



# 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:** Thursdays  
October 13 - November 17, 2022  
(Six-week program)

**TIME:** 9:30 - 11:30 am

**WHERE:** Virtual  
Comfort of Your Home

Please register online at the  
Aging & Disability Resource Center at  
[www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735 by  
Thursday, October 6, 2022 to ensure you  
receive the caregiver manual.



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