

# Savvy Caregiver™ Program

*Increase your confidence, knowledge and skills*



Savvy Caregiver helps family caregivers acquire and strengthen their knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their caregiving role.

***This 6-week course is specially designed for family caregivers caring for a person with Alzheimer's or related dementia.***

## What You Will Gain:

- Strategies to manage activities of daily living
- Skills to assess your loved one and how to adjust your approach to care
- Understanding of the different types of dementia and how decline in cognition affects behavior
- Ability to manage emotions and feelings of caregiving
- Decision-making skills and confidence-building to achieve caregiving goals

## Location:

Virtual workshop

## Time:

Tuesdays, June 4 - July 9  
10:00 a.m. - 12:00 p.m.

**For more information and to register contact Candice LeGros:**

(414) 289-5792  
Candice.LeGros@milwaukeecountywi.gov

Register by May 21, 2024