

Webinars, Seminars, Conferences & Classes for Family Caregivers and Professionals

Updated November 2025

- [Upcoming Presentations](#) – In Person and Online
- [Recorded and On-Demand Presentations](#)

Upcoming Presentations

After the Diagnosis

Friday, October 24, 2025 and January 16, 2026 | 12:30 – 4:30 PM CDT – In person seminar
Mayo Clinic, Alzheimer's Disease Research Center, 3033 41st NW, Rochester, MN 55901 -
Enter through door B2. Convenient free parking including handicap spaces is available.

After the Diagnosis is a free, quarterly, in-person seminar providing a road map of information and resources to guide those impacted by MCI or dementia and their care partners and families. Light refreshments will be served mid-event.

Topics include:

- Understanding your diagnosis
- Managing the disease
- Knowing your strengths
- Everyday ways to live well with dementia
- Opportunities to ask questions of the experts, connect with others, and visit with community organizations.

[Click here](#) to register for this in-person event. Space is limited.

[Rochester Mayo Clinic – Alzheimer's Disease Research Center](#)

CaregiverCON 2025

November 1, 2025 | 8:00 - 3:00 PM CDT In-person event

Humphrey School Conference Center, 301 S 19th Ave Room 100, Minneapolis, MN 55455

CaregiverCON 2025 is the premier event for family caregivers and the organizations that support them. This year's conference is all about connection—fostering relationships, sharing knowledge, and building a stronger, more resilient caregiving community. Join for a day filled with inspiring keynotes, hands-on workshops, and meaningful networking opportunities. Whether you're a caregiver, advocate, or service provider, you'll leave equipped with practical tools and renewed energy to make a difference—every day of the year.

Check-in with a continental breakfast begins at 8 AM

Programming is from 9 AM - 3 PM

Optional Happy Hour will follow the conference, concluding at 4:30 PM.

[Click here](#) to register - \$10.00

For more information, visit the [CaregiverCON](#) webpage.

[Jack's Caregiver Coalition](#)

Powerful Tools for Caregivers

Six Mondays starting November 3 to December 8, 2025 | 9:00 - 11:00 AM CT

Powerful Tools for Caregivers® helps family and friends caring for older adults with long-term health conditions develop the skills and confidence to better care for themselves while caring for others. The weekly topics range from reducing your stress to communicating in challenging situation and mastering caregiving decisions.

Join other caregivers for this popular six week class offered in a small group setting. You'll gain knowledge and self-care tools to help you take care of yourself, while caring for the ones you love. You'll learn tips to reduce stress, improve self confidence, manage time, better communicate feelings, and make tough decision.

Class Leaders: Barb Overline, Anita Lang

[Click here](#) for more information and to register.

Questions - Contact Carrie Kilberg at Carrie@normandalecenter.org

[Normandale Center for Healing and Wholeness](#)

Advocacy and Aging in Challenging Times

Wednesday, November 5, 2025 | 10:00 - 11:00 AM CST

Normandale Hylands United Methodist Church – in person event

9920 Normandale Boulevard, Bloomington, MN 55437

All around us, people are stepping up for older adults. Neighbors, volunteers, advocates, and yes, this little organization called START. Even in the middle of a historic shake-up in health care and senior living, ordinary people are doing the extraordinary: showing up when someone's lost, scared, or slipping through the cracks.

This class is about what that looks like up close. We'll talk about the policy changes you've seen in the headlines, and the quiet ones you probably haven't, and how they're shaping the lives of real people right now. We'll share the heartbreaking truths, but also the Holy Moments that keep breaking through. Because while the systems keep shifting, the fight for dignity, safety, and compassion is still alive. And we'd love for you to be part of it.

What You'll Learn:

- Where hope is breaking through: everyday people creating extraordinary moments of care
- How START is aligning with others to respond to a historic shift in aging and health care
- Why Medicare Advantage changes (including broker payment cuts) matter to every older adult
- How assisted living settings are being asked to carry more than they can safely handle
- What's driving a rise in senior housing evictions, and what families can do
- The truth about Medicare and long-term care: what it really pays for (and doesn't)
- Why affordable housing is more than a "senior issue", it's everyone's issue
- The growing wave of financial exploitation, even within families, & how to recognize it
- Why START reached its annual service targets by June, and what that tells us about need

[Click here](#) to register for this free event.

[START Senior Solutions](#)

6995 Mariann Drive, Eden Prairie, MN 55346 952-215-7052

Tembo Health Share and Care

First Thursday of every month – Webinar

Polypharmacy with Dr. Nancy Berley of Tembo Health

Thursday, November 6, 2025 | 12:30 - 1:30 PM CST - Webinar

Reducing medications, when to stop medications that are ineffective, and medications changes to consider as dementia changes.

Join Amy House, Care Navigator for Tembo Health or a guest speaker, in a monthly webinar about various topics important to friends and family of people living with dementia. Each month we will be covering a different topic and there will be time for a live Q&A. Each topic is 45-50 minutes with time for live questions the last 10-15 minutes. See the Recorded and On-Demand section of this document for previous webinars.

[Click here](#) for more information and to register or email amy@think-dementia.com. Free webinar.

You will be sent an email on the scheduled date with the link to the webinar.

[Tembo Health](#)

Reaching Across the Wall: Navigating Community Resources to Improve Health

Friday, November 7, 2025 | 8:45 - 9:45 AM CST - Robert L. Kane Memorial Lecture

Twenty-five years ago, collaborative care for late life depression and similar care models for dementia were considered “comprehensive” because they integrated primary care, specialty care, mental health care, and family caregivers within a medical model. While demonstrating improved outcomes in many patients, these models were not originally designed or resourced to meet the large reservoir of unmet social needs among older adults. These unmet social needs greatly contribute to excess morbidity and mortality. To integrate medical care with social care and improve health outcomes, we must reach across the health system walls.

Dr. Callahan will discuss the challenges and opportunities in navigating the complex community resources available to improve health through a description of the novel social care infrastructure at a safety net health system.

[Click here](#) for more information and to register. Free online via Zoom.

The Memorial Lecture is being presented this year as a part of the annual MAGIC Conference - Navigating Mental and Behavioral Health in Older Adults - taking place at The DoubleTree by Hilton St. Paul East. [Click here](#) for more information or if you wish to register for the conference (online or in-person). If you wish to attend the lecture in person, you need to register to attend the conference in person.

[University of Minnesota School of Public Health](#)

Ambiguous and Secondary Losses in Caregiving

Second Saturday Monthly Educational Program and Support Group

Saturday, November 8, 2025 | 9:00 - 10:30 AM CST

Support Group follows at 10:30 AM - 12:00

In Person event - Normandale Center for Healing and Wholeness, Normandale Center, 6100 Normandale Rd 2nd floor, Edina, MN 55436

In this workshop, we will define and experientially name and explore the numerous ambiguous and secondary losses that present during the caregiving experience.

Presented by Nancy Loyd, MA, the Grief Support Manager at Grace Hospice. Nancy has over 20 years of experience working with those facing serious illness, death, grief and loss in both parish and healthcare settings.

[Click here](#) for more information about the Second Saturday Education series and to register for respite. Respite is available each month for your loved one from 9 AM to 12 PM.

Advance Registration is required for respite. Free program.

[Normandale Center for Healing and Wholeness](#)

Finding Peace in the Caregiving Journey

November 8, 2025 | 10:00 - 11:30 AM CST

Lyngblomsten - Lino Lakes, 6070 Blanchard Blvd., Lino Lakes, MN 55014

In honor of National Family Caregivers Month this November, Lyngblomsten Community Services invites you to meet Minnesota author and family caregiver Linda Knebel Pruden. Join Linda and the Community Services team and experience how her words help caregivers unbury their own truths and find beauty in painful times. Linda's recently released book, *From Fear to Peace*, shares her journey and explores the struggles, triumphs, and profound impact of love and faith in the face of adversity. Light refreshments will be served. Following her presentation, Linda will be available to answer questions and sign copies of her book. The first 25 participants will receive a complimentary copy of Linda's book!

Limited onsite respite care will be available, but advance registration is required for respite care.

[Click here](#) for more information and to register.

[Lyngblomsten Community Services](#)

Caring with Confidence: Identity, Boundaries, and Support

November 8, 2025 | 12:00 - 2:00 PM CST

Navigating the journey of Parkinson's care involves continual change—not just for the person with Parkinson's, but also for you, the care partner. This empowering two-hour webinar is designed to help you support your loved one while also caring for yourself with confidence, clarity, and compassion. Whether you're new to caregiving or have supported someone through many seasons of Parkinson's, this webinar offers connection, insights, and practical reflections.

What to Expect:

- Topic overviews led by expert voices
- Candid panel discussions with care partners who are on the journey
- Opportunities for Q&A and participant reflections

Key Themes Include:

- How Parkinson's changes both partners' identities over time
- Setting healthy caregiving boundaries — when to step in and when to step back
- Protecting your sense of self and well-being while supporting someone else
- Real-life wisdom from care partners who've been there

[Click here](#) for more information and to register. Free webinar.

[Parkinson's Foundation](#)

Diagnosed With Alzheimer's (Or MCI)? Now What?

Tuesday, November 11, 2025 | 1:45 - 3:45 PM

Shoreview YMCA Meeting Room, 3760 Lexington Avenue North, Shoreview, MN 55126

Presenter: YMCA Member Bill Waddington

For people newly diagnosed with Alzheimer's (mild cognitive impairment) and their main support person.

In this workshop Bill shares his lived experience since being diagnosed with Alzheimer's 20 months ago. He will discuss basic FAQ's about Alzheimer's, strategies for living with the disease, and concrete work-arounds to lessen the impact of the most common symptoms, for as long as possible.

YMCA visitors are welcome with a valid ID for front desk check-in.

Email to register: elen.bahr@ymcamn.org

[Shoreview YMCA](#)

Brain Health & Dementia Series

St. Odilia Catholic Church, 3495 Victoria St. N., Shoreview

Dementia affects not only those diagnosed but also the people who support them—within our families, friendships, neighborhoods, and faith communities. Do you feel uncomfortable because you don't understand? Do you not know what to say or do? Are you curious to learn more about dementia and what it entails?

Six free sessions, starting Wednesday, October 8, 2025, will feature a main topic with plenty of time for questions and answers. All sessions will be held in person at St. Odilia Catholic Church, 3495 Victoria St. N, Shoreview and will also be [live-streamed](#).

[Click here](#) for a flyer about the series. No registration required.

Upcoming presentations:

Wednesday, November 12, 2025 | 1:30 - 3:00 PM

Dementia & Your Role in Helping/Advocating: What Family/Friends Can Do

Wednesday, January 14, 2026 | 1:30 - 3:00 PM

How to Work with Dementia Care Challenges

Wednesday, February 11, 2026 | **1:30 - 3:00 PM**

Dementia Communication Techniques - Learn to listen, learn to respond appropriately

Wednesday, March 11, 2026 | 1:00 - 2:30 PM

Metro Wide Dementia Resources

Wednesday, April 15, 2026 | 1:00 - 2:30 PM

What is Typical Aging?

Speaker: Carolyn Klaver, R.N., Faith Community nurse and dementia care specialist

2025 Community Webinar Series: Mastering Lewy Body Dementia

The 2025 Community Webinar Series will examine the complexities of LBD and explore ways to enhance quality of life for those living with Lewy, their families and care partners.

[Click here](#) to learn more about the 2025 Community Webinars Series.

Get REAL Compassion: Building Sustainable Skills of Compassion and Presence through Lewy Body Caregiving

Thursday, November 13, 2025, 1:00 - 2:15 PM CST

Caregiving can be overwhelming, and while self-criticism is a natural response, it often leads to exhaustion and emotional strain. In this webinar led by Laura Rice-Oeschger, LMSW, you will learn how cultivating kindness toward yourself fosters clarity, strengthens motivation, and enhances the quality of care you provide. Most importantly, self-compassion helps preserve your sense of identity and joy, ensuring that you don't lose yourself in the process of caring for others. Discover practical strategies to harness the power of compassion as a source of strength and balance in your caregiving journey.

[Click here](#) for more information and to register. Free Webinar

2025 Research Year in Review: Innovations and Insights

Tuesday, December 9, 2025 | 2:00 - 3:00 PM CST

As the end of the year approaches, join us to hear about key scientific learnings and advancements in Lewy body dementia (LBD) from Dr. David Irwin, Vice Chair of the Lewy Body Dementia Association's (LBDA) Scientific Advisory Council and a principal investigator at the LBDA Research Center of Excellence at the University of Pennsylvania.

Dr. Irwin will present some of the most important and exciting scientific findings of the year, explaining how each answers an important question about LBD or fills a gap in our knowledge, with a focus on both laboratory research and clinical trials. You will also get a sneak peek into what LBD researchers expect to learn in 2026 and have a chance to have your research questions addressed.

[Click here](#) for more information and to register. Free webinar.

[Lewy Body Dementia Association](#)

National Family Caregiver Month

Tuesday, November 18, 2025 | 12:00 PM - 1:00 PM CST

Join us on November 18th for a special webinar recognizing National Family Caregivers Month. Learn from Minnesota experts how local organizations and statewide initiatives—like Age-Friendly MN, Reframe Aging MN, and Dementia Friends MN —recognize and communicate the vital role and challenges of family caregivers, celebrate their dedication and compassion, and offer resources and support to help prioritize their own health and well-being.

Learning Objectives:

1. Recognize the critical role and impact of family caregivers for older adults and people living with disabilities and dementia.
2. Understand the goals of National Caregivers Month and learn how local organizations recognize, celebrate and support family caregivers.

3. Learn from MN experts how to create partnerships with local organizations and faith-based communities to build their knowledge, capacity and programs to support and recognize dementia caregivers?
4. Understand how MN is creating infrastructure and opportunities to support healthy aging and caregivers with Dementia Friends and Age-friendly MN, and Reframing Aging initiatives.

Presenters:

Beth Wiggins, MSW, LISW - FamilyMeans, Director of Caregiving & Aging

Natalie Matthewson MA, LPC - Dementia Friends Master

Tuesday Glover MSW, CCHW - Volunteers of America MN-WI, Program Director, Culturally Responsive Caregiver Support and Dementia Service (CRCSDS)

[Click here](#) for more information and to register. Free webinar

Registration Deadline is Nov 17, 2025.

1.0 CEU is provided after the presentation

[Minnesota Gerontological Society](#)

Dementia Friendly America's Inaugural Dementia Friendsgiving!

Tuesday, November 18, 2025, 11:00 AM CST - Online

Join Dementia Friendly America (DFA) for this “potluck” celebration of our lively and growing Dementia Friendly movement!

Let’s take this moment—together—to acknowledge how far we’ve come and rededicate ourselves to this important work. We’ll be sharing our gratitude for people and organizations from every corner of the dementia-friendly movement and sharing what’s to come for DFA.

There is so much in store! Our Dementia Friendsgiving will feature:

- Keynote Speaker Teepa Snow, a dementia care specialist, educator and advocate focused on supporting those living with dementia in a positive and respectful way.
- Dementia Friendly Showcase: Panels on starting or strengthening dementia friendly communities, Dementia Friends programs, Memory Cafes and Giving Voice choirs.
- “Potluck” Celebration: An opportunity to share what’s meaningful to you.
- Lived Experience Panel: Hear what people living with dementia and care partners have to say about what makes a community dementia friendly.
- What’s Happening and What’s Next: State of the movement and what’s to come for DFA.
- Awards Ceremony: A celebration of DFA Communities, Memory Cafes, Dementia Friends Champions and movement leaders.

Everyone is welcome for this potluck celebration of the dementia friendly movement! Whether you're bringing a story, a friend, or your enthusiasm and curiosity, you're an essential part of this movement.

[Click here](#) for more information and to register.

[Dementia Friendly America](#)

2025 HealthPartners Virtual Education Series

The Caring for Someone with Memory Loss - Virtual Education series was formally known as NeuroWell Lifelong Learning. These free virtual presentations to support patients living with dementia and their care partners are offered through HealthPartners Center for Memory and Aging on the 3rd Wednesday of the month from 12:00 - 1:00 PM Central Time. Connect with experts in the field and learn about the latest resources and advancements in dementia care. Don't miss this opportunity to gain knowledge, ask questions, and be supported. These presentations are hosted by HealthPartners Center for Memory and Aging.

Guardianship: Is it necessary for People living with Dementia?

Wednesday, November 19, 2025 | 12:00 PM CST

Speaker: Anita Raymond, LISW, CMC

Many dementia caregivers assume guardianship is necessary when decision-making declines, but it is often avoidable with early planning. This session covers the basics of guardianship and conservatorship, when they are needed, risk factors, and tools to help families avoid court involvement. It also highlights supported decision-making and available resources from the Center for Excellence in Supported Decision Making.

[Click here](#) when it is time for the meeting - no prior registration. Free webinar.

Questions: email: memoryloss@healthpartners.com or call: 651-495-6565

For more information about upcoming webinars: [Caring for Someone with Memory Loss - Virtual Education](#)

For a list of links to previous episodes: see the entry for HealthPartners Virtual Education in the "Recorded and On-Demand Presentations" section of this document.

[HealthPartners Support for Cognitive Loss and Dementia](#)

Living Well as You Age: Strategies for Brain Health, Resilience, and Caring for a Loved One

Wednesday, November 19, 2025 | 3:30 - 5:00 PM

AB Carval, 1601 Utica Avenue South, First Floor, Minneapolis, MN 55416

Appetizers, drinks and discussion co-hosted by Thomas Roffers, Vice President at Bernstein, Private Wealth Management and Tracy Keibler, Executive Director at START Senior Solutions, this gathering will explore evidence-based strategies to enhance your quality of life as you age and provide valuable insights for those who are caring for a loved one. Discover START Senior Solutions' impactful mission through inspiring stories of individuals who have navigated aging challenges with resilience and support from this amazing organization.

This event will provide practical tips and scientific insights to help you add life to your years, not just years to your life. Whether you're planning for your future or supporting a loved one, this presentation offers valuable guidance and hope. Don't miss this opportunity to connect with experts and community members dedicated to living well at every stage of life.

[Click here](#) to register for this free event.

[START Senior Solutions](#)

6995 Mariann Drive, Eden Prairie, MN 55346 952-215-7052

Homemade Cookies and Heartfelt Connections 2025

Wednesday, December 3, 2025 | 10:00 - 11:30 AM CST

Normandale Hylands United Methodist Church – in person event

9920 Normandale Boulevard, Bloomington, MN 55437

You're Invited for an inspiring morning of meaningful conversations and homemade cookies with the team at START Senior Solutions, a local nonprofit transforming the lives of older adults and caregivers in crisis.

Meet the team changing lives for older adults and caregivers. Meet clients, nurses, advocates and educators. Hear impactful stories from caregivers and seniors. Learn from all perspectives about the essential work START does. You will be astonished to learn about the life-changing support START provides seniors and caregivers, whether it's navigating healthcare, providing compassionate advocacy, or being a trusted resource when it's needed most. START's services are always free of charge!

Come for the cookies. Stay for the inspiration and connections.

[Click here](#) to register.

[START Senior Solutions](#)

6995 Mariann Drive, Eden Prairie, MN 55346 952-215-7052

Minnesota Aging Pathways - MN Senior Linkage Line

The MN Senior Linkage Line is now Minnesota Aging Pathways. They offer ongoing presentations about Medicare and other topics in person and via Zoom. [Click here](#) for a list of upcoming classes.

Medicare 101: Selecting the Right Plan for You

Medicare can be complicated. We'll help demystify it and help you select the plan that works best for you. Learn about programs that could help you lessen your costs. You'll get non-biased advice; we don't sell, endorse or promote any insurance products.

Health Care Directives

This presentation will discuss what advance care planning is and what health care directives can do. We will not complete health care directives as part of this presentation, but attendees will be equipped with the knowledge, resources, and where to go for help to complete their directive. We explain who can be a health care agent and the responsibilities of that role. Examples of health care directives and important considerations will be shared.

Health Care Fraud: Preventing Medicare Fraud and Avoiding Scams

Learn to detect Medicare fraud and what to do if you suspect fraud. We discuss the top scams currently being directed towards older adults and how to avoid them.

[Minnesota Aging Pathways](#)

Minnesota Elder Justice Center

The Minnesota Elder Justice Center hosts weekly webinars on a range of topics. These sessions are free and have also been pre-approved for continuing education credit.

[Click here](#) for upcoming webinars.

Previous webinars are available to view online for up to a year in their [video library](#).

[Minnesota Elder Justice Center](#)

Struthers Parkinson's Center

[Classes and events for persons living with Parkinson's and Lewy Body Dementia and caregivers](#)

Caregiver Programs - California Caregiver Resource Center

The California Caregiver Resource Centers (CRCs) are proud to present educational and informative events to family caregivers. This is a coordinated effort to offer a wide range of free, virtual programs in multiple languages and with topics of interest to family and friend caregivers. **These programs are open to ALL family caregivers at any location!**

[Click here](#) for this month's virtual presentations. Free webinars. (Note that events are listed in Pacific time.)

[Family Caregiver Alliance](#)

2025 Mindfulness-Based Dementia Care Classes – The Presence Project

This mindfulness program is for caregivers of people living with a diagnosis of mild cognitive impairment, Alzheimer's disease, or another type of dementia. You'll learn how the practice of mindfulness can help you manage challenges and stress. You'll develop coping practices that can improve wellbeing and quality of life for you and your loved one.

[Click Here](#) for information about class sessions and to register. **All classes are virtual. Note that the class times are stated in Eastern Time on the website for all the host sites!** Thanks to grant funding, classes will be offered at no cost to friend and family caregivers.

More about the Classes:

The Mindfulness-Based Dementia Care (MBDC) program includes a series of eight 2-hour interactive classes over an 8-to-10-week period, and a half-day retreat. Each class is structured around a theme, and includes mindfulness practices and practical approaches to dementia care. Class 7 is a half-day retreat (or extended mindfulness class) that ties everything together and allows participants to deepen their practice, and experience what it is like to do everyday activities (walking, sitting, eating) mindfully. Many participants say that they were most worried about this class, but it ended up being their favorite.

Class Themes:

- Class 1: Introduction to Mindfulness — and One Another!
- Class 2: Practicing with Attitudes
- Class 3: Living Grief and Self-Compassion
- Class 4: Coming to Our Senses
- Class 5: Every Day Communication
- Class 6: Being with Difficulty
- Class 7: Deepening Practice — Extended Session/Retreat
- Class 8: Caring for Yourself
- Class 9: Practicing Forward

Class Materials:

An in-depth workbook accompanies the course. Each week, after the class, participants receive an electronic copy of their workbook chapter. The workbook also includes a summary of points covered in the session. In addition, there are reflective questions and space for participants to journal about their experiences as well as the new skills and practices they are learning.

Learn more about the [Presence Care Project](#)

Teepa Snow Online Care Partner Series

These live online courses encourage active participation. The series is conducted using Zoom online meeting rooms. Participants will be placed into groups of 10 and each group will be led by Positive Approach Certified Consultants and Trainers who will guide the discussion.

These series run for five weekly 90-minute sessions.

[Click here](#) to register for an upcoming series.

There is a fee for these series.

[Teepa Snow Positive Approach to Care](#)

Recorded and On-Demand Presentations**AARP****Disrupt Dementia**

Sparking bold new solutions for the world's brain health crisis

[Dementia: Signs, Symptoms, Stages & Treatment](#)

Videos on Dementia, Delirium in the ER

These [two videos](#) are designed to educate health care providers on best treatment practices for dementia and delirium. AARP has developed these videos in collaboration with the Geriatric Emergency Department Collaborative (GEDC) as one way to implement some of the recommendations from the Global Council on Brain Health's [delirium report](#).

The videos provide key information and simple action steps that healthcare providers and caregivers can take to reduce risks to brain health.

Act on Alzheimer's

Dementia Training for Healthcare and Dental Practices

Dementia Friendly at Work for Healthcare is an introductory 1-1.5-hour (1-1.5 CEU) training program containing basic information for clinical and non-clinical team members on how to approach dementia care, including recognition of warning signs and symptoms, environmental and communications strategies, community resources and more. [Visit this website](#) to request training for your clinical team or to become a volunteer trainer.

The Dementia Friendly Training for all Dental Staff is 60 or 90 minutes. The free training helps workers understand dementia and learn how to create an environment that is safe, respectful, and welcoming for people living with dementia. [Register here](#) for the Training for Dental Office Staff.

The [Dementia Friendly Dental Practices Advanced Training Program](#) is an online 6-hour (6 CEU) in-depth curriculum for clinical dental providers covering dementia recognition and assessment, environment and safety issues, ethical and legal concerns, patient management strategies, treatment planning, and patient/care partner support.

[Register here](#) for the Advanced Dental Training - University of Minnesota School of Dentistry.

[Act on Alzheimer's](#) - A Program of [Trellis](#) – the Area Agency on Aging for the Twin Cities metro area providing service across Minnesota

ADC Program - UCLA Alzheimer's and Dementia Care Program

Better Caregiving for All - Monthly Webinar Series

This virtual series is being delivered live online and recorded for on-demand viewing. The material covered each month addresses the needs of populations that have not been the focus of traditional caregiver training/education in the past. Each session includes a local content expert (UCLA – California) and caregivers who are sharing their knowledge and experience in that population of dementia caregiving.

[Click here](#) for information about upcoming webinars.

Previous 2024 sessions:

[December 18, 2024 webinar](#) – Sandwich Caregivers

[November 20, 2024 webinar](#) – Young Adult Caregivers

[October 30, 2024 webinar](#) - Asian American and Pacific Islander (AAPI) Caregivers of Persons Living with Dementia

[September 25, 2024 webinar](#) - Friend/Neighbor Caregivers of Persons Living with Dementia

[August 28, 2024 webinar](#) - Middle Eastern and Northern African (MENA) Caregivers of Persons Living with Dementia

[July 17, 2024 webinar](#) - Latino/x/e & Hispanic Caregivers of Persons Living with Dementia (in Spanish)

[June 26, 2024 webinar](#) - LGBTQ+ Caregivers

[May 22, 2024 webinar](#) - Black/African-American Caregivers of Persons Living with Dementia

[April 24, 2024 webinar](#) - Long-Distance Caregivers of Persons Living with Dementia

[March 20, 2024 webinar](#) - Male Caregivers of Persons Living with Dementia

[February 21, 2024 webinar](#) - Early Onset Dementia Caregivers

[ADC Program - UCLA Alzheimer's and Dementia Care Program](#)

AGE-u-cate Training Institute

Designing for Dignity: Dementia Care Innovations from The Hogeweyk

July 9, 2025 - [Link to recording](#)

What if a diagnosis didn't mean the end of autonomy? What if community, purpose, and dignity weren't extras, but the foundation of care? This isn't wishful thinking. It's The Hogeweyk. For years, The Hogeweyk in the Netherlands has defied expectations—proving that people living with dementia can thrive when they're given the freedom to live, connect, and belong.

Eloy Van Hal, one of the founding architects of The Hogeweyk, shares the strategies, mindsets, and system-level changes that make their approach possible—and how you can bring elements of this dignity-first design into your own work. Plus, get a boots-on-the-ground perspective from Angel Baginske, Director at Alzheimer's and Dementia Services of Northern Indiana, on translating Hogeweyk's model into an American day program.

[AGE-u-cate Training Institute](#)

Aging in Rural Minnesota

December 2, 2024 - [Link to recording](#)

This webinar presents findings from the report created in partnership with the National Rural Health Resource Center Rural Health Innovations and the University of Minnesota Rural Health Research Center. The [report](#) is a comprehensive analysis of the key age-related factors affecting older adults in rural Minnesota. This insightful webinar explores issues such as limited transportation, social isolation, and inadequate healthcare access, presenting targeted salutations and policy recommendations. Discover the key challenges and opportunities in supporting older adults and engage in the conversation to contribute to creating more inclusive and sustainable support to this community.

Alzheimer's Association

Missed a past episode of ALZ Talks? View previous ALZ Talks virtual webinars on the Alzheimer's Association's YouTube Channel.

[Watch Now](#)

Alzheimer's & Dementia Diagnostic Guidelines

Information from Alzheimer's Association Workgroup – December 2024

[Workgroup Recommends Updated Guidelines for Alzheimer's, Dementia Diagnosis](#)

[The Alzheimer's Association Clinical Practice Guideline for Diagnostic Evaluation, Testing, Counseling, and Disclosure of Suspected Alzheimer's Disease and Related Disorders: Validated Clinical Assessment Instruments](#)

Alzheimer's Disease and Related Dementias (ADRD) In Primary Care

Addressing Risk Factors, Early Diagnosis, and Care Planning

eLearning Module Learning Opportunity for primary care providers

How can your practice improve care for your patients with Alzheimer's and dementia? Primary care professionals play a pivotal role in diagnosing Alzheimer's disease and related dementias (ADRD) and recommending lifestyle changes to help their patients to reduce their risk for dementia.

This informational and interactive eLearning module is designed for primary care teams to increase their knowledge and skills related to ADRD. The module discusses risk factors for ADRD, risk reduction strategies, evidence-based practices for culturally sensitive ADRD care, identifying a care partner, and using a team approach to ADRD care.

We invite primary care clinicians and teams to access this eLearning module to learn strategies to address dementia risk factors, support early diagnosis of dementia, and implement care planning and care partner support. The module is free for all learners and completers of the module will receive 2 AAFP CME credits.

To access the module please go to <https://cuelearning.org/>
Click the Register link to create an account. For Registration Code, please enter: ADRD (not case sensitive).

[University of Colorado Anschutz Medical Campus - Family Medicine e-Learning](#)
Colorado Department of Public Health and Environment

ADRD Action Coalition | Authors of this module are Hillary Lum, MD, Rebecca Mullen, MD, Bonnie Jortberg, PhD, RD, CDCES, and Robyn Wearner, MA, RD, from the University of Colorado School of Medicine.

Alzheimer's Foundation of America

Care Connection Webinars - [Click here](#) to access all previously recorded webinars.
List below goes to individual recordings on YouTube.

Healing with Pride: Designing Care that Sees, Affirms, and Restores
October 9, 2025 – [Link to Recording](#)

Through the Years: A Historical Lens on Stigma and Discrimination among LGBTQ+ Older Adults
September 11, 2025 - [Link to Recording](#)

Traumatic Brain Injury and Dementia – Are They Related?
August 14, 2025 - [Link to Recording](#)

Mild Cognitive Impairment: What Is It? And How Does It Relate To Alzheimer's Disease?
July 10, 2025 - [Link to Recording](#)

Challenging Behaviors in People with Dementia
June 12, 2025 - [Link to Recording](#)

Sleep and Dementia
May 8, 2025 - [Link to Recording](#)

Family Dynamics in Dementia Care

April 10, 2025 - [Link to Recording](#)

Advances in Treating Alzheimer's Disease: Moving Toward a Breakthrough

March 13, 2025 – [Link to Recording](#)

Brain Donation: What We Learn From Examining the Brain

February 13, 2025 – [Link to Recording](#)

Dementia & Diabetes: Evidence and MIND Diet Strategies

January 9, 2025 – [Link to Recording](#)

A Comprehensive Look at Fall Prevention: How to Age in Place with Grace

December 12, 2024 – [Link to Recording](#)

Caregiving: The Urgency and Challenge of Self-Care

November 14, 2024 – [Link to Recording](#)

The Caregiver Trifecta: Empowering Families to Plan for Personhood, Dignity and Connection at Every Stage of Care

November 5, 2024 – [Link to Recording](#)

Hearing Loss and Dementia: From Public Health to Clinical Insights

October 10, 2024 - [Link to Recording](#)

Navigating Dental Care for Individuals with Alzheimer's Disease and Related Dementias (ADRD)

September 12, 2024 - [Link to Recording](#)

Dementia and Firearms: Navigating a Difficult Situation Safely

August 8, 2024 - [Link to Recording](#)

Safe Walking: A Strengths-Based Approach to Wandering

July 11, 2024 - [Link to Recording](#)

Driving Cessation in Dementia: What Caregivers Need to Know

June 3, 2024 - [Link to Recording](#)

Alzheimer's Disease & Dementia - 10 Things to Remember

April 2025 Educating America Tour [Link to Recording](#)

In this video, Dr. Kim Tarver provides an overview of Alzheimer's disease and related dementias, including common questions, warning signs, and the differences between memory issues caused by dementia and those caused by normal aging. Common risk factors and current diagnostic and treatment approaches will also be discussed.

Fireside Chats

An educational and informational web series designed to raise awareness about Alzheimer's and related dementias. All programs are free. View upcoming and recorded episodes by [clicking here](#).

Alzheimer's & Dementia Online Academy

These online courses and live webinars provide individuals, families and caregivers affected by Alzheimer's disease and dementia with the knowledge, techniques and best practices in caring for patients and loved ones. LSWs, certified case workers and other professionals can also earn CE credits by taking many of the courses. [Click here](#) for information about courses.

[AFA - Alzheimer's Foundation of America](#)

Alzheimer's Speaks

Our goal is to shift dementia care from crisis to comfort by giving voice to all and raising those voices to enrich lives by sharing critical information, personal stories, resources, products, and tools from people and organizations at all levels around the world.

Lori La Bey, founder

Alzheimer's Speaks [Home Page](#)

[Alzheimer's Speaks Radio](#)

[Dementia Chats](#)

[Dementia and the Arts](#)

[Memory Cafes](#)

[The Purple Angel Project](#)

[Becoming Dementia Friendly](#)

[Poetry & Articles](#)

[Free Tools](#)

[Free Educational Resources](#)

[A Variety of Video Play Lists](#)

[Dementia Map Global Resource Directory](#)

Featured Presentation: What You Need to Know Before Book Your Flight!

Fantastic Changes to Accommodate Dementia-Friendly Air Travel

Lori La Bey talks about dementia-friendly airports & travel with Sara Barsel and Deborah Shouse. This show originally aired on March 28, 2023. Sara Barsel is the founder and organizer of the Dementia-Friendly Airports Working Group and the Roseville Alzheimer's & Dementia Community Action Team. Deborah Shouse is a writer and editor and co-founder of Dementia Friendly Kansas City. She is the author of "Love in the Land of Dementia Finding Hope in the Caregiver's Journey" and "Connecting in the Land of Dementia: Creative Activities to Explore Together."

[Watch the Video Interview](#) or go to the [Show Page](#)

American Society on Aging

Webinars

[Click here](#) and scroll down to access webinars from the past 60 days.

Empowering Professionals in Aging - Podcast

The Empowering Professionals in Aging podcast has episodes of interest to family and professional caregivers. Here are some recent episodes:

Veterans Assistance (VA) Benefits: What to Know and How to Apply

[Click here](#) to access the podcast.

Transforming Dementia Care Through Music

[Click here](#) to access the podcast.

Aging in Place: Home Safety & Fall Prevention

[Click here](#) to access the podcast.

[American Society on Aging](#)

Arden Courts – Promedica Memory Care

[The ABCs of Frontotemporal Dementias - Tam Cummings Webinar](#)

[The ABCs of Dementias of the Alzheimer's Type – Tam Cummings Webinar](#)

[The ABCs of Vascular Dementia - Tam Cummings Webinar](#)

Links to these videos were updated December 2024

[Arden Courts – Promedica Memory Care](#)

Benjamin Rose - Let's Rethink Aging

Benjamin Rose provides financial consulting for seniors and conducts a monthly webinar workshop on the Financial Fatigue of Caregiving - See the entry in the Upcoming Presentations section of this document.

Recordings from past presentations:

The Financial Fatigue of Caregiving

January 7, 2021 [Link to Recording](#)

Are you feeling the financial strain, or emotional and physical stress that comes along with caring for a loved one? This workshop explores the financial challenges caregivers face and provides practical strategies and resources to help manage these burdens effectively.

Behavioral Interventions: When Caring for a Loved One with Dementia

February 22, 2023 [Link to Recording](#)

This webinar incorporates the most current research about dementia care, effective practical strategies, and useful resources in identifying causes of common behavioral symptoms and effective interventions.

[Benjamin Rose - Let's Rethink Aging](#)

Brain Support Network

Lewy Body Dementia: Future Directions

April 17, 2025 [Link to Recording](#)

Brain Support Network and Stanford's Movement Disorders Center are pleased to present Carla Abdelnour, MD, speaking on Lewy Body Dementia: Future Directions. Dr. Abdelnour's talk will focus on recent research findings and future research that may affect treatment of those with LBD. She provides a short overview of Lewy body dementia (LBD), which is an umbrella term that includes Parkinson's Disease Dementia and Dementia with Lewy Bodies. Dr. Abdelnour is on the verge of completing her post-doctoral research at Stanford, which focused on Lewy body dementia. She is returning to Spain, where she will continue her clinical practice as a dementia and movement disorder specialist.

This 90-minute webinar is moderated by Linda Higuera with Brain Support Network. Linda's mother had Lewy body dementia. Linda is a longtime member of the local San Francisco Bay Area Lewy Body Dementia support group coordinated by Brain Support Network.

[Brain Support Network](#)

Caregiver Training Videos

A series of videos produced by the UCLA Alzheimer's and Dementia Care program to help caregivers understand how to better care for persons with dementia. They cover a range of topics including:

- Aggressive Language/Behavior
- Agitation and Anxiety
- Depression/Apathy
- Hallucinations
- Home Safety
- Refusal to Bathe
- Refusal to Take Medications
- Repetitive Behaviors

Repetitive Phone Calls
 Repetitive Questions
 Sexually Inappropriate Behaviors
 Sleep Disturbances
 Sundowning
 Wandering

[Click here](#) to view the videos

[UCLA Alzheimer's and Dementia Care program](#)

Caregiving - PBS Documentary - Now Streaming

June 24, 2025 - [Link to Recording](#)

From Executive Producer Bradley Cooper, this is the story of paid and unpaid caregivers navigating the challenges and joys of this deeply meaningful work. Intertwining intimate personal stories with the untold history of caregiving, the documentary reveals the state and the stakes of care in America today. Narrated by Uzo Aduba (The Residence, Orange is the New Black), directed by Chris Durrance.

[PBS](#)

Caregivers as Partners in Care Teams

Caregivers as Partners in Care Teams (CAP-CT) is a leading national training curriculum developed by the UCSF (University of California - San Francisco) Geriatrics Team.

[Visit the CAP-CT website](#) to learn about this new curriculum and consider using it in your efforts to train healthcare providers.

The module is full of practical tips, real-life scenarios and simulations that can be easily integrated into provider training and practice. Share this training with your partners and use it to train providers in your state. Earn free continuing education credits.

Caring for People with Memory Loss

University of Minnesota - School of Public Health

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss. The 2025 conference took place Saturday, June 14, 2025.

2025 Presentations

- Dementia: Early Detection, Prevention, and Treatment - Dongming Cai, MD, PhD
- Experiences of Young Caregivers: A Panel Discussion - Kennedy Heidel, Kate Klosterman, Kelsey Krause, and Grace Savard
- Learning, Coping, and Surviving as an Alzheimer's Caregiver - Martin J. Schreiber, former Wisconsin Governor
- Navigating Driving Retirement and Dementia: Evaluating a Support Program for Persons Living with Dementia and Their Care Partners - Colleen Peterson, PhD

Recordings of the 2025 conference are available by [clicking here](#).

[2025 Presentation Materials](#)

Recordings of other conferences from previous years are available by [clicking here](#) or selecting the Past Conferences option on the website.

[Caring for People with Memory Loss](#)

Center for Medicare Advocacy

Navigating Medicare Open Enrollment

October 1, 2025 – [Link to the Recording](#)

This webinar for anyone dealing with Medicare enrollment covers the basics surrounding Medicare's Open Enrollment Period, with an emphasis on considerations for people with longer-term and chronic conditions. Get practical tips and an overview of available options.

Speakers include: Aditi Narayan Minkoff, MSSW, David Lipschutz, Kata Kertesz, and Eric Krupa

[Center for Medicare Advocacy](#)

Compassion & Choices Action Network

What is a POLST and Who Needs One?

June 4, 2024 – [Link to the Recording](#)

Compassion & Choices Medical Director Dr. Susan Wilhoit, a palliative care physician, will explain how the Minnesota POLST fits into end-of-life planning. She'll discuss who needs a POLST and how a POLST differs from an Advance Directive.

The Provider Orders for Life Sustaining Treatment (POLST) is a portable medical order that can give patients with serious illness increased control over the treatment they do and do not want to receive at the end of life. The POLST helps ensure the patient's wishes are

conveyed to emergency services and other medical providers. There will be plenty of time to ask questions.

As the End Nears: Dying with Dementia

August 8, 2023 [Link to the recording](#)

This webinar, the fifth of an ongoing series, follows the final stages of living with dementia, including treatments, symptoms and the physical experience. We aim to offer you a better understanding of what to expect with advanced dementia. With this information, we hope you feel more empowered to plan, prepare and make the decisions necessary to guide your care. We will discuss disease progression and options for the end of life.

Speakers: Dr. Natalie Young, a geriatrician and palliative care physician at the University of California San Francisco and Compassion & Choices Medical Director Dr. Susan Wilhoit

[Compassion & Choices](#)

Dementia Action Alliance

Dementia Warriors – Hear Our Voices

[Click here](#) to access the list of videos

DAA's "Hear Our Voices" is a collective of video clips featuring individuals who are living proactively with dementia. Through their voices, we find hope, help, and inspiration. Much of the public information about dementia focuses on a narrative of 'gloom and doom'. This orientation instills fear and hopelessness. Individuals diagnosed with dementia and their families need helpful information about how to live with and manage the symptoms on a day-to-day basis.

Recent topics:

Tips for Flying while Living with Dementia

Safety Tips for Cooking While Living with Dementia or MCI

Finding Purpose – Finding Connection

Tips for Dining Out While Living with Dementia

Living Young with Dementia – Under 55 and diagnosed with MCI or Dementia

Tips for Attending Church While Living with Dementia

Photography, Creativity, and Finding your Purpose

Professional Insights Podcast

[Click here](#) for the link to the podcast series.

The Professional Insights podcast features expert voices in elder care, gerontology researchers, neurologists, and nonprofit leaders who are committed to creating a better world in which to live with dementia. Guests are interviewed by a DAA Advisory Board members living with dementia.

Calling All Voices

White papers: [DAA Papers & Webinars](#)

Podcasts: [Calling All Voices](#)

Stories and Podcasts from the Latino Community are now available both in English and Spanish. These powerful stories are the culmination of a multi-year project that involved interviewing individuals living with dementia and their care partners about their personal experiences on their dementia journey. Stories about experiencing dementia in the Asian and Latino Communities join stories from the Black and LGBTQ+ Communities available at the same links. Together these white papers and podcasts begin to show us how culture impacts the dementia journey.

This Dementia Life Podcast

[Click here](#) for a link to the podcast series

This Dementia Life is a heartwarming podcast that features and celebrates the voices of people living with dementia and care partners. The program is hosted by Gary Howard, a DAA Advisory Board member living with dementia.

[Dementia Action Alliance](#)

Dementia Alliance of North Carolina

Videos from Dementia Alliance of North Carolina

[YouTube channel](#) for the Dementia Alliance of North Carolina – many excellent videos about a variety of topics relevant to living well with dementia.

Scams & Dementia - Protecting Loved Ones from Financial Exploitation

Part One - May 2025 [Link to the Recording](#)

When dementia affects judgment and awareness, it can leave individuals vulnerable to evolving scams. This session will explore the legal implications of fraud, how to recognize red flags, and what caregivers need to know to protect their loved ones—and themselves.

Empathetic Communication

[Link to the Recording](#)

Nurse and dementia trainer, Melanie Bunn, discusses how to answer hard questions using Empathetic Communication methods. Melanie uses some great real life examples.

Sleep and Dementia

Fourth annual Dr. Daniel Kaufer Conference – 2024

[Part One](#)

[Part Two](#)

This symposium will provide the latest research and practical tips to enhance sleep when there is a diagnosis of brain change or dementia. UNC experts Heidi Roth, PhD and Graham H. Diering, PhD will share their insights on sleep and dementia.

A Closer Look at Lewy Body Dementia

[Playlist](#) for the third annual Dr. Daniel Kaufer Conference – 2023

Beyond Memory Loss

[Playlist](#) for the second annual Dr. Daniel Kaufer Conference - 2022

Behaviors: Awareness, Attitude, and Action

[Playlist](#) for the Dr. Daniel Kaufer Memorial Caregiver Conference – 2021

The sessions are listed in reverse order on the Playlist. The correct order is:

1. Behavioral Symptoms in Dementia with Dr. Trey Bateman
2. Responsive Dementia Care: Fewer Behaviors, Fewer Drugs with Helen Whitworth
3. Your Attitude Can Change Your Story with Pat Snyder
4. Choosing Action with Helen Whitworth
5. Your Actions Can Change Your Story with Pat Snyder
6. Panel Discussion and Q&A with Dr. Trey Bateman, Helen Whitworth and Pat Snyder
7. Congratulations to Pat Snyder - Outstanding Service Award

[Dementia Alliance of North Carolina](#)

Dementia: Caring & Coping – Recorded Presentations

There are no upcoming presentations scheduled at this time.

Dementia: Caring & Coping 2024 was presented by the Roseville Alzheimer's & Dementia Community Action Team and sponsored by the City of Roseville. Presentations took place at Roseville City Hall - City Council Chambers.

Our topics are intended to actively improve the quality of life for persons living with dementia and their care partners.

Spirituality and Dementia: Creating a Dementia-Friendly Faith Community

November 12, 2024 – [Link to the Recording](#)

Speakers:

Tom Hayes, St. Odilia Catholic Church
 Carolyn Klaver, Lyngblomsten Community Services
 Sam Sleeman, Faith Community Nurse Network
 Robbin Frazier, University of Minnesota

Presentation Resources:

[Link to PowerPoint presentation](#)

Working Together with your Memory Care Staff

October 8, 2024 – This event was not recorded. [Here is a link to a recording](#) of a previous presentation of this event.

Amy House will discuss how to work effectively for positive outcomes with memory care staff.

Presentation Resources:

[Link to PowerPoint presentation](#)

Dementia & Denial: When People Think Nothing is Wrong

September 10, 2024 – [Link to the Recording](#)

Lori La Bey, founder of Alzheimer's Speaks and co-founder of Dementia Map and Conscious Caregiving with L & L will lead this session. Lori's mother lived with dementia for 30 years

Hospice Care for Persons with Dementia

August 13, 2024 – [Link to the Recording](#)

A panel of local hospice experts and professionals will discuss how hospice can be of benefit to persons with dementia and their families. Panelists include: Jennifer Johson, Chaplain, Optage/PHS Hospice; Jim Heymans, Bereavement Coordinator, Ecumen Hospice; and Dr. Neal Buddensiek, Chief Medical Officer, Benedictine.

Presentation Resources:

[Hospice Care for Persons with Dementia - Slides](#)

[Panel Participant Bio Info](#)

Physical Activity for a Healthier Brain

July 9, 2024 – [Link to the presentation](#) [Link to the exercise practice](#)

Ashley Millenbah, MPH, Research Coordinator at the University of Minnesota's School of Public Health will discuss why physical activity is essential for brain health and the various ways you can bring more movement into your daily life.

Presentation Resources:

[Brain Healthy Exercise - Slides](#)

[Being Active as We Get Older](#)

[Making Regular Physical Activity a Habit](#)

[Tips for Monitoring Aerobic Exercise Intensity](#)

[Moving with Arthritis](#)

[Being Active with High Blood Pressure](#)

[Physical Activity with Type 2 Diabetes](#)

[Parkinson's Exercise Recommendations](#)

[Resource for healthy food choices - My Plate for all cultures or preferred foods](#)

[UMN School of Public Health webpage with research and other information related to nutrition/healthy weight and activity](#)

The Power of a Dementia Support Group

June 11, 2024 - [Link to the Recording](#)

Find out about the benefits of joining a support group and how to find a group that is right for you from three experienced support group facilitators: Amy House, a Certified Dementia Practitioner & Alzheimer's support group facilitator; Paula Rice Biever, facilitator of two Lewy Body Dementia support groups; and Warren Wolfe, facilitator of the Former Dementia Caregiver Support Group.

Presentation Resources:

[The Power of a Dementia Support Group - Slides](#)

[Alzheimer's & Dementia Support & Education Groups](#)

[Lyngblomsten Memory Loss Caregiver Support Groups](#)

[Lewy Body Dementia Support Groups](#)

[Former Dementia Caregiver Re-entry Support Group](#)

For more information about support groups, please see the Dementia Support Groups & Services monthly resource document - also on the Roseville Alzheimer's & Dementia Community Action Team website.

Connecting with Creativity: The Proven Benefits of Art, Storytelling, Movement & Music

May 14, 2024 - This presentation was not recorded

Presentation Resources:

[Kairos Alive](#)

[Arts and Dementia Research](#)

[Gene Cohen Study - Creativity and Aging](#)

[Music and Memory - Music Assessment Questionnaire](#)

[How to Create a Personalized Music List for a Loved One at Home](#)

[TimeSlips Storytelling](#)

Learn about the Whole-Person Wellness Screening Program & Living Well with Dementia

April 9, 2024 - [Link to the Recording](#)

Sam Sleeman, CVA, Executive Director of the Faith Community Nurse Network of the Greater Twin Cities will talk about the 2023 Whole-Person Wellness community screenings project. In the second half of our event, Linda Camp, Robyn Birkeland, and Carolyn Klaver will talk about how best to support people who are living on their own with MCI (Mild Cognitive Impairment) or dementia.

Presentation Resources:

[Solos: Planning for the Second Half of Life](#)

[Resources for Minnesota Solos](#)

[Living Alone - The Home Alone Study](#)

Dementia: Caring & Coping 2023

Traveling with Dementia - from Day Trips to Air Travel

July 11, 2023 [Link to Recording](#)

Amy House, Certified Dementia Practitioner & creator of SilverCrest Staycations

Carol Giuliani, owner of Senior Travel Companions

Sara Barsel, organizer of the Dementia-Friendly Airports Working Group

The Dementia Journey - Teepa Snow's Approach to Dementia Care

August 8, 2023 [Link to Recording](#)

Brittany Harris, Certified Coach

Amy House C.D.P., Certified Trainer, in Teepa Snow's Positive Approach to Care®

Dementia Research: What's Happening Nearby and What's in It for Me?

September 12, 2023 [Link to Recording](#)

Panelists from the University of Minnesota's Families and Long Term Care Projects & Research Studies: Katie Louwagie, DNP, project specialist, Robyn Birkeland, PhD, study interventionist and coach, and Ashley Millenbah, MPH, research coordinator.

Exploring Leqembi: A Breakthrough in Alzheimer's Treatment

October 10, 2023 [Link to Recording](#)

Robyn Birkeland, Ph.D, a study interventionist and coach at the University of Minnesota with the Families and Long-Term Care Projects team.

10 Signs of Dementia & the Importance of Socialization and Cognitive Stimulation

Tuesday, November 14, 2023 [Link to Recording](#)

Carolyn Klaver, dementia care specialist with Lyngblomsten Community Services

Presentation Resources:

[10 Signs of Dementia Checklist](#)

[Nun Study proves "Use it or Lose it"](#)

Avoiding Power Struggles – Best practices for interacting with dementia-related behaviors

Tuesday, December 12, 2023 [Link to Recording](#)

Deb Nygaard, Licensed Assisted Living Director

Dementia: Caring & Coping during the Pandemic - Second Series

These virtual events were presented by the **Roseville Alzheimer's & Dementia Community Action Team** in partnership with Lori La Bey's online show **Alzheimer's Speaks**. The series focuses on a variety of topics to help care partners and persons living with dementia. They were broadcast on [Alzheimer's Speaks](#) with Lori La Bey on the fourth Wednesday of every month from April 28, 2021 to October 27, 2021.

[Series Two YouTube Playlist.](#)

Episode One: Dementia Research during the Pandemic - COVID and Cognition

William H. Frey II PhD, Senior Research Director - Center for Memory & Aging,
HealthPartners Neuroscience Center

Episode Two: What's your Plan? Legal Considerations when Facing a Dementia Diagnosis

Leah Gilbert, J.D. Private practice attorney focusing on estate planning and elder law -
Gilbert Legal, PLLC.

Episode Three: Dementia and Medical Care Decisions - Prepare your Family for What's Ahead

Deborah Day Laxson, Author of "The Gray Zone: When Life Support No Longer Supports Life" and "The Fog Zone: Navigating the Space After Your Diagnosis" and founder of the Health Care Agent Literacy Project

Episode Four: The End of Life Journey

Jeanne Bain, End of life navigator, dementia trainer and consultant. Jeanne is co-host of a podcast called "Death Unfiltered"

Episode Five: Your Path to Peace of Mind While Caregiving

Pat Samples, Author of "Daily Comforts for Caregivers" and "Self-Care for Caregivers, A Twelve Step Approach" and other books, and a champion for creative aging.

Episode Six: Humor as a Tool for Caring & Coping

Shannan Calcutt, Comedian, actor, and workshop leader, clown, comic act designer and acting coach with Cirque du Soleil in Las Vegas.

Episode Seven: Ambiguous Loss in a Time of Pandemic

Pauline Boss, Ph.D., Author of "Loving Someone with Dementia" & "Ambiguous Loss" & "The Myth of Closure: Ambiguous Loss in a Time of Pandemic"

Dementia: Caring & Coping during the Pandemic - First Series

The first series of **Dementia: Caring & Coping during the Pandemic** presentations highlighted the creative ways in which organizations modified their programs and services for people living with dementia and their care partners despite the challenges of COVID.

[Series One YouTube Playlist](#) These presentations focused on how various organizations continued to provide services to caregivers and persons living with dementia during the pandemic.

Dementia: Caring & Coping during the Pandemic was sponsored by Alzheimer's Speaks and Roseville Alzheimer's & Dementia Community Action Team, the City of Roseville, and the Ramsey County Library system. We give special thanks to the Friends of the Ramsey County Libraries for their support.

Disaster Preparedness for Caregivers

The Federal Emergency Management Agency (FEMA.gov) and the Rosalynn Carter Institute for Caregivers (RCI) have created this Disaster Preparedness Guide for Caregivers to help you navigate the unique challenges that may arise when disasters strike.

This guide will help you learn about disaster preparedness and identify the needs of your care recipient and how they might change during a disaster. You may also have questions about preparedness or not even know the questions to ask. This guide will help answer these questions, share ways to connect with your community, and bolster your confidence as a caregiver during a disaster.

[Click here](#) to read the report.

[Rosalynn Carter Institute for Caregivers](#)

The Experience of Persons with Dementia in the Criminal Legal System

Read the report [here](#). Final Report May 2022

This report looks at the big picture of persons with dementia and the criminal legal system using the “sequential intercept model” that examines interaction along the process of the criminal legal system from first contact to long term corrections.

This report was produced by the American Bar Association Commission on Law and Aging in collaboration with NASMHPD Research Institute and The University of Virginia and Faculty from The University of Michigan and with funding from the RRF Foundation and in collaboration with the University of Virginia, the University of Michigan, the National Research Institute, University of South Carolina, and the Penn Memory Center,

[American Bar Association Commission on Law and Aging](#)

Family Caregiver Alliance

Fighting For—Not With—Your Loved One’s Healthcare Professionals

[Click here](#) to watch the webinar

Family caregivers’ relationships with their loved ones’ healthcare professionals can be that of appreciative partners or coldly suspicious antagonists. But there are ways that family caregivers can build mutual trust with physicians, nurses, and other healthcare professions for the sake of their loved ones and themselves. In this webinar, we discuss why

professionals' ideas about "patient-centered care" sometimes excludes family members, how caregivers can present themselves as effective collaborators, and ways to productively question professionals' treatment plans.

Presented by Dr. Barry J. Jacobs, clinical psychologist, healthcare consultant, caregiving author, and columnist on family caregiving for AARP.org.

[Family Caregiver Alliance](#)

GCBH Behavior Change Webinar Series

The Global Council on Brain Health (GCBH) hosted a summer webinar series exploring the area of behavior change as it relates to brain-healthy lifestyles. The webinars featured invited experts participating in a presentation/roundtable format with questions from the GCBH, moderated by GCBH staff.

[Watch replays](#) of this series exploring the science of behavior change and brain health.

Webinar 1: Communicating and Promoting Brain Health Behavior Change

Webinar 2: Implementing Brain Health Behavior Change – Lessons Learned

Webinar 3: Health Economics and Brain Health Behavior Change

Webinar 4: Barriers to Implementing Brain Health Behavior Change and Building Equity

The Guiding an Improved Dementia Experience (GUIDE) Model: An Interactive Q&A Panel

May 27, 2025 - [Link to the Recording](#) [GUIDE Overview and Participant Map](#)

This webinar features an inter-professional panel of experts to answer your questions about the Centers for Medicare & Medicaid Services' GUIDE Model. While much attention has focused on blood-based biomarkers and anti-amyloid therapies, an equally important breakthrough is the Guiding and Improved Dementia Experience (GUIDE) Model, a collaborative, integrated dementia care program designed for Medicare beneficiaries and their care partners. With around 400 providers participating nationwide, the GUIDE Model offers new resources and support for people living with dementia and their families.

University of Minnesota School of Public Health | [Robert L. Kane Endowed Chair in Long-Term Care and Aging](#)

HealthPartners Virtual Education Series

The Caring for Someone with Memory Loss - Virtual Education series, formally known as NeuroWell Lifelong Learning is designed to support patients living with dementia and their care partners. Sessions are free, open to the public and virtual. The talks are scheduled on the third Wednesday of the month from 12:00 -1:00 PM CT. These presentations were hosted by HealthPartners Center for Memory and Aging.

[Click here](#) and scroll to the Life Long Learning section for more information about upcoming and past presentations.

2025 Presentation Recordings

Strategies for Navigating Behavioral Changes in Dementia Caregiving

Kayla Criger

May 21, 2025 - [Link to Recording](#)

Essential steps to plan and prepare for the future

Dr. Kaci McCleary

April 16, 2025 - [Link to Recording](#)

When is it time to stop driving? Navigating driving evaluations

Angie Kezar

March 19, 2025 – [Link to Recording](#)

Recent Advances in Understanding and Treating Cognitive Disorders

Dr. Marcel Hungs

February 19, 2025 – [Link to Recording](#)

2024 Presentation Recordings

Legal and Financial Consideration In Spanish

Ana Diaz

November 20, 2024 – [Link to Recording](#)

Resilience and Stress Reduction Techniques: Mindfulness, Yoga, and Qi Gong

Michelle Barclay

October 16, 2024 – [Link to Recording](#)

Protecting Your Brain from Memory Loss

Dr. William Frey II

September 18, 2024 – [Link to Recording](#)

Neuroscience Research

Leah Hanson, PhD

July 17, 2024 - [Link to Recording](#)

Sleep, Brain Health and Aging Secrets to a Good Night's Sleep

Dr. Marcel Hungs

May 15, 2024 - [Link to Recording](#)**Dementia-Friendly Air Travel: Tips and Resources**

Sara Barsel, founder of the Dementia-Friendly Airports Working Group

April 17, 2024 – [Link to Recording](#)**Navigating Dementia as a Family: Social Work Resources**

Sarah Gavin

March 20, 2024 - [Link to Recording](#)**Palliative Care for Neuro Patients**

Kaci McCleary, MD

February 21, 2024 - [Link to Recording](#)**The Evaluation and Treatment of Behavioral Disturbances in Dementia**

Dr. Alvin Holm, MD, FACP

January 17, 2024 – [Link to Recording](#)**2023 Presentation Recordings****NeuroWell: A Guide to Brain Health & Living Well with Mild Cognitive Impairment and Dementia**

Michelle Barclay, MA

January 18, 2023 - [Link to Recording](#)**A Mindful Approach to Caring for Someone with Dementia**

Michelle Barclay, MA – Care Partner Panel: Nancy Vernon, Jerry Lilja, & Flo Schueller

February 15, 2023 - [Link to Recording](#)**Medical Considerations in Dementia**

Michael Rosenbloom, MD, FAAN, Clinical Director, Center for Memory & Aging

March 15, 2023 - [Link to Recording](#)**Managing Behavioral Symptoms**

Jayne M Clairmont, Dementia Consultant

April 19, 2023 - [Link to Recording](#)**Understanding Research and Participating in Clinical Trials**

Leah R. Hanson, PhD

May 17, 2023 - [Link to Recording](#)**Physical and Cognitive Activities for a Healthy Brain**

Ricky Lopez, Exercise Physiologist Rehabilitation

Evan Page, MA/CCC-SLP Speech Pathologist, Rehab Services Outpatient
June 21, 2023 - [Link to Recording](#)

Optimizing Emotional Well-Being and Why It Matters

Terry R. Barclay, PhD, Clinical Director, HealthPartners Neuropsychology
July 19, 2023 - [Link to Recording](#)

Giving Voice: Music and the Brain

Eyleen Braaten, Executive Director, Giving Voice Chorus
September 20, 2023 – [Link to Recording](#)

Proactive Planning & Goal-Setting

Jennifer Finstad, MSW, LICSW, Neuroscience Center Clinical Social Worker
October 18, 2023 - [Link to Recording](#)

Dementia Presentation in Spanish

Ana Diaz, MPH. Care Ecosystem Navigator
November 15, 2023 – [Link to Recording](#)

[HealthPartners NeuroWell](#)

Hello Alzheimer's - Podcast

The Hello Alzheimer's podcast informs, inspires and affirms those touched by Alzheimer's or other dementia through the powerful perspectives in our community: From renowned neurologists to committed caregivers, this podcast will delve into the details of dementia to discover why right now is considered the "Era of Hope" when it comes to dementia research. Learn about the scope of this crisis and what our community is doing about it, and the best strategies to care for our loved ones AND ourselves. Hello Alzheimer's is hosted by journalist, advocate and daughter, Karla Hult of So Many Goodbyes.

Hello Alzheimer's is available on many podcast platforms. Find out more by visiting the Hello Alzheimer's [webpage](#).

Sara Barsel, co-founder of the Roseville Alzheimer's & Dementia Community Action Team) and the founder of the Dementia-Friendly Airports Working Group was interviewed for [an episode](#) of Hello Alzheimer's podcast!

Insights from Arthurs

Deb Nygaard, Director of Development at Arthur's Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer's. 29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthurs](#)

James L. West Learn - Quality On-Demand Education For Caregivers

James L. West Learn provides a one-stop shop for quality educational online programming and resources for family and professional dementia care partners. Educating families to live well with Alzheimer's disease and other forms of dementia is central to the James L. West Center's mission. James L. West Learn online education programs meet caregivers where they are. With on-demand training opportunities for family caregivers, James L. West Learn online education means resources are available 24 hours a day, seven days a week. (Note: The James L. West Center also offers in-person education but is located in Fort Worth, Texas.)

[Click here](#) for information about their caregiver education - scroll down the page to access their video library.

[James L. West Center for Dementia Care](#)

Lewy Body Dementia Association

Lewy Learning Center:

Unpacking Psychiatric Symptoms

[Click here](#) to access the course session. Free of charge.

This comprehensive course covers a range of psychiatric symptoms like hallucinations, delusions, mood swings, and aggression, and provides strategies to help manage these symptoms and improve daily life for those affected by LBD. Understanding these symptoms can help empower you to manage and cope with them in confidence.

This is an introduction to the course:

Q & A Session: Unpacking Psychiatric Symptoms in Lewy Body Dementia

[Link to Recording](#)

Supporting Meaningful Engagement

[Click here](#) to access the course session.

Occupational therapist Rachel Wiley, MS, OTR/L, CDP, offers practical strategies for care partners. Learn how to support engagement in personal care or activities of daily living (ADLs), instrumental activities of daily living (IADLs), leisure activities, social interactions, and large gatherings. You will gain tips to encourage participation - from dressing and grooming to meal prep, social connection, and holiday celebrations - while fostering a sense of accomplishment and well-being.

Exercise and Empowerment

[Click here](#) to access the course session. Free of charge.

This course is tailored to support individuals living with Lewy body dementia by promoting physical strength, balance, and overall well-being. Learn simple at-home exercises to improve strength, balance, and mood - helping to ease anxiety, depression, and apathy.

Caring with Confidence: Understanding LBD

[Click here](#) to access the course session. Free of charge.

This course is designed for those providing direct care for people living with dementia, with a focus on LBD. This course discusses person-centered and holistic approaches to care, offering video presentations and downloadable resources underscoring the importance of individualized care plans and robust support systems to enhance overall well-being.

Redefining Intimacy: Connection After Diagnosis

[Click here](#) to access the sessions.

This video series explores the unique challenges couples often encounter after a Lewy body dementia diagnosis and offers guidance for nurturing intimacy in this new chapter of life. Through candid conversations and expert insights, it highlights practical communication techniques that can ease difficult discussions and strengthen emotional bonds. The course also shares creative strategies to help partners keep their romantic connection active, meaningful, and joyful—even as roles and dynamics shift.

Living Well with Lewy

[Click here](#) to access the course session.

Learn to live well with Lewy body dementia (LBD) at the LBDA Lewy Learning Center, a free, on-demand platform for sharing education on LBD with the community and healthcare professionals. Developed in partnership with the Mayo Clinic, the Living Well with Lewy course identifies challenges and solutions you may face when looking for resources and support as well as ways to advocate for what you need to live well with this complex diagnosis. Each lesson features the voices, stories and lived experiences of those living with LBD and their care partners.

Recorded Webinars:

Home Sweet Home: Tailoring Spaces for Every Phase of Lewy Body Dementia

October 15, 2025 – [Link to Recording](#)

Creating a safe and comfortable living environment is crucial for individuals living with Lewy body dementia (LBD). Even minor home modifications can make a significant difference in their quality of life. This presentation is designed for care partners, family members, and individuals with LBD providing practical and effective home modifications for every phase of the condition. In this informative session, you will learn how to transform your home into a supportive space that caters to the unique needs of those with LBD. Dawn Heiderscheidt MOT, OTR/L will provide you with valuable insights and practical advice to help you make informed decisions about home modifications.

Unlocking Secrets of Clinical Trials: What You Need to Know about Phases

September 23, 2025 – [Link to Recording](#)

Do you have questions about clinical trials? Have you considered looking into trials, but did not know where to start? Learn more about clinical trials from Dr. Federico Rodriguez-Porcel, principal investigator of LBDA's Research Center of Excellence at the Medical University of South Carolina. Dr. Rodriguez-Porcel will provide a high-level overview of the drug development process, taking a deeper look at the three main "phases" of clinical trials, and the role and rights of research volunteers.

From Apathy to Action: Insights and Experiences in Lewy Body Dementia

August 12, 2025 – [Link to Recording](#)

In this webinar, Kate Wyman, PsyD, ABPP will provide a comprehensive overview of apathy in LBD, discussing its symptoms, impact on patients, and current research findings. You will then hear from a panel of individuals living with LBD and their care partners who will share their personal experiences with apathy. This discussion will highlight the emotional and practical challenges faced by those affected and offer valuable perspectives on managing this symptom. Note: Dr. Wyman is a neuropsychologist at the Park Nicollet Struthers Parkinson's Center in Golden Valley, Minnesota.

Navigating the Twilight: Understanding the Advanced Stages of Lewy Body Dementia

July 23, 2025 – [Link to Recording](#)

Navigating the Twilight: Understanding the Advanced Stages of Lewy Body Dementia with Dr. Jori Fleisher will explore the advanced stages of Lewy body dementia (LBD), delving into the complexities and challenges that come with this progressive neurological disorder. This webinar will provide practical advice to help you navigate the journey of advanced LBD with confidence and compassion.

Rolling with the Challenges: Using DICE™ to Manage Neuropsychiatric Symptoms in LBD

June 9, 2025 – [Link to Recording](#)

Neuropsychiatric symptoms in Lewy body dementia (LBD) - such as hallucinations, delusions, and agitation - can be challenging for those living with Lewy, care partners and

clinicians alike. The DICE method™ (Describe, Investigate, Create, and Evaluate) offers a structured, problem-solving approach to managing these symptoms safely and effectively. Julia Wood, MOT, OTR/L, LBDA's Director of Professional & Community Education, will guide you through the four steps of the DICE method™. She will help you recognize patterns, identify underlying causes, advocate for treatments, minimize risks, and develop tailored interventions that reduce distress and improve quality of life.

Bridging the Gap: Ensuring Palliative Care for Lewy Body Dementia Through Advocacy and Support

May 8, 2025 – [Link to Recording](#)

Presented by Dr. Kevin Webb-Kay, (a Palliative care neurologist who has a practice at HealthPartners) this webinar is designed to support people with LBD and their care partners in advocating for and accessing palliative care services.

Navigating the Transition: Discussing PDD with Your Healthcare Team

April 3, 2025 - [Link to Recording](#)

This webinar discusses the differences between Parkinson's disease dementia (PDD) and dementia with Lewy bodies (DLB), and what the early indicators are of cognitive decline in Parkinson's disease (PD). Learn some tips for talking with healthcare providers about these changes and find out what resources and support are available to people living with PD and their care partners.

Clinical Trial Results: What We Learned from Recent Phase 2 Trials

March 20, 2025 – [Link to Recording](#)

In the last 6 months, three Phase 2 clinical trials for investigational drugs in dementia with Lewy bodies (DLB) have reported results. These include interim results from a small study of nilotinib, and topline results from trials of neflamapimod and CT1812 – the RewinD-LB and SHIMMER trials, respectively. Dr. James E. Galvin, the primary study lead for the RewinD-LB and SHIMMER trials will share the results of these trials and answer your questions. Keith Fargo, Ph.D., Director of Scientific Initiatives for the Lewy Body Dementia Association, will tell you about a few planned LBD trials and how to receive more information about them.

Seeing the Way: Enhancing Life with Lewy Body Dementia through Visual Strategies

February 18, 2025 - [Link to Recording](#)

In this webinar, you will learn how to create a supportive environment that addresses the unique visual challenges associated with LBD. Julia Wood, MOT, OTR/L

Empowering Care: Building and Communicating with Your Lewy Body Dementia Team

January 16, 2025 - [Link to Recording](#)

Understanding the Overlap: Lewy Body Dementia and Alzheimer's Disease

November 25, 2024 - [Link to Recording](#)

Strategies for Modern, Meaningful Caregiving

November 14, 2024 - [Link to Recording](#)

It's Just Different: Understanding the Unique Challenges and Needs of the LBD Care Partner

Thursday, November 7, 2024 - [Link to Recording](#)

Externally-Led Patient-Focused Drug Development (EL-PFDD) Meeting on Dementia with Lewy Bodies

Tuesday, October 15, 2024 – [Link to Recording](#)

A Mindful Path to Resilience

September 17, 2024 - [Link to Recording](#)

Counting Sheep with Lewy: Coping with Sleep Disturbances in LBD

August 15, 2024 – [Link to Recording](#)

Exercise & Empowerment in LBD

July 9, 2024 - [Link to Recording](#)

Autonomic Symptoms in Lewy Body Dementia

June 18, 2024 - [Link to the Recording](#)

Coping with Ambiguous Loss in Lewy Body Dementia (LBD)

May 7, 2024 – [Link to the Recording](#)

Understanding & Advocating for Your Rights to Rehab Services with Lewy

April 25, 2024 – [Link to the Recording](#)

Click [LBDAtv](#) and select the Videos option to access previous webinars. [LBDAtv](#) is the YouTube link for the Lewy Body Dementia Association with recorded webinars and presentations about living with LBD.

[Lewy Body Dementia Association](#)

Lewy Body Dementia Resource Center

Facing the Wind – A Documentary

On November 18th, 2024, LBDRC held a fundraising event with private screening of the documentary film “Facing the Wind” and cocktail reception at the Walter Reade Theater at Lincoln Center in NYC. The film carefully and sensitively shows the impact of caring for someone who has Lewy body dementia.

[Link to opening remarks & Q&A session](#)

[Link to movie trailer](#)

[Link to movie review](#)

Facing the Wind is now available on streaming for \$4.99. [Link to the movie](#)

Views From Within – A Lewy Body Video Series – [Link to video series](#)

This series of ten presents firsthand experiences of people living with LBD, their caregivers, and expert physicians. Crucial information about the little-known multiple symptoms, numerous stages, and difficulties LBD families face, is shared for health care professionals and the general public in order to heighten awareness of LBD'S manifestations and to enable correct diagnosis.

Webinars - [Link to previous webinars](#)

Topics include:

Dr. Leon Meytin – Q&A for All About LBD

Information about LBD and the PERSEVERE study

Brain Donation

Self-Care For Caregivers – Stress

Care Connection Webinar: Lewy What? What is Lewy Body Dementia?

What Is An End Of Life Doula?

Speech Therapist Webinar

[Other video and audio recordings](#)

[Lewy Body Dementia Resource Center](#)

Lewy Body Life Podcast

This podcast series was created to help care partners, family and friends understand and navigate the often complex and unpredictable Lewy Body Dementia (LBD) journey. Here real people with real experience and real insight share essential information for caring and coping. We hope our podcast series helps to raise awareness and increase understanding of LBD — and that it guides you to the professional resources you need. We also hope it will help you realize that you're not alone and that there are strategies and support networks that can aid you in your LBD journey.

The podcast team is associated with the Minnesota LBD Caregiver Support Group.

[Click here](#) to go to the Lewy Body Life webpage.

Mayo Clinic - Moving the Needle: Advances in the Diagnosis and Treatment of Lewy Body Dementias Online Course

Access to this online course is available from the date of purchase until the course expires on July 16, 2027. Credit must be claimed within that time period.

This Mayo Clinic and Lewy Body Dementia Association collaboration will provide the learners with a comprehensive understanding of Lewy body dementia diagnosis and management, as well as opportunities to explore the current state of research on Lewy body dementia. The Lewy Body Dementia online course is targeted to medical professionals including neurologists, primary care physicians, nurses, nurse practitioners, psychiatrists, and physician assistants.

Course Directors: Brad Boeve, M.D., Angela Lunde, M.A. and Julia Wood, MOT, OTR/L

[Click here](#) for more information and to register. This course is \$150 and offers educational credit.

Mayo Clinic Conference on Brain Health & Dementia 2021

The Rochester Mayo Clinic Conference on Brain Health & Dementia was hosted virtually on Friday, October 29, 2021 collaboration with AARP and the Alzheimer's Association. This conference was previously called **Meeting of the Minds** and was held annually at the Excel Center in St. Paul. Portions of the conference were recorded and are now available by [clicking this link](#).

These are the sessions that were recorded:

- Opening Welcome
- Alzheimer's - The Truth About Where We've Been: A Vision to do Better
- Diverse & Underrepresented Populations: Addressing the Obstacles
- Brain Health & Dementia: The Science, the Research, and the Hope
- A Brighter Path Forward: The Community Answer
- HOPEFEST
- The Sights, the Sounds, and the Feels of Hope
- Reflections

Mayo Clinic's Alzheimer's Disease Research Center's [Dementia Hub](#) also offers other resources you may find helpful, including videos about Lewy Body Dementia.

Medicare

[Click here](#) for information about Medicare 2026 updates from Minnesota Aging Pathways – formerly MN Senior Linkage Line.

Also here are several webinars about the GUIDE program, a program to assist caregivers and people living with dementia who are covered by regular Medicare.

Navigating Medicare Open Enrollment – Center for Medicare Advocacy

October 1, 2025 – [Link to the Recording](#)

The Guiding an Improved Dementia Experience (GUIDE) Model: An Interactive Q&A Panel

May 27, 2025 - [Link to the Recording](#) [GUIDE Overview and Participant Map](#)

Tembo Share & Care Webinar - De-Mystifying the Medicare GUIDE program in MN

December 12 2024 - [Link to the Recording](#)

Strategies for Implementing Comprehensive Dementia Care: Resources for CMS GUIDE Participants and Other Dementia Care Providers

Tuesday, November 19, 2024 – [Click here](#) for presentation recording and materials.

Mindfulness-Based Dementia Caring

Mindfulness-Based Dementia Caring (MBDC) is an 8-week program specifically designed for family care partners of persons with dementia. Learn how the practice of mindfulness can help you cope with the challenges and stresses of dementia care. The program includes interactive mindful care practices, gentle yoga, lectures, group sharing, and at-home assignments.

For program details, including program dates and times, please contact Angela Lunde at lunde.angela@mayo.edu or call (507) 538-4048

[Rochester Mayo Clinic](#)

Minnesota Gerontological Society

[MGS Webinar Recordings](#) – Recordings of past webinars on a variety of topics related to aging issues, including caregiving and dementia.

[Minnesota Gerontological Society](#)

The Minnesota Elder Justice Center

The Minnesota Elder Justice Center hosts weekly webinars on a range of topics. These sessions are free and have also been pre-approved for continuing education credit.

[Click here](#) for upcoming webinars.

Previous webinars are available to view online for up to a year in their [video library](#).

[Minnesota Elder Justice Center](#)

Music: A Secret Sauce for a Community Dementia Strategy

[Giving Voice](#) Executive Director Eyleen Braaten will join in a conversation with "innovators who are combining powerful insights from neuroscience with technology and community partnerships to bring hope and health to people impacted by dementia."

This webinar was originally broadcast on Tuesday, June 20th, 2023.

[Click here](#) to access a recording of the webinar and post-webinar materials & resources.

National Alzheimer's and Dementia Resource Center Series

[Alzheimer's Resource Center Series](#)

National Institute on Aging

Preventing Falls at Home: Room by Room

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety.

[Click here](#) to read more about preventing falls in your home and to watch a video.

2023 National Research Summit on Care, Services, and Supports for Persons Living with Dementia and Their Care Partners/Caregivers

March 20-22, 2023 - Online 10:00 AM to 3:00 PM CT

[Click here](#) and scroll down to access recordings of the sessions.

Day One: March 20

- Session One: What Matters Framework and Living Well with Alzheimer's Disease / Alzheimer's Disease Related Dementias
- Talk: Impact of Detection and Diagnosis on Individuals and Care Partners
- Session Two: Challenges and Best Practices for Development and Evaluation of Interventions for Persons Living with Dementia and their Care Partners

Day Two: March 21

- Session Three: Dementia Care Models and Coordination of Care
- Session Four: Disparities in Health Care Access, Utilization, and Quality
- Session Five: Support for Care Partners and Caregivers (Note: Includes a presentation by Dr. Joe Gaugler from the University of Minnesota's School of Public Health)

Day Three: March 22

- Session Six: Dementia Care Workforce
- Session Seven: Economic Impacts, Implications, and Approaches
- Session Eight: Approaches to Participatory Research and Diverse Recruitment and Retention in Dementia Care Research

[National Institute on Aging](#)

National Institute of Neurological Disorders and Stroke

Alzheimer's Disease-Related Dementias (ADRD) Summit 2025

At this fifth ADRD Summit, the focus was on advancing research across multiple domains, including Frontotemporal Dementias, Lewy Body Dementias, Multiple Etiology Dementias, Vascular Contributions to Cognitive Impairment and Dementia, and key cross-cutting themes.

Your contributions directly inform the draft research recommendations, which, once finalized and approved, will help guide the National Plan to Address Alzheimer's Disease.

Day 1: [Watch Recording](#)

Day 2: [Watch Recording](#)

Day 3: [Watch Recording](#)

You can also access additional materials here:

Program Booklet: [Available for download on the ADRD Website](#)

[National Institute of Neurological Disorders and Stroke](#)

In partnership with: National Institute on Aging

Older Americans Act 101: The Foundation of the Aging Services Network

This course provides participants with an overview of key issues relevant to the Older Americans Act (OAA), a seminal piece of legislation that underpins the Aging Services Network and authorizes critical programs that support older adults. This course discusses the historical development, functions, and governance of the Act, its service programs, populations served, and funding. Older Americans Act 101 is aimed toward new, as well as seasoned, professional staff in the field of aging who would like a better understanding of the OAA.

This course is free and available to all users on ADvancing States IQ. To access the course, log in to ADvancing States IQ and search for the course Older Americans Act 101: The Foundation of the Aging Services Network.

To log in or create an account, visit [Advancing States IQ](#).

Parkinson and Movement Disorder Alliance PMD Alliance

[Click here](#) to access the PMD Alliance Neuro-Life Online Video Library

Gratitude, Grounding and the Grit of Living for Now

Discover ways to cultivate gratitude, grounding, and grit to carry you through hard times. Explore how to build a vision and create a plan to achieve it, ways to center yourself in the present moment, and tools for coping with depression, anxiety, apathy, and chronic stress. [Link to Recording](#) (2023)

Getting Through the Holidays

Presented By: Indu Subramanian, MD & Travis H. Turner, PhD

We're beginning to understand the real toll that loneliness and social isolation have on wellbeing, and that toll can be even greater during the holidays. In this wHolistic!™ program, join an honest conversation about social connection, loneliness, and some practical mental health tips to get you through the holidays happy and healthy.

[Link to Recording](#) (2023)

[PMD Alliance](#) - Parkinson and Movement Disorder Alliance

Parkinson's Foundation Expert Briefings Web Seminar Series

Our Expert Briefing webinars are designed with the Parkinson's community in mind. Each hour-long webinar explores the latest Parkinson's research and updates from experts in the field along with the opportunity to ask questions. Here are some examples:

Managing Nighttime Interruptions in Parkinson's Disease

May 14, 2025 - [Link to Recording](#)

What's on Your Mind? Thinking & Memory Changes

Wednesday, November 13, 2024 – [Link to Recording](#)

Addressing the Challenge of Apathy in Parkinson's

September 11, 2024 – [Link to Recording](#)

[Parkinson's Foundation Expert Briefings](#) – Complete List

[Parkinson's Foundation](#)

Screening for Dementia

July 18 2024 - [Click here](#) to listen to the podcast

In this podcast we talk with three experts in the field about screening for dementia. Anna Chodos is a geriatrician at UCSF and the Principal Investigator of Dementia Care Aware, a California-wide program to improve the detection of dementia in older adults who have Medi-Cal benefits. Joseph Gaugler is the Director of the Center for Healthy Aging and Innovation at the University of Minnesota, director of the BOLD Public Health Center of Excellence on Dementia Caregiving, and Editor-in-Chief of the Gerontologist. Soo Borson is a self-described primary care leaning geriatric psychiatrist, developer of the Mini-Cog, and co-leads the CDC-funded BOLD Center on Early Detection of Dementia.

Topics covered:

- What is dementia screening?
- Who should get it if anyone?
- What should we use to screen individuals?
- What happens after they test positive?

And if you are interested in learning more about the Guiding an Improved Dementia Experience (GUIDE) Model for dementia, check out this podcast.

[GeriPal - A Geriatrics and Palliative Care Podcast](#)

Strategies for Implementing Comprehensive Dementia Care: Resources for CMS GUIDE Participants and Other Dementia Care Providers

Tuesday, November 19, 2024 – [Click here](#) for presentation recording and materials.

The National Dementia Care Collaborative (NDCC) Autumn Summit will focus on evidence-based strategies and resources for implementing comprehensive dementia care. The information provided will be relevant to CMS GUIDE participants as well as other providers and organizations interested in improving the quality of dementia care.

Session topics include:

- The CMS Guiding an Improved Dementia Experience (GUIDE) Learning Systems
- NDCC Resources to Support Implementation of Evidence-Based Comprehensive Dementia Care
- Getting Comprehensive Dementia Care Right: What We're Hearing and Learning
- Dementia Care Navigation Roundtable: Implications for Comprehensive Dementia Care

[National Dementia Care Collaborative](#) (NDCC)

Teepa Snow - Positive Approach to Care®

Teepa Snow and her Positive Approach to Care® Team share about dementia so that everyone can understand *why* this is happening and *how* to support those living with brain change in a more positive and respectful way. Teepa provides training for professional and family dementia care with in-person and virtual training sessions. Many free videos and resources are available on her website.

[Teepa Snow - Positive Approach to Care](#)
[Free Teepa Snow Videos](#)

Teepa Snow's Dementia Care Partner Talk Show

Teepa Snow's Dementia Care Partner Talk Show is available as a podcast or as YouTube recordings. Get help navigating the senior care maze. Learn and laugh with us as we discuss creative solutions and ideas to common and uncommon dementia care challenges, and how to make sense of the senior care industry and options when you're not a professional.

[YouTube podcast recordings](#)
[Podcast Information - Not all episodes are shown](#)

Teepa Snow's Traveling with Dementia Video Clips

Welcome to a collection of [teaching video clips](#) developed by members of the Dementia-Friendly Airports Working Group and Teepa Snow's Positive Approach to Care®, filmed in partnership with Charlotte Douglas International Airport. The scenarios portrayed in the clips

are situations that are commonly encountered in an airport when travelers are living with dementia and other forms of brain change. These videos are intended to help inform airport staff, including airline employees, volunteers, retail, contractors, security, etc., of effective responses to help improve experiences for both customers and staff.

Courageous Conversations

Interviews with persons living with dementia, care partners, and dementia advocates about challenging topics. [Courageous Conversations in Dementia - YouTube](#)

[Teepa Snow's Positive Approach to Care](#)

Tembo Health Share and Care

Join Amy House, Care Navigator for Tembo Health, in a monthly webinar about various topics important to friends and family of people living with dementia. Each month we will be covering a different topic and there will be time for a live Q&A. In addition to having Amy House, we may be joined by Dr. Nancy Berley or other members of the Tembo Clinical Team. Upcoming events are listed in the Upcoming Presentations section of this document.

[Click here](#) to find previous recordings of the Tembo Health Share and Care webinars

Topics include:

Falls Caused by Dementia at Home or in Memory Care- Here Is What You Can Do

Managing Caregiver Stress with Mindfulness

Engaging Your Loved One with Dementia

Mealtime Tips on Nutrition, Hydration and Satisfaction

End of Life & Hospice

Medications in Dementia Care

Physical Cares - incontinence care, bathing or showering and dressing

De-mystifying the Medicare GUIDE program in Minnesota

Communicating with a Person Living with Dementia

Late-Stage Dementia

[Tembo Health](#)

Think Dementia Podcast

The Think Dementia Podcast is a short, helpful way to learn how to Think Dementia. Amy House takes questions and breaks down what is happening in the brain and gives possible solutions and ideas on where to go from there- helping people in Minneapolis and Saint Paul and all over the world!

- Does the person you are supporting with dementia do something different and you are wondering why?
- Does someone you know show possible symptoms of dementia and you are wondering what to do?
- Are you looking for advice for cares, resources, places to go or things to do together?

You can record a message and your questions may be featured on an upcoming episode of the Think Dementia podcast. Your questions could help thousands of other caregivers.

[Click here](#) to go to the Think Dementia Podcast webpage.

Time for Living and Caring – An approach to planning respite time to maximize caregiver benefit

May 8, 2025 - [Click here](#) to view the recording and access the presentation slides

Rebecca Utz, PhD and Catharine Sparks, MSc, from the University of Utah described the results from a five-year National Institute on Aging (NIA) funded study to develop and test a respite-focused intervention, Time for Living and Caring (TLC). TLC is an app that was designed to support caregivers by helping them plan for and make the most effective use of their respite time. Family caregivers who plan for and spend their respite time in ways that are meaningful to them have more long-lasting beneficial outcomes. Dr. Utz first presented on her proposed study at the ARCH Respite Research Summit in 2020.

A public and free version of the app was shared as a resource to provide to family caregivers. Download [this flyer](#) to access the app and related resources.

[Time for Living and Caring](#)

Trellis – Twin Cities Area Agency on Aging

Hello Alzheimer's - Podcast

Trellis' Dementia Friendly Initiatives Program Manager Maren Levad joined the "Hello Alzheimer's" podcast hosted by Karla Hult. The episode is dedicated to answering the question families may have immediately when they suspect they've started the dementia journey: What do we do now?

[Click here](#) to listen to the full episode, or search for "Hello Alzheimer's" in your podcast app.

Free Dementia Friendly Training for Dental Practices

Trellis is now offering free dementia friendly training for dental clinicians and administrative staff to address the needs of patients living with Alzheimer's disease and other forms of dementia. This professional multi-disciplinary training addresses topics such as recognizing dementia, patient communication and treatment plans, plus ethical and legal issues including

informed consent and assessing decision-making capacity. The training empowers participating dental professionals to provide sensitive and empathetic care for people living with dementia and their care partners. All Minnesota dental professionals are strongly encouraged to register.

[Click here](#) for more information and to register for the training. Please help spread the word about this opportunity! Talk to your dentist about this program.

2024 Statewide Dementia Friendly Changemaker Summit

Friday, October 4, 2024 - [Click here](#) for a recap of the summit and to access the presentation materials. Whether you're a Dementia Friend, Champion, caregiver, aging professional, community leader, or simply someone eager to make a difference, join us as we mark the 10th anniversary of Dementia Friends MN. While we celebrate our progress, we will use the afternoon together shaping the future. Your feedback will be invaluable as we chart the course for dementia-friendly initiatives in the years to come. So mark your calendars and join us for a day of fun, connection, and making a difference!

[Trellis - Twin Cities Area Agency on Aging](#)

Trualta

Expert caregiving advice, on your time. Caregiving is tough, and life is unpredictable. This recorded webinar library has expert-led sessions you can access on your own terms. Whether you're feeling burned out, overwhelmed, or simply short on time, this feature lets you watch, pause, and replay vital caregiving advice when it works for you.

[Click here](#) to access the Trualta webpage of virtual support groups and webinars. You may need to create an account if you haven't done so previously.

Vital Living Guided Meditation

[Click here](#) for the five-minute guided meditation!

Take a moment to relax with a guided audio meditation! During high stress times, it's too easy to let self-care fall by the wayside.

[East Side Neighborhood Services](#)

Working While Caregiving: Innovations & Interventions to Support Caregivers in the Workplace

This report describes how one group of employers collaborated to: 1) raise their own awareness of the issues facing employees who are working while caregiving, 2) identify options for supporting current and future caregivers, and 3) develop fit for purpose, practical solutions. [Click here](#) to read the January 2024 report.

[Rosalynn Carter Institute for Caregivers](#)

World Dementia Council: Global dialogue on Prevention

The dementia landscape project: essays from international leaders in dementia.

[DLP - Essays - Prevention.pdf](#)