



Do you provide care for a family member or friend who is living with Alzheimer's disease or a related dementia illness?

If you are a **Caregiver Aged 60 or above**, the Savvy Caregiver Program may be for you!

**Savvy Caregiver is recognized nationally as a leading evidence-based dementia caregiver training program that...**

- Aims to equip caregivers with the knowledge, skills, and sense of confidence and competence needed for effective dementia caregiving.
- Focuses on guiding a person living with a dementia illness through days that are as safe, calm, and pleasant as possible.
- Provides strategies and resources for self-care and decision-making.

Each session uses a combination of instruction, interactive exercises, and home assignments for participants to learn concepts often utilized by nurses and social workers and apply them to their own caregiving situations.

**\* Our goal is to empower caregivers to feel confident and competent so that they can make the most of their time with their person who is living with dementia.**

### **Savvy Caregiver Class Details:**

**6 Week Course Meeting 1x week – 2 hours**

**Provided by: Area Agency on Aging**

**To Register for Next Class Information Contact: Terri Toner 727-426-5167**