

# Savvy Caregiver Training



## Are you caring for someone with Dementia?

To Register Contact

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or

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### Are you witnessing....

Memory Loss? Confusion? Unexpected Behaviors?

- ♦ **Free** caregiver training for those caring for family members and friends with dementias (like Alzheimer's)
- ♦ 7 consecutive sessions, 2 hours each
- ♦ Gain knowledge about the diseases & interventions
- ♦ Learn skills on how to respond to dementia behaviors
- ♦ Reduce your stress by gaining a better perspective

**Starts:** *Thursday, August 3rd, 2017*

**Time:** 2:00 pm - 4:00 pm

**Place:** *Cone Park Library Resource Center*  
2801 East University Ave.  
Gainesville, FL. 32641

Classes are free, but each class is limited to 15 persons! Learn more on the other side of this flyer.

# BECOME A SAVVY CAREGIVER

HERE IS SOME OF WHAT WE WILL BE  
EXPLORING WEEK TO WEEK

Week	Contents
<b>#1</b> <b>8/3/17</b>	<ul style="list-style-type: none"><li>♦ Examining the ‘unexpected’ Career of Caregiving</li><li>♦ Understanding the different types of dementia</li><li>♦ Learning about the medications prescribed for dementia</li></ul>
<b>#2</b> <b>8/10/17</b>	<ul style="list-style-type: none"><li>♦ Reviewing the cognitive losses in dementia</li><li>♦ Effectively dealing with the wide range of caregiver emotions</li><li>♦ Brainstorming ways of self-care</li></ul>
<b>#3</b> <b>8/17/17</b>	<ul style="list-style-type: none"><li>♦ Contented Involvement as a reasonable goal</li><li>♦ Fitting tasks to abilities and losses in your person</li><li>♦ Surveying the stages of the progression of dementia</li></ul>
<b>#4</b> <b>8/24/17</b>	<ul style="list-style-type: none"><li>♦ Laying out the three anchors of contented involvement</li><li>♦ Developing more effective responses to behavior problems</li><li>♦ Basic communication skills we can learn to use</li></ul>
<b>#5</b> <b>8/31/17</b>	<ul style="list-style-type: none"><li>♦ Planning strategies for daily tasks and activities</li><li>♦ Facing the problem of confusion positively</li><li>♦ Becoming a detective/observer in searching out stimuli</li></ul>
<b>#6</b> <b>9/7/17</b>	<ul style="list-style-type: none"><li>♦ Building bridges with family and friends</li><li>♦ Working effectively with Medical professionals</li></ul>
<b>#7</b> <b>9/14/17</b>	<ul style="list-style-type: none"><li>♦ An easy to use model for decision making</li><li>♦ Graduation!</li></ul>

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