

Savvy Caregiver Training offers a unique approach to caregiving and caregiving education. Being a caregiver is different from being a spouse or child. Taking care of a person with a dementing illness is specialized work that requires training. To do this work successfully, you need special skills and knowledge and the awareness to take care of yourself.

Learn about Alzheimer's disease, the progressive impact of the illness on the person, and how to develop strategies to deal effectively with these changes. You will focus on the skills needed to accomplish the principal task of the caregiver — to manage day-to-day life with the person.

As a caregiver you will also develop skills for self-care, especially those skills related to understanding and managing your feelings, making decisions, and navigating family issues. Savvy Caregiver Training will help you become more objective in your caregiving role, develop self-confidence, and appreciate your own worth and work!

Alzheimer's & Dementia Alliance of Wisconsin

517 North Segoe Road Suite 301

Madison WI 53705

Phone: 608.232.3400 or 888.308.6251

Email: support@alzwisc.org

Website: www.alzwisc.org



**517 North Segoe Road, Suite 301
Madison WI 53705**



Savvy Caregiver Training Program

In-depth, practical training for family caregivers of persons with Alzheimer's

**Wednesdays, Oct. 13 - Nov. 17, 2010
9:30 - 11:30 a.m.**

**Alzheimer's & Dementia Alliance
517 N. Segoe Rd., Madison**



Savvy Caregiver Training: A bold new program for those caring for someone with Alzheimer's disease

What is special about Savvy Caregiver Training?

Based on expert research, this six-week course from the Alzheimer's & Dementia Alliance provides in-depth, practical training for family caregivers.

Many families would like to go beyond introductory education offerings. The Savvy Caregiver Training Program is that opportunity - **think of it as professional-level training for the non-professional.**

What will I gain?

You will graduate with improved:

- Knowledge, skills and outlook
- Tools to assess the abilities of your loved one with dementia and adjust your approach over time
- Confidence to set and achieve caregiving goals
- Strategies to manage activities of daily living

Program details

Cost: \$30 for 12 hours of face-to-face training with dementia experts, plus a caregiver manual.

Pre-registration is required. Please ask about scholarship availability or assistance finding someone to stay with your loved one if needed.

Contact Danielle Thai to register:

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