

Upcoming Webinars on ALZeducate | **March 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.)*

Frontotemporal Dementia- Supporting this Journey as a Health Care Provider

Building on the learning points from the Frontotemporal Dementia webinar for the General Public, this session will provide health care workers with a very brief review of FTD then offer opportunities for case scenario work.

Date: Monday, March 2, 2026, at 2:00pm-3:00pm (Eastern Time)

Intended audience: Health Care Providers, Care Partners

To Register: [Click here](#)

Exploring the Warning Signs

This webinar will touch on the differences between normal and not normal aging leading to an exploration of the 10 warning signs of dementia.

Date: Wednesday, March 4, 2026, at 11:00am-12:00pm (Eastern Time)

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

To Register: [Click here](#)

Upcoming Special Events

Restoring Rest: A Caregiver's Guide to Sleep and Dementia

Sleep disruption is one of the most exhausting challenges in dementia caregiving—for both the person living with the disease and those caring for them. Join Dr. Sophiya Benjamin, Associate Professor at McMaster University, as she explores how sleep changes throughout the dementia journey and what caregivers can do to help. Dr. Benjamin will guide you through the connection between sleep and dementia, explain why these changes happen, and share practical strategies for managing nighttime challenges. You'll learn how circadian rhythms shift as dementia progresses, and helpful approaches for both the person you're caring for and yourself.

Speaker: Dr. Sophiya Benjamin
Associate Professor at McMaster University

Date: Thursday, March 26, 2026, at 11:00am-12:00pm (Eastern Time)/ 10:00am -11:00am (Central Time)

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

To Register: [Click here](#)

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Dementia-Friendly Communities: Vision Services

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 webinar is ideal for members of vision services (retail or support organizations) to find out how they can create a dementia-friendly community.

This presentation will cover:

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

Date: Monday, March 9, 2026, at 3:00pm-4:00pm (Eastern Time)

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

To Register: [Click here](#)

Dementia Overview for Health Care Providers

This presentation will discuss the difference between changes that come with normal aging and when something is not normal, reversible causes for these changes, and a general understanding of dementia. It also will cover the different types of dementia, progression, and knowledge of dementia symptoms (8A's) and their impact on the person living with dementia. Attendees will apply their learning by working through scenarios applicable to various care settings.

Date: Wednesday, March 11, 2026, at 11:00am-12:00pm (Eastern Time)

Intended audience: Health Care Providers, Care Partners

To Register: [Click here](#)

Take Action for Brain Health: Your Mind and Spirit

This interactive workshop is designed to help you create a personalized Plan for Brain Health, with a focus on strategies to care for your mind and spirit. Whether you're living with dementia, concerned about it, or simply eager to learn more, this session offers practical tools and guidance. It's one of three workshops in our Brain Health series—a unique opportunity to gain knowledge and set meaningful goals for your brain health.

Date: Wednesday, March 11, 2026, at 3:00pm-4:00pm (Eastern Time)

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

To Register: [Click here](#)

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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: Wednesday, March 18, 2026, at 2:00pm-3:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

To Register: [Click here](#)

Key Concepts in Dementia Care

This webinar provides an overview of support strategies that are utilized when providing direct supports to individuals who have dementia. Participants will learn key approaches to better assist people who are experiencing changes related to the progression of the disease.

Date: Thursday, March 19, 2026, at 3:30pm-4:30pm (Eastern Time)

Intended audience: Health Care Providers, Care Partners

To register: [Click here](#)

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: Monday, March 23, 2026, at 1:00pm-2:00pm (Eastern Time)

Intended audience: Care Partners, Health Care Providers

To register: [Click here](#)

Frontotemporal dementia

This umbrella term refers to a group of rarer disorders that primarily results in changes in personality and language. Join us to explore a deeper understanding of these dementias and learn of available resources.

Date: Tuesday, March 24, 2026, at 12:00pm-1:00pm (Eastern Time)

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

To register: [Click here](#)

Upcoming Webinars on ALZeducate | **March 2026**

Take Action for Brain Health: Stay Safe and Healthy

This interactive workshop is designed to help you create a personalized Plan for Brain Health, with a focus on strategies to keep your brain Safe and Healthy. Whether you're living with dementia, concerned about it, or simply eager to learn more, this session offers practical tools and guidance. It's one of three workshops in our Brain Health series—a unique opportunity to gain knowledge and set meaningful goals for your brain health.

Date: Wednesday, March 25, 2026, at 3:00pm-4:00pm (Eastern Time)

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

To register: [Click here](#)

Lewy Body dementia and Parkinson's Disease

This webinar will provide an overview of these two rarer types of dementia. It will provide attendees the opportunity to understand the unique symptoms, criteria for diagnosis and support needs for both the person living with these brain changes and their care partners.

Date: Thursday, March 26, 2026, at 1:00pm-2:00pm (Eastern Time)

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

To register: [Click here](#)

Dementia-Friendly Communities: Faith-Based

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 webinar is ideal for members of faith groups to find out how you can create a dementia-friendly community.

This presentation will cover:

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

Date: Tuesday, March 31, 2026, at 2:00pm-3:00pm (Eastern Time)

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

To register: [Click here](#)