

The Savvy Caregiver

A class for family caregivers



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

This six-session class offers help to families caring for loved ones with Alzheimer's or another dementia. The workshop was developed by 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.

Next class starts Monday, September 18, 2017 and ends Monday, October 23, 2017 from 10am-Noon. The class will be held at Mt. Hood Adult Day Center-376 NE 219th Av. Gresham OR 97030.

Free care for your loved one is available on site while you are taking the class. Call Cathy Fallon-Weeg at 503.512.7373 by September 14th, 2017 to register for the free respite or for more information about their Adult Day Center.

To register for the 6 week class, or for information about the class, call Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator, at (503) 988-8210.

Sponsored by Multnomah County Aging, Disability and Veterans Services Family Caregiver Support Program.

