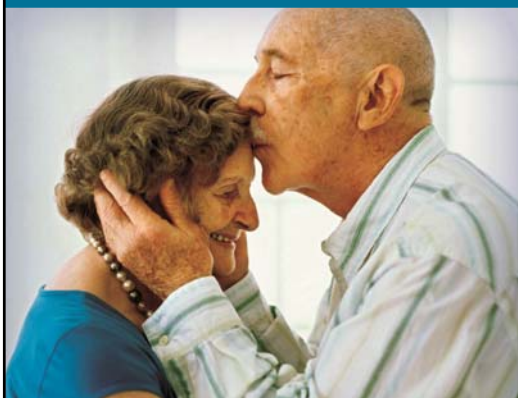


presents

# 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 Tuesdays:** July 25,  
August 1, 8, 15, 22, 29  
1:30 pm to 3:30 pm

## Where

Jewish Family & Children's Services  
600—5th Avenue  
San Rafael

## Cost

The cost is free; sponsored by the  
**Ned Eichler Scholarship Fund**

## Registration is required

Please call 415.472.4340 to register

## 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 program, *co-sponsored by **Seniors At Home, a division of Jewish Family & Children's Services***, enables caregivers to develop a sense of control and mastery within the caregiving role.

Based on research by experts in caregiving techniques, this 6-week course will provide clinical-level training for family caregivers. Participants will graduate with personal knowledge and skills to assess abilities of their loved one with dementia; confidence to set and alter caregiving goals; strategies to manage activities of daily living; and perspective on the course of Alzheimer's and related disorders.

**NOTE: Registration is necessary and attendance at all sessions is required.**