

Be a Savvy Caregiver

The Family Service Caregiver Advisor will be offering the **Savvy Caregiver Program** to any caregiver – especially family members! – working with someone with dementia. We will be offering this program free of charge – our holiday gift to you.

Making time out of your very busy schedule could turn out to be the best present you could give yourself or your loved one.

The **Savvy Caregiver Program** is designed to help family and professional caregivers handle the challenges of caring for a person with Alzheimer's disease and to be more effective in that caregiver role. The program has been proven to increase caregiver skill, knowledge, and confidence as well to reduce the distress that can occur in this difficult caregiving situation.



The **Savvy Caregiver Program** is offered in a classroom format. Major topics covered include:

- Acknowledge the disease: The disease vs. the person
- Make the cognitive shift: Cognitive losses that are occurring and how caregiver behavior has to adapt
- Develop emotional tolerance: Recognizing the central role of confusion and the care recipient's need for emotional stability
- Take control: Social and emotional difficulties involved in taking control of another adult
- Establish a realistic care goal: Developing realistic goals for caregiving
- Gauge the care recipient's capabilities: How to estimate the care recipient's capacity for involvement
- Design opportunities for satisfying occupation: Activities in which the person can become engaged & effective communication
- Become a sleuth: Problem-solving approaches to caregiving



The class will be on Tuesdays from November 17, 2015 through December 22, 2015 from 10:00 a.m. to 12:00 p.m. at Family Service, 405 S. State Street in Champaign.

To register or for more information, please call the Senior Resource Center at Family Service: 217-3525-5100