

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:

Every Tuesday from January 31 - March 21
10 a.m. - 12noon

Where:

Virtual via Zoom
(a link will be emailed after completed screening)

Please call or email Jillian Andolina at **518.867.4999** or **jrandolina@alz.org**, so she can connect you with your local dementia care specialist for a pre-screening.

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.