

The **Alzheimer's Association** presents

the savvy caregiver

A training program for family members or friends providing care for someone 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 never trained for the role.**

You can become a **Savvy Caregiver!**

When

6 Thursdays:

March 29, April 5, 12, 19, 26, May 3
1:00 pm to 3:00 pm

Where

Alzheimer's Association
1211 N. Dutton Avenue, Suite A
Santa Rosa

This program is funded by a donation received from:



SONOMA COUNTY
SECTION ON AGING

The Program

Caring for someone with Alzheimer's disease is a specialty requiring specific skills and an attitude that contributes to the well being of both the caregiver and the person with the disease. This six-week program enables caregivers to develop a sense of control and mastery within the caregiving role.

Most people involved in care do it out of family love and obligation, but have no training in how to effectively handle the challenges of this enormous job. The Savvy Caregiver Training Program comes complete with a caregiver manual to help participants learn the critical tasks in caregiving (CD-ROM available at an extra cost.)

Registration is required, and attendance at all sessions is mandatory.

Please call 707.573.1210 or 415.472.4340 to register

1211 N. Dutton Ave., Suite A
Santa Rosa, CA 95401

phone 707.573.1210 fax 707.573.0654

alzheimer's  association™

the compassion to care, the leadership to conquer