

The Savvy Caregiver

A class for family caregivers



***Do you help a family member living with
Alzheimer's or dementia?***

This six-session workshop offers real help to families caring for loved ones with dementia. The workshop was developed by the University of Minnesota and has been found to decrease caregiver stress and increase caregiver confidence.

The program will give caregivers:

- * An understanding of dementia and changes in their loved one
- * Tips on how to provide the best care
- * Coping skills for the stages of dementia
- * Facts about the progression of dementia, and more. A hand-book to complement the classes will be provided.

Where: Gresham library: 385 NW Miller Ave. Gresham

When: Thursdays, noon – 2pm, starting February 25 – March 31, 2016

Respite: Mt. Hood Adult Day Program and the Volunteers of America's Adult Day Program are offering to care for your loved free of charge so you can attend the class. Respite spaces are limited.

To register or for more information about the program or the free respite services call: Loriann McNeill at (503) 988-8210.

Class size is limited. Please register by February 22, 2016.

Sponsored by YWCA, Multnomah County Aging, Disability and Veterans Services' Family Caregiver Support Program, Mt. Hood Adult Day Center and Volunteers of America's Lambert House Adult Day Program.

