



Savvy Caregiver™ Workshop

Increase Your Confidence, Knowledge, and Skills in Caring for a Person with Alzheimer's Disease or Related Dementia

The Savvy Caregiver Class is a proven curriculum developed for family caregivers and grounded in research that teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided.

The course will cover:

- Understanding the career of caregiving
- Different types of dementia
- How the decline in cognition affects behavior
- Dealing with feelings that arise while caregiving
- Fitting tasks and activities to the person's abilities
- Skills to manage daily life
- Communicating more effectively

WHEN: Wednesdays
February 23 - March 30, 2022
(Six-week program)

TIME: 9:00 - 11:00 am

WHERE: Virtual
Comfort of Your Home

Please register online at the
Aging & Disability Resource Center at
www.adrcevents.org or call 715-839-4735 by
Friday, February 18, 2022



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