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# Savvy Caregiver

A training program for family members or friends providing care for someone living with Alzheimer's disease or a related dementia.



This six week program is about the **what** and **how** of caregiving. It is built around two ideas:

1. You probably never expected to be a caregiver
2. And...you were never trained for this role

You can become a **Savvy Caregiver!**

## Delivered by Alzheimer's Association Staff

**When:**  
6 Consecutive Wednesdays –  
May 26; June 2, 9, 16, 23 & 30 2021

**Time:**  
10:00am–12:00pm

Offered via Zoom

**Registration** is required and attendance at all six sessions is requested. No cost to attend.

Please call Michelle Quiroga-Diaz at the Alzheimer's Association - **818.446.1687** to register.

## The Program:

Caring for someone with Alzheimer's disease requires specific skills and an attitude that contributes to the wellbeing of both the caregiver and the person living with the disease. This program helps caregivers to develop a sense of control and mastery within their role.

Participants will gain knowledge and skills to assess the abilities of their loved one with dementia; confidence to set and change caregiving goals; strategies to manage activities of daily living; and perspective on the course of Alzheimer's and related disorders.