

Savvy Caregiver®

Training



JOIN US!

Savvy Caregiver® is a proven, nationally recognized training program for family and friend caregivers of someone with memory loss, dementia, or Alzheimer's disease. It is designed to give caregivers relevant knowledge, skills, and mastery to support the person living with dementia and to take care of themselves. Topics include information about Alzheimer's and related dementias, the role of confusion and its effects on behavior, the stages of dementia, how to keep the person engaged and involved in daily activities. Decision making for difficult issues caregivers often face and caregiver self-care exercises are highlighted. Savvy program participants report increased confidence and ability to manage their caregiving, as well as lower depression and burden.

ST. JOHN'S
COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

IN PERSON
6 WEEKLY
2 HOUR SESSIONS

STARTING
AUGUST 7TH
1:30PM-3:30PM

SAVVY IS DESIGNED TO
GIVE CAREGIVERS
RELEVANT KNOWLEDGE,
SKILLS, AND MASTERY TO
SUPPORT THE PERSON
LIVING WITH DEMENTIA
AND TO TAKE CARE OF
THEMSELVES.

CLASSES ARE FREE OF
CHARGE

INTERACTIVE LESSONS,
DISCUSSIONS LED BY A ST.
JOHN'S COMMUNITY CARE
CAREGIVER SPECIALIST

TROY SENIOR CENTER

409 Collinsville Rd
Troy, IL

Register or have
questions?

Email:

mbaldwin@stjohnscc.org

Phone: 224-220-5863