

TRAIN YOUR BRAIN PROGRAM

WHAT IS IT?

Train Your Brain Programs are *provided by licensed social workers* and review basics on how to better maintain and improve cognitive functioning. They also help answer questions concerning the topics of memory loss and discuss the hands-on services available to individuals, families, and caregivers.

Available to county legislators, libraries, senior centers, and other community forums.

PROGRAM SCHEDULE

15 minutes: Introduction to LIAD Center programs

15 minutes: Dementia 101 and Warning Signs

15 minutes: Brain Games

15 minutes: Q&A

Hosted in-person or via Zoom

TOPICS

What is the difference between Alzheimer's and dementia?

What are the warning signs of Alzheimer's disease?

What services are available to my loved one with dementia?

What services are available to family caregivers?

What are examples of fun brain games to play and keep my mind active?

TO SCHEDULE A PROGRAM, CONTACT
MELISSA KATZ, LCSW AT MKATZ@LIDEMENTIA.ORG