



Savvy Caregiver

is an evidence-based dementia family caregiver training program, designed to provide the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia. Savvy Caregiver has been proven to decrease family caregiver distress, burden, and depression, while increasing caregivers' sense of competence and confidence in their care role.

This six-week course empowers caregivers by enabling them to:

- ✓ Gain a better understanding of Alzheimer's and related dementias.
- ✓ Develop self-care strategies.
- ✓ Learn skills and strategies to successfully provide daily activities of 'Contented Involvement' for their family member living with dementia.
- ✓ Identify and engage family and other resources for care-related assistance and support

February 24 – March 31, 2025
1:00 – 3:00 PM
701 West Mason, Springfield, IL

**Classes are held once a week for
6 weeks, for 2 hours each.**

**FOR MORE INFORMATION, CONTACT BARB HIPSHER AT
(217) 503-4643 BY FEBRUARY 14, 2025**

