



# Memory Care Online Classes

## Understanding Alzheimer's Disease & Dementia

Learn about the causes of dementia including strokes, tumors, and Alzheimer's disease. We discuss memory loss, forgetfulness, how dementia is diagnosed, and treatment options.

**Fee:** Open to the community

**Duration:** One 1.5-hour session

## Effective Communication Strategies

Caregivers of individuals with Alzheimer's disease and dementia will learn about the changes in the ability to communicate during each stage of Alzheimer's disease and dementia. We will discuss ways to connect and respond to these illnesses that will make life easier for the both of you.

**Fee:** Open to the community

**Duration:** One 1.5-hour session

## Understanding & Responding to Dementia-related Behaviors

People with dementia often develop new behaviors; they may wander, do things repeatedly, or insist on unusual routines or activities. Learn more about what underlies these behaviors. We will discuss supportive ways to change the person's environment and set up daily routines to make these behaviors less of a problem.

**Fee:** Open to the community

**Duration:** One 1.5-hour session

We are offering classes to help caregivers and people facing Alzheimer's Disease & Dementia.

**To register, please call  
the Health Education Department**

Monday through Friday  
9:00 a.m. to 12:00 p.m. and 1:30 p.m.  
to 4:30 p.m.

Oakland/Alameda  
**(510) 752-6150**

Richmond  
**(510) 307-2210**

Pinole  
**(510) 243-4020**

Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.