The Savvy Caregiver:  
A Community Education Program

Are you a caregiver for a family member who has Alzheimer’s disease or another related disorder? Does that person live at home? Are you looking for ways to increase your knowledge and confidence in this role?

**WHAT IS THE SAVVY CAREGIVER?**
This program is designed to equip family members and others for the caregiving role. Developed by the University of Minnesota, the classes will help you gain:
- A better understanding of the disease
- The skills to assess the abilities of the person with dementia
- The confidence to set and alter caregiving goals
- Strategies to manage the day-to-day care of the person with dementia, including personal care
- The skills to take better care of yourself
- Tips on how to build a positive partnership with healthcare professionals

**CLASS INFORMATION**
Savvy Caregiver is designed for family caregivers of individuals with Alzheimer’s who continue to live at home (not in a residential care setting).

Registration is limited to 12 participants so please contact us soon!

**COST**
Classes are offered free of charge through an Alzheimer’s Disease Supportive Service Program grant from the Administration for Community Living through the Illinois Department on Aging.

**WHEN**
Six weeks on Tuesday evenings (5:30-7:30 pm), for two hours each:
- April 30
- May 14, 21, 28
- June 4, 11

**WHERE**
SIU School of Medicine
801 North Rutledge, Springfield, IL

You must be pre-registered to attend.

**FOR MORE INFORMATION or TO REGISTER contact**
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