

What Now?™

Caring for someone who has Alzheimer's disease or a related disorder is perhaps one of the biggest commitments a person can face. "What Now?" is designed for **non-professional family caregivers** to provide information and allow for *guided group discussion* and sharing in a one hour period. The series will be scheduled throughout the year so caregivers can elect to select the training that is most needed at the time and pick up the other classes later in the year, or take the complete eight (8) week course.

alzheimer's association®

Alzheimer's Association Aloha Chapter Office
Ward Warehouse, 1050 Ala Moana Blvd., Ste. 2610, Honolulu, HI 96814
Tuesdays - 9:30 am to 10:30 am

February 1, 2011

Alzheimer's Educating Yourself About the Disease *A comprehensive guide to understanding the specifics of the disease*

February 8, 2011

Putting Legal and Financial Affairs in Order
How to begin with legal and financial issues

February 15, 2011

Learning to Manage Challenging Behaviors
How to approach some of the more challenging care situations that arise

February 22, 2011

Taking Care of Yourself
How can I cope while I care for my loved one?

March 1, 2011

Hiring and Managing In-Home Caregivers
Introductions to homecare planning and management

March 8, 2011

When is it Time to Move our Loved One into a Facility?
Steps to take when exploring residential facilities

March 15, 2011

Extended Family and Friends
Facing the challenges as a family and the impact on friends ~ navigating the waters of family relationships

March 22, 2011

Community Resources
An easy guide to community resources

Class sizes are limited by design, so registration is strongly encouraged

The series is free to non-professional family caregivers and comes with a free Caregiver's Quick Guide and Resource Manual.

*Classes and Caregiver Quick Guide are supported in part by
City and County of Honolulu,
Department of Community Services
Elderly Affairs Division*

**To register, or for more information:
Call 591-2771, or visit our website www.alz.org/hawaii**