

The Savvy Caregiver

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

This FREE, research-backed class developed by Emory University has been found to decrease caregiver stress and increase caregiver confidence. You will learn:

- 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.



RESEARCH-BACKED CLASS

Dates, Times and Location

The 6-week class will be on Wednesdays from 9:45 am-11:45am starting February 13, 2019 and ending March 20, 2019.

Cedar Sinai Park Rose Schnitzer Manor in the 'May Living Room' 6140 SW Boundary St. Portland OR 97221 (directions will be provided upon registration).

Registration

To register for the class call Loriann McNeill at (503) 988-8210.

Onsite care may be available for your loved one during this class. Please contact Nancy Heckler, Cedar Sinai Park Adult Day Services director at 503-535-4403 or nancy.heckler@cedarsinainpark.org prior to February 1, 2019 for more information.