

The SAVVY Caregiver

A 2 hour/6 week class for those caregivers caring for a loved one who has dementia or Alzheimer's disease

When: July 22, 2009 – 08/26/2009

Time: 10:00am -12:00pm (snacks & drinks will be available during each class)

Every Wednesday for 6 weeks

Where: Area Agency on Aging of Central Texas, 2180 N. Main Belton, Texas 76513

Space is limited to 20 caregivers

Priority is given to those caregivers caring for a loved one with dementia or Alzheimer's disease

Please register by calling:

800-447-7169 ext 2339 or 254.770.2339

If you would like to attend but are unable due to having a loved one at home that can not be left alone; please contact Peggy Naugle at 254.770.2339 to discuss respite services that can be offered during the day of the class. The Area Agency on Aging of Central Texas will be able to provide a total of 24hrs/respite. (4hrs each Wednesday for 6 weeks) The care recipient must be 60 years or older to qualify.

Sponsored by:



The **SAVVY Caregiver** program is a training program for caregivers. It is based on the notion that family members who become caregivers assume a role – caregiving - for which they are unprepared and untrained. The role is usually built on their relationship with the person for whom they care, but the role is different from the relationship. The role is a way of describing the work that they will undertake to care for the person, and that role can be understood in terms of the knowledge, skills and attitude that it takes to be able to do the work, to be successful at it, and to go through the experience with as much reward and as little distress as possible

The 2hour/6week class will cover topics such as:

- Exploring Dementia
- Impact of Alzheimer's on thinking
- Caregiver: self-care
- Confusion: the central problem in dementing diseases
- Contented Involvement: A reasonable goal for caregiving
- The concept of FIT: Matching tasks and activities to abilities
- Linking disease stages to structure and support
- Strengthening Families as Resources of Care
- And much more