



Savvy Caregiver

Workshop Series 2018

professional-level dementia care training

The Savvy Caregiver is a 4-week program for family caregivers offering 12 hours of face-to-face training with dementia experts.

This is the opportunity to go beyond introductory education offerings and addresses your biggest concerns.

- Understanding Alzheimer's & other related dementias.
- The toll of caregiving.
- Managing daily life & behaviors.
- Caring for yourself while caring for others.
- Decision making.
- Communicating with a person with dementia.
- Taking control.
- Goals for caregiving.

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SANTA MARIA

Tuesdays
January 9, 16, 23 & 30
2-5 pm

Dignity Health
124 S. College Dr.



Pre-registration is required.

Cost \$25.

To register, please call

800.272.3900

Space is limited.

Please call now to register.

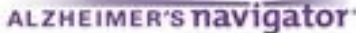


This is a program of the Alzheimer's Association, sponsored by the Williams-Corbett Foundation.

Missed one of our local classes?

Don't worry, all of our classes are available online.

You can easily access online education and support by connecting to the tools listed below.

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Online tools	
E-learning	<p>E-learning courses are available 24/7 to accommodate your busy schedule. alz.org/elearning</p> <p>Alzheimer's is a progressive disease where the person will require increasing levels of care as time goes on. Being educated about what to expect and learning about useful care strategies can significantly impact the quality of life for the caregiver and the person living with Alzheimer's. The Alzheimer's Association offers a series of education workshops available in communities nationwide and online. Take advantage of the free e-learning courses:</p> <ul style="list-style-type: none">• Know the 10 Signs: Early Detection Matters• The Basics: Memory Loss, Dementia and Alzheimer's Disease• Legal and Financial Planning for Alzheimer's Disease• Living with Alzheimer's for People with Alzheimer's• Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage)
Alzheimer's Navigator	<p>Alzheimer's disease creates questions. We can guide you to answers. alz.org/alzheimersnavigator</p> <p>Alzheimer's Navigator™ is an innovative online tool designed specifically for individuals with Alzheimer's, their families and caregivers to navigate through the disease. A diagnosis of Alzheimer's disease raises many questions. Alzheimer's Navigator helps guide you to answers by creating a customized action plan and linking to information, support and local resources.</p> <p>Depending on the needs of the user, specific action steps are created for the following areas:</p> <ul style="list-style-type: none">• Planning for the future• Working with doctors/healthcare professionals• Caregiver support• Activities of daily living• Home safety• Driving• Knowledge of dementia <p> </p>
ALZConnected®	<p>You are not alone. Get connected to share concerns and advice. alzconnected.org</p> <p></p> <p>An online social networking community designed specifically for people with Alzheimer's disease and their caregivers. Members can connect and communicate with people who understand their unique challenges. They can pose questions and offer solutions to dementia-related issues, create public and private groups organized around a dedicated topic and contribute to message boards.</p>