Please Share Your Insights With This Free Survey

Take the Survey

WE'RE BUILDING CAREGIVER SUPPORT CLASSES AND WOULD VALUE YOUR INPUT

Are you a Care Partner—sometimes called a Caregiver? Do you assist in the care of a family member or a loved one with a chronic illness or disability? If so, Caregiving During Crisis is here for you.

Providing care for a loved one can be challenging during the best of times. During times of crisis, we know it becomes even harder. That's why we provide guidance during these times. We could use your help to guide our curriculum.

As we develop online classes to share new and relevant information and techniques with Care Partners, we'd like to know the topics that are important to you. Please take a moment to complete this survey. Your feedback will help us determine the information that will be most useful to caring people like you.
Take the Survey

https://www.surveymonkey.com/r/Z8FPDRG
Distinguishing the Different Dementias
Emory Goizueta ADRC 19th Brain Health Virtual Forum
Tuesday, October 27
1:00 p.m.–3:00 p.m.

Exercise Demonstration
Session I Alzheimer’s Research Update
Session II Distinguishing Dementias, Including Alzheimer’s Disease
Session III Interventions in Distinguishing Dementias
Session IV Targeted Interventions to Improve Memory Function
Session V Why Research Participation is Important
Evaluations/Gift cards/Adjournment

For more information contact Cornelya Dorbin at c dorbin@emory.edu or 404-712-1416.

Attend this free educational program to hear from Emory, Boston and Florida Atlantic University experts. Alzheimer’s disease (AD) is the most common and most studied cause of dementia. During the program you will learn how to distinguish Alzheimer’s disease from other major forms of dementia. Be sure to invite a friend, colleague or loved one to this comprehensive, interdisciplinary program.

Registration required.
www.alzheimers.emory.edu
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Thank You for inviting AFA to Emory University’s Brain Talk LIVE!
October 13, 2020
OUR MISSION:

“To provide support, services, and education to individuals, families and caregivers affected by Alzheimer’s disease and related dementias nationwide and fund research for better treatment and a cure.”
Who founded AFA?

A Caregiver!

AFA was founded in 2002 by a caregiver, Bert Brodsky, whose mother, Anne, lived with Alzheimer's disease.

He never wanted another family to deal with Alzheimer's alone.
If Alzheimer’s is in your life, help is within your reach.

AFA’s National Toll-Free Helpline

866-232-8484

is open seven days a week from

9 am-9 pm ET on weekdays

and 9 am-5 pm ET on weekends

and staffed entirely by licensed social workers specifically trained in dementia care who:

Provide support and answer questions.

Offer helpful tips & strategies.

Connect you with local support services

No question is too big or small!
Our Virtual Community Classes!

Since the start of the COVID-19 pandemic AFA has provided therapeutic programs and activities on our Facebook page 7 days a week!

All programs are facilitated by a variety of therapists, artists and educators!

We have reached over 640,000 viewer!
2nd Thursday of Every Month 1:00pm-2:00pm ET

**Topic Include:**
- Estate Planning and Medicaid Updates
- Care Transitions
- How to Prevent Burnout as a Caregiver
AFA’s Signature Training Program: Partners In Care: Supporting Individuals Living with Dementia

Educational Workshops
AFA is an approved provider for Continuing Education Credits

Professional Trainings for Social Workers and Dementia Care Partners!
Public Policy

AFA works with governmental leaders to enact policies which help families affected by Alzheimer’s, including:

Increased federal funding for Alzheimer’s disease research.

Additional resources for family caregivers.

Greater support for services to help families affected by Alzheimer’s.
AFA’s Programs & Services

- National Toll-Free Helpline
- National Memory Screening Program
- Partners in Care Dementia Care Training
- Excellence In Care
- Continuing Education for Licensed Social Workers
- Weekly Support Groups
- Youth Leadership
- Alzheimer’s TODAY Magazine
- AFA offers FREE, monthly educational webinars.
- AFA offers free, monthly educational webinars for caregivers, and telephone-based support groups.
- Federal Advocacy

www.alzfdn.org
Visit our website: www.alzfdn.org
or
call us at: 866-232-8484
for additional info.

THANK YOU!
Partnered Rhythmic Rehabilitation for Enhanced Motor-Cognition in Prodromal Alzheimer's Disease

- Short Title: PARTNER 1R01AG062691-01
- Emory University School of Medicine
- PI: Madeleine E. Hackney, PhD (Department of Medicine)
Overview

• Interventions affecting many different aspects of human ability rather than just one aspect of human health are more likely to be successful in preventing and treating Alzheimer’s disease (AD).

• Combined mobility and cognitive training has been recommended for people with cognitive complaints.

• Our lab is studying a partnered dance intervention that may help with cardiovascular fitness, socialization, and the ability to think and do at the same time.
Partnered Rhythmic Rehabilitation (PRR)

- A moderate intensity, cognitively-engaging social dance
- Involves varied stepping and rhythmic patterns
- Enhances social interaction’s effect on cognition

Class structure: Practice previously learned steps, a 20-minute warm-up, partnering and rhythmic exercises done to music
WALK INTERVENTION

• Safe walking mechanics
  • head up, shoulders relaxed, abdominals engaged, heel strike, roll and toe off
  • Maintain natural stride length, and speed up cadence to increase speed
  • Cues given every session for reinforcement

• 10-minute warmup, 20 minutes of balance and stretching, calisthenics; 55 minutes walking with breaks as necessary

• Participants lead the pace; Participants of similar walking abilities 'buddy' with research assistants who will act as group back-markers

• Instructors will keep walking logs for each participant
• Participants will participate in either partnered dance (PRR) or partnered walking (WALK) classes
• Duration of classes:
  - Twice a week for 3 months and then weekly for 9 months

**3 clinic visits:**
• Baseline, 3-month, 7-8 month check in, 12-month
• Mobility/cognitive assessments, MRI, blood draws, vascular imaging
**Purpose:** To learn more about brain activity in people with mild cognitive impairment, and to see if and how their brain activity is affected by two different types of physical activity.

**Goals:**
1. To determine acceptability, safety, tolerability, and satisfaction of intervention with PRR in people with cognitive complaints.
2. To determine a) efficacy of PRR vs. WALK for improving motor-cognitive integration in people with cognitive complaints.
3. To explore potential mechanisms by which PRR affect pAD, through structural/functional brain measures, vascular/inflammation measures, and inflammatory markers.
Recruitment

• **Inclusion criteria:**
  • 50-80 years old
  • Subjective memory concerns
  • Willing to participate in a one-year research program
  • Able to walk ≥10 feet (with or without an assistive device)
  • Visual acuity better than 20/70 in the better eye (Best corrected/aided)
Your Fantastic Mind airs this Wednesday, October 14, 7:00 pm.

“Memory”

This one-hour special delves deep into the science of memory - how it works, how we can retain it and why we lose it. It also highlights the state’s Georgia Memory Net program, newly available to all Georgians who need memory assessment and care.

Faculty featured include Allan Levey, MD, PhD and James Lah, MD, PhD.

Where to watch: GPB’s statewide television network Georgia Public Broadcasting website, or the Emory Brain Health Center Facebook page.
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## Distinguishing the Different Dementias

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**Registration:** Required

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