

THE SAVVY CAREGIVER PROGRAM

Are you a caregiver for someone with
Alzheimer's disease or any other form of
dementia?

Is your stress level out of control?

Do you need help understanding
your loved one's behaviors?



FREE for caregivers and their family!

THIS PROGRAM IS FOR YOU!!!!

Savvy means “knowing.” Someone who is *savvy* is knowledgeable, clever, smart, capable, and also able to stand slightly “at arm’s length” from a situation. When referring to caregiving, and specifically, dementia caregivers, savvy caregiving means developing a sense of control or mastery while reducing the effects of caregiving stress and increasing one’s sense of satisfaction and accomplishment.

Savvy Caregiver is an interactive educational program for families and caregivers of those with Alzheimer’s disease or other related dementias. This seven week course, meets once a week for 2 hours. With small class sizes, participants engage in learning specific to their caregiving approach.

Bosque Farms Community Center
950 N. Bosque Loop
Wednesdays, August 26 – Oct. 7
2:00-4:00PM

Call to register: 505-307-5050 or Toll-Free 1-800-272-3900

****Additional respite reimbursement funds may be available for class participants.**