



savvy CAREGIVER

6 Week Family Caregiver Training

The **SAVVY CAREGIVER** Program is an evidence-based, 12-hour training provided over a six-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

**Tuesdays: February 20, 27 &
March 6, 13, 20, 27 • 1:30PM - 3:30PM**

OhioHealth O'Bleness Hospital

Lower Level, Room 10 • 55 Hospital Dr., Athens, OH

A respite care stipend will be made available to all participants who complete the course. For more details or to RSVP*, please contact 800.272.3900 or wvinfo@alz.org.

*Any individual interested in participating in this program **must** call the Alzheimer's Association, West Virginia Chapter to discuss course and content appropriateness as well as to reserve a space. It is expected that participants commit to attending all six sessions.