



ON-DEMAND VIRTUAL PROGRAMS

**All programs are free and available on your schedule.
To watch, click on the desired program below and enter your information.**

Core Alzheimer's Association Programs

[Healthy Living for Your Brain and Body](#)

[10 Warning Signs of Alzheimer's](#)

[Understanding Alzheimer's & Dementia](#)

[Managing Money: A Caregiver's Guide to Finance](#)

[Advancing the Science: The Latest In
Alzheimer's & Dementia Research](#)

[Building Brain-Healthy Habits](#)

The Empowered Caregiver Series

Part 1 - [Building Foundations of Caregiving](#)

Part 2 - [Supporting Independence](#)

Part 3 - [Communicating Effectively](#)

Part 4 - [Responding to Dementia-Related Behaviors](#)

Part 5 - [Exploring Care & Support Services](#)

More Programs

[A New Era in Alzheimer's Research and Brain Health:
Advances in Diagnosis, Treatment, and Risk Reduction
Through Lifestyle Interventions](#)

[Harnessing the Power of Personalized Music in Dementia Care](#)

[Journey of Care Continuum Through the Stages of Dementia](#)

[Are You Kidding? Love Myself? Caregiver Coaching for Mindset and Care](#)

[Noticing Memory & Thinking Changes? Now What?](#)

[Legal and Financial Planning for Dementia](#)

[Is This a Medical Emergency? Delirium vs. Dementia. What Do I Need to Know?](#)

[Dementia and the Holidays](#)

[Festive Feasts for a Sharp Mind: Brain-Boosting Holiday Foods](#)

[Holidays You'll Never Forget: Memory Disease and Celebrations](#)

[StrongBodies: Lifting People to Better Health](#)

[Hospice and Palliative Care for Those Living with Dementia](#)

[Discovering the Many Faces of Caregiving](#)

[Making a Plan: Legal and Financial Steps After a Dementia Diagnosis](#)

[How to “Speak” Dementia](#)

[Heart Work: Caring Through the Grief We Don’t Talk About](#)

[Shedding Light on Sundowning](#)

[Planning with Purpose: Using the Dementia Toolkit to Guide Care](#)

[Time to Breathe: Finding the Right Respite and How to Fund It](#)

[Whole Lotta Thinkin' Goin' On Tips, Tricks & Trivia
Around Brain Power](#)

[Unstoppable Care Partners: Creating Calm, Connection
& Confidence In Dementia Care](#)
