

# The Savvy Caregiver

A class for family caregivers



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

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

**This FREE class will give family caregivers:**

- \* An understanding of dementia and changes in your 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.

**When: Wednesdays from 10:00am-Noon, September 21<sup>st</sup>-October 26, 2016**

**Where: Mt Hood Adult Day Center, 376 NE 219<sup>th</sup> Ave. Gresham OR 97030**

**On site care:** Mt Hood Adult Day Center will provide free on-site care for the person with dementia while the family member is attending the class. **To sign up for free respite through Mt. Hood Adult Day Center, call Cathy Fallon-Weeg today at: 503-512-7373.**

**(Please sign up by Sept. 7th for the free respite.)**

**To register for the class, or for more information, call: Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator, at (503) 988-8210. Class registration ends September 14th.**

Class size is limited so register early!

*Sponsored by Multnomah County Aging, Disability and Veterans Services Family Caregiver Support Program and Mt. Hood Adult Day Center.*



