

Savvy Caregiver

6 Week Family Caregiver Training Series



The **Savvy Caregiver** program is an evidence-based, 12-hour training provided over a six-week period, resulting in caregivers who possess greater confidence, greater understanding of Alzheimer's disease and related dementias, 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, Sept. 19 – Oct. 24, 2019

1:00 – 3:30 p.m.

BELMONT VILLAGE

300 Freedom Lane

Aliso Viejo, CA 92656

BELMONT *Village*
SENIOR LIVING
ALISO VIEJO

The Community. Built for Life.®

RCFE 306005563

Sept. 19 Oct. 10

Sept. 26 Oct. 17

Oct. 3 Oct. 24

Light refreshments will be served.

Free respite care can be arranged those attending these classes. 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**