



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

Navigating Dementia-Related Behaviors with Effective Communication

This class is geared towards the caregivers who are caring for individuals with symptoms of Alzheimer's disease and Dementia. We'll be able to explain the communication changes that take place throughout the course of the disease; respond in ways that are helpful to the person with the disease and find ways to connect and communicate at each stage of Dementia. This class can help make things easier for you both. You may find ways to change the person's environment and set up daily routines that make certain behaviors less of a problem. Intended for caregivers only.

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.

Learn more at kp.org/oakland/dementia-care