Early Stage Alzheimer's and their care partners.

When:

11am-1pm: January 25th, February 1st, 8th, 15th,
22nd, March 1st, 8th, and 15th

Where:

This is a **VIRTUAL PROGRAM** with registration and a pre-screening is required. See contact below:

To schedule a pre-screening, please call Lindsay Stanislawsky at
(518) 888-5368 OR listanislawsky@alz.org

The EASE meeting topics are described below:

Week 1: Meeting Other Travelers- Getting to know each other and an overview of Alzheimer's disease.

Week 2: Partnering with your Physician- Current information on the disease, research and treatment.

Week 3: Check Points- Insight into legal issues and preparing for the future.

Week 4: Traveling Together- Enhancing communication to meet the challenges of present and future change brought on by a memory disorder.

Week 5: A Day At A Time- Dealing with everyday events; tips for dealing with memory loss.

Week 6: Managing Change- Maintaining a healthy attitude; dealing with feelings about recent changes.

Week 7: For Safety's Sake- Tips on how to stay safe within and outside of your home.

Week 8: The Road Ahead- Learning about relevant community resources.

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