Alzheimer's Risk and Prevention

General Course

2 CE credits

Location: LIVE INTERACTIVE Webinar

Date: January 20, 2027

Time: 11am – 1:10pm ET (10-minute break included)

Course Description: Alzheimer's disease affects over 7 million people in the United States. Alzheimer's disease can destabilize a family and community. So how can we prevent this? Risk factors and prevention strategies remain confusing and misunderstood. In this training we will discuss some of the genetic and lifestyle factors that increase or decrease your risk of developing Alzheimer's or other neurodegenerative diseases. While genetic factors play a role in developing Alzheimer's, individuals who implement lifestyle changes can have a 60% lower risk of developing Alzheimer's, according to the National Institute of Health. Healthy living leads to healthy aging, so join us as we discuss ways to change your life and help you live a lifestyle that prevents Alzheimer's disease and other neurodegenerative diseases. This course is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions, as well as case vignette discussions, and a Q&A session at the end.

From this course you will be able to:

1. Discuss different impacts of genetic and lifestyle factors on Alzheimer's disease risk.
2. Understand the general implications of the APOE genetic risk factor.
3. List the major lifestyle risks that contribute to the development of Alzheimer's disease.
4. Demonstrate how you would implement changes in your life to address any lifestyle risk factors.

Program Goals and Target Audience: To educate social workers, case managers, paraprofessionals, and health care professionals of all levels about dementia care and supporting those affected by dementia-related illnesses.

Content Level: Beginner, Intermediate

Presenter Bio: Leah Daly, MPH
Leah is the Senior Manager, Educational Programs and Services at AFA. She received her MPH from Columbia University and her Bachelors of Science in Environmental Public Health from the University of Michigan. She's been featured on numerous television, radio, and online news platforms discussing Alzheimer's disease and related dementias. She's passionate about creating educational programming that is informative and compelling to any audience, no matter the topic. She's worked in education, community capacity building, and public health for over a decade. She especially enjoys creating and facilitating trainings for the community.

Fee and Registration Information: Cost is $25 and includes 2 CE credits.
To begin registration follow this link: https://alzfdn.org/professional-trainings/

Once the first step of payment process is completed a link will be emailed to register on the platform ZOOM. Attendees will receive a final email with a link to log on to the actual webinar at the specific start date and time. Registration remains open until start of the live webinar. Cancellations must be received 24 hours prior to the live webinar to receive a refund.

Course Completion and CE Information:
- Attendees are only eligible for CE's if they attend the ENTIRE course
- Licensed social workers must attend the entire course and complete an online course evaluation. AFA will email all registrants who attended the entire course with a link to the evaluation which is completed through SurveyMonkey.
- Other professionals seeking CEs must also attend the entire course and complete the online evaluation.
- Certificates of completion will be emailed or mailed within 10 business days of course completion.

Alzheimer's Foundation of America, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0222.

The Alzheimer's Foundation of America #1898, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 7/25/2024 – 7/25/2027. Social workers completing this course receive 2 general continuing education credits. **(Please note: New Jersey is not currently covered under our ASWB accreditation, please check back soon).**

For questions, concerns, or to request special accommodations, please call: 866-232-8484 or email The AFA Education Team – education@alzfdn.org

System Requirements

- An internet connection – broadband wired or wireless (3G or 4G/LTE)
- Speakers and a microphone – built-in, USB plug-in, or wireless Bluetooth
- A webcam or HD webcam - built-in, USB plug-in, or:
    - An HD cam or HD camcorder with a video-capture card
      Note: See the list of supported devices.
    - Virtual camera software for use with broadcasting software like OBS or IP cameras
      Note: For macOS, Zoom client 5.1.1 or higher is required.

Supported operating systems

- macOS X with macOS X (10.10) or later
- Windows 11*
  ***Note**: Windows 11 is supported on version 5.9.0 or higher.
- Windows 10*
  ***Note**: Devices running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.
- Windows 8 or 8.1
- Windows 7
- Ubuntu 12.04 or higher
- Mint 17.1 or higher
- Red Hat Enterprise Linux 6.4 or higher
- Oracle Linux 6.4 or higher
- CentOS 6.4 or higher
- Fedora 21 or higher
- OpenSUSE 13.2 or higher
- ArchLinux (64-bit only)

Supported tablet and mobile devices

- iOS and Android devices
- Blackberry devices
- Surface PRO 2 or higher, running Windows 8.1 or higher
  Notes:
- Tablet PCs running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.
- Tablet PCs only support the desktop client.

Supported browsers

- **Windows**: Edge 12+, Firefox 27+, Chrome 30+
- **macOS**: Safari 7+, Firefox 27+, Chrome 30+
- **Linux**: Firefox 27+, Chrome 30+

High-DPI support

- High-DPI displays are supported in Zoom version 3.5 or higher

Bandwidth requirements

The bandwidth used by Zoom will be optimized for the best experience based on the participant‘s’ network. It will automatically adjust for 3G, WiFi, or wired environments.

Recommended bandwidth for meetings and webinar panelists:

- For 1:1 video calling:
    - For high-quality video: 600kbps (up/down)
    - For 720p HD video: 1.2Mbps (up/down)
    - For 1080p HD video: 3.8Mbps/3.0Mbps (up/down)
- For group video calling:
    - For high-quality video: 1.0 Mbps/600kbps (up/down)
    - For 720p HD video: 2.6Mbps/1.8Mbps (up/down)
    - For 1080p HD video: 3.8Mbps/3.0Mbps (up/down)
    - For gallery view receiving: 2.0Mbps (25 views), 4.0Mbps (49 views)
- For screen sharing only (no video thumbnail): 50-75kbps
- For screen sharing with video thumbnail: 50-150kbps
- For audio VoiP: 60-80kbps
- For Zoom Phone: 60-100kbps