

Savvy Caregiver

Special 6 week Series for Family Caregivers (respite offered)*



Savvy Caregiver series is evidence-based, and consists of a 12-hour training provided over a six-week period, 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 care.

Those completing this nationally acclaimed course gain:

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

Thursdays Jan. 17 – Feb. 21, 2019	COSTA MESA	1:00 – 3:30 p.m.
Thursdays March 7 – April 11, 2019	LAGUNA WOODS	10:00 a.m. - Noon
Thursdays April 25 – May 30, 2019	Brea	1:00 – 3:30 p.m.

Seating is limited. RSVP mandatory. Free Respite care can be arranged. For information or to RSVP, please call 844-435-7259.

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. Attendance at all six sessions is required.