

HAWAII AWARENESS & EDUCATION CLASSES

For families, community members, companies, and anyone impacted by dementia, and for the general public, the Alzheimer's Association®-Hawaii offers a range of brain health education, awareness-building opportunities, and caregiver skill-building classes designed to support individuals, workplaces, and communities across the state.



IMPACT OF ALZHEIMER'S AND DEMENTIA IN OUR COMMUNITY (15-20 MINUTES)

A brief overview of Alzheimer's and other dementia, including local impact, current treatment advances, brain health tips, and ways to get involved.

BUILDING BRAIN-HEALTHY HABITS (60-MINUTES)

Learn research-backed brain health strategies and why taking action at any age can help protect cognitive health over time.

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY (15-20 MINUTES)

A short, practical session on everyday brain-healthy actions we can build into our routines to support lifelong cognitive health.

HEALTHY LIVING FOR YOUR BRAIN AND BODY (30 AND 60-MINUTES)

Explore research on diet and nutrition, physical activity, cognitive stimulation, and social connection, plus tools to create your own healthy aging plan.

10 WARNING SIGNS OF ALZHEIMER'S (30 AND 60-MINUTES)

Recognize common warning signs in yourself or others and learn next steps, including how to talk with a doctor and seek support.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (30 AND 60-MINUTES)

Understand the difference between Alzheimer's and dementia, stages, risk factors, research updates, and FDA-approved treatments.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES (60-MINUTES)

Get practical guidance for managing someone else's finances, planning for future care costs, and taking early steps to reduce stress and protect resources.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia. These programs can be delivered as stand alone classes or as a series.

BUILDING FOUNDATIONS OF CAREGIVING (60-MINUTES)

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE (60-MINUTES)

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY (60-MINUTES)

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS (60-MINUTES)

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES (60-MINUTES)

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

TO REGISTER OR LEARN MORE, PLEASE VISIT US AT [ALZ.ORG/HAWAII](https://www.alz.org/hawaii) OR EMAIL US AT ALOHAINFO@ALZ.ORG

24/7 HELPLINE 800.272.3900