

The Aging and Disability Resource Center Presents

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills

**March 29th - May 3rd,
2022**

- 6 Tuesdays, 2:00-4:00 p.m.

Please register by calling
**Jennifer Harders at the
Aging & Disability Resource Center
262-548-7650**

Location:

**Aging & Disability Resource Center
514 Riverview Avenue, Room 112
Waukesha, WI 53188**

Presented by

**Jennifer Harders
Dementia Care Specialist**

Free event

For more information call the
ADRC at (262) 548-7650
jharders@waukeshacounty.gov

