

# Savvy Caregiver

## Family Caregiver Training



The **Savvy Caregiver** program is an evidence-based training, resulting in caregivers who possess greater confidence, greater understanding of Alzheimer's disease and related dementia, and practical skills to improve quality of life and support.

**Those completing this nationally acclaimed course gain:**

- Personal knowledge, skills and caregiving perspective
- Skills to assess abilities of their loved one with dementia
- Confidence to set and alter caregiving goals
- Strategies to manage activities of daily living
- Understanding of the disease progression
- Essential abilities to attend to self-care
- Increased ability to work effectively with professionals providing care

**Thursdays, July 25 – August 29, 2019**

**10:00 a.m. – 12:30 p.m.**

July 25	August 15
August 1	August 22
August 8	August 29

**Light refreshments will be served.**

For those that attend, respite is available for your loved one (at no cost) if arranged ahead of time.

**Reservations required.**

Thanks to the generosity of others, there is no charge to attend. Interested individuals **must** call to reserve space and discuss the suitability of this class in meeting their family's needs.

To **RSVP**, please call **844-435-7259**



**St. Irenaeus Catholic Church**  
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