



Early Onset Alzheimer's Disease Online Forums

The Gayle Wells Foundation for Early Onset Alzheimer's & Care (GWF) is offering online forums to provide support and education to those caring for someone with early onset Alzheimer's disease. Each session will provide specific tools and resources to assist in caring for yourself as well as the person living with the disease. In addition, these sessions create an opportunity to build relationships with others and gain emotional support. There is no cost to participants to attend these sessions, and you can attend as many as you wish.

The Forums are held on the 2nd Thursday of each month. For each scheduled Online Forum, you can access the meeting links to connect to the Zoom platform by clicking this link: [Schedule of GWF Early Onset Alzheimer's Disease Online Forums](#)

Thursday, September 10

6:30 p.m. – 8:00 p.m. (CST)

Topic: What Are Your Greatest Challenges?

As we recognize Early Onset Alzheimer's Disease Awareness Day on September 14, we want to hear from those who are caring for someone with the disease, as well as those whose loved one has died from the disease. Join us for this open forum and share the challenges you encountered in caring for someone with the disease.

Thursday, October 8

6:30 p.m. – 8:00 p.m. (CST)

Topic: Telling the Stories of Our Loved Ones

Each person with early onset Alzheimer's disease is a unique individual with a history, personality, heart, and spirit that is their own. Let's work to honor their legacy by participating in a "Time of Reflection". We will provide participants with legacy project ideas as well as a storytelling guide.

Thursday, November 12

6:30 p.m. – 8:00 p.m. (CST)

Topic: Adapting Holiday Traditions

Join us as we share tips and strategies for adapting family holiday traditions to ensure those with early onset Alzheimer's disease can still be involved in holiday festivities. We will provide participants with a "Holiday Toolkit" that includes gift & activity ideas, safety tips for the holidays, as well as 5-ingredient holiday recipes.

Thursday, December 10

6:30 p.m. – 8:00 p.m. (CST)

Topic: Letting Go & Looking to the New Year

What a year this has been! We will discuss strategies for "letting go" of things from this past year and how to move into next year with a fresh perspective.