

Upcoming Webinars on ALZeducate | **January 2026**

ALZeducate offers free, online dementia education!

Here is a list of upcoming webinars. *(When clicking the direct links below, you will be prompted to sign-in to your ALZeducate account, or create an account, if you do not already have one at alzeducate.ca.)*

Driving and Dementia

This webinar will present information to support an understanding, awareness and resource knowledge on the difficult intersection of driving and dementia. Attendees can be care partners or people living with dementia.

Date: January 8, 2026, at 11:00am-12:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

[Click here](#) to register.

Dementia-Friendly Communities

A Dementia-Friendly Community is a place where people living with dementia and their care partners are welcomed, included, and supported. It is a community that pays attention to the social and physical needs of the person living with dementia. This presentation will cover:

- Understanding dementia and the lived experience
- The common signs of dementia
- Strategies for interaction

Date: January 13, 2026, at 2:00pm-3:00pm (Eastern Time)

Intended audience: General Public, Care Partners, Health Care Providers

[Click here](#) to register.

Upcoming Special Events

How to get a good night's sleep without sleeping pills

Sleep is essential to your overall health and well-being. But for many of us, it doesn't come easily. If you've been feeling tired, having trouble falling asleep, waking up throughout the night, or not feeling rested in the morning, you're not alone.

In this free webinar, Dr. David Gardner from Dalhousie University will break down the essentials of sleep health. You'll learn why sleep is so closely tied to your mental and physical well-being, what "good sleep" actually looks like, and the common causes of insomnia and poor rest.

**Speaker: David Gardner, PharmD, MSc
Professor, Dalhousie University**

Dr. Gardner's work focuses on improving mental health care through research, education, and implementation. He is the co-developer of the Sleepwell research and knowledge mobilization program, which promotes evidence-based approaches to managing insomnia and reducing reliance on sedative medications.

He led the Your Answers When Needing Sleep in New Brunswick (YAWNS NB) clinical trial, studying ways to improve sleep care and empower individuals with practical tools and information.

Dr. Gardner is widely recognized for his contributions to mental health education. In 2017, he was named by the Centre for Addiction and Mental Health (CAMH) as one of Canada's 150 Difference Makers in Mental Health. In 2024, he received the Award of Excellence in Education from Dalhousie's Faculty of Medicine.

**Date: January 20, 2026, at 3:00pm-4:00pm (Eastern Time)/
2:00pm -3:00pm (Central Time)**

Intended audience: General Public, Care Partners, Health Care Providers

[Click here](#) to register.

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Lewy Body dementia and Parkinson's disease- Supporting this Journey as a Health Care Provider

Building on the learning points from the Overview webinar for the General Public, this session will provide health care workers with a very brief review of Lewy Body dementia and Parkinson's disease, then offer opportunities for case scenario work.

Date: January 15, 2026, at 10:00am-11:00am (Eastern Time)

Intended audience: Health Care Providers, Care Partners

[Click here](#) to register.

Support for Care Partners

Support for Care Partners: An introduction to being a care partner to someone living with dementia.

This presentation will provide you with ten tips that will help guide you through the first steps of being a care partner.

Date: January 19, 2026, at 4:00pm-5:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

[Click here](#) to register.

Meaningful Activities

This webinar helps care partners of a person living with dementia in mid-to-late stages to develop and participate in meaningful activities. The goal is to provide practical ideas on how participants can spend quality time together by identifying and drawing upon the person's remaining strengths.

Date: January 21, 2026, at 12:00pm-1:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

[Click here](#) to register.

Young Onset Dementia

This presentation will focus on distinguishing Young onset dementia from Late onset dementia, developing a basic understanding of the genetic component of Young onset dementia, recognizing the impact of Young onset dementia on the individual and the family, and developing an understanding of supportive strategies and services in the community.

Date: January 21, 2026, at 3:00pm-4:00pm (Eastern Time)

Intended audience: General Public, Care Partners, Health Care Providers

[Click here](#) to register.

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Vascular Dementia: An Overview

Vascular dementia is the most common type of dementia after Alzheimer's disease. This webinar will provide an overview of the different causes of this type of dementia, support strategies and resources.

Date: January 22, 2026, at 4:00pm-5:00pm (Eastern Time)

Intended audience: General Public, Care Partners, Health Care Providers

[Click here](#) to register.

Aging and the Senses

This presentation will cover sensory changes that occur with aging, reflecting on what a person may experience physically as they age, and identifying issues related to activities of daily living and/or instrumental activities of daily living for aging clients/residents.

Date: January 23, 2026, at 10:00am-11:00am (Eastern Time)

Intended audience: Health Care Providers, Care Partners

[Click here](#) to register.

Brain Health

Goals of this presentation include understanding the risk factors associated with developing dementia, recognizing how lifestyle plays a role in your risk of developing dementia, and taking action to support brain health.

Date: January 26, 2026, at 11:00am-12:00pm (Eastern Time)

Intended audience: General Public, Care Partners, Health Care Providers

[Click here](#) to register.

Communication for Care Partners

This webinar will focus on providing participants with the knowledge of how communication can change over the course of the disease and ways to supportively communicate with a person living with dementia. Learning Objectives: Understand communication basics, recognize the impact dementia has on communication, and develop strategies to improve communication.

Date: January 26, 2026, at 4:00pm-5:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

[Click here](#) to register.