



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
April 3 - May 8, 2024
(Six-week program)

TIME: 1:00 - 3:00 pm

WHERE: Altoona Library
1303 Lynn Ave, Altoona

Please register online at the
Aging & Disability Resource Center at
www.adrcevents.org or call 715-839-4735 by
Thursday, March 28th, to ensure you
receive the caregiver manual.



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