



# savvy CAREGIVER

3 Week Family Caregiver Training

The **SAVVY CAREGIVER** Program is an evidence-based, 12-hour training provided over a three-week period for people who care for a family member with dementia.

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

- Personal knowledge, skills & 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

*It is expected that participants commit to attending all six sessions. For more information regarding the Savvy Caregiver curriculum, contact the Alzheimer's Association at 800.272.3900 or [wvinfo@alz.org](mailto:wvinfo@alz.org).*

**SAVE THESE DATES:** Must attend all three sessions!

April 19, 2018 from 1:30 to 4:30 PM

April 26 & May 3, 2018, 11:00 AM to 1:30 PM

**LOCATION:** Senior Life Services of Morgan  
106 Sand Mine Road, Suite 1  
Berkeley Springs, WV 25411

**MAKE A RESERVATION TODAY:** 304-258-3096 ext 1021