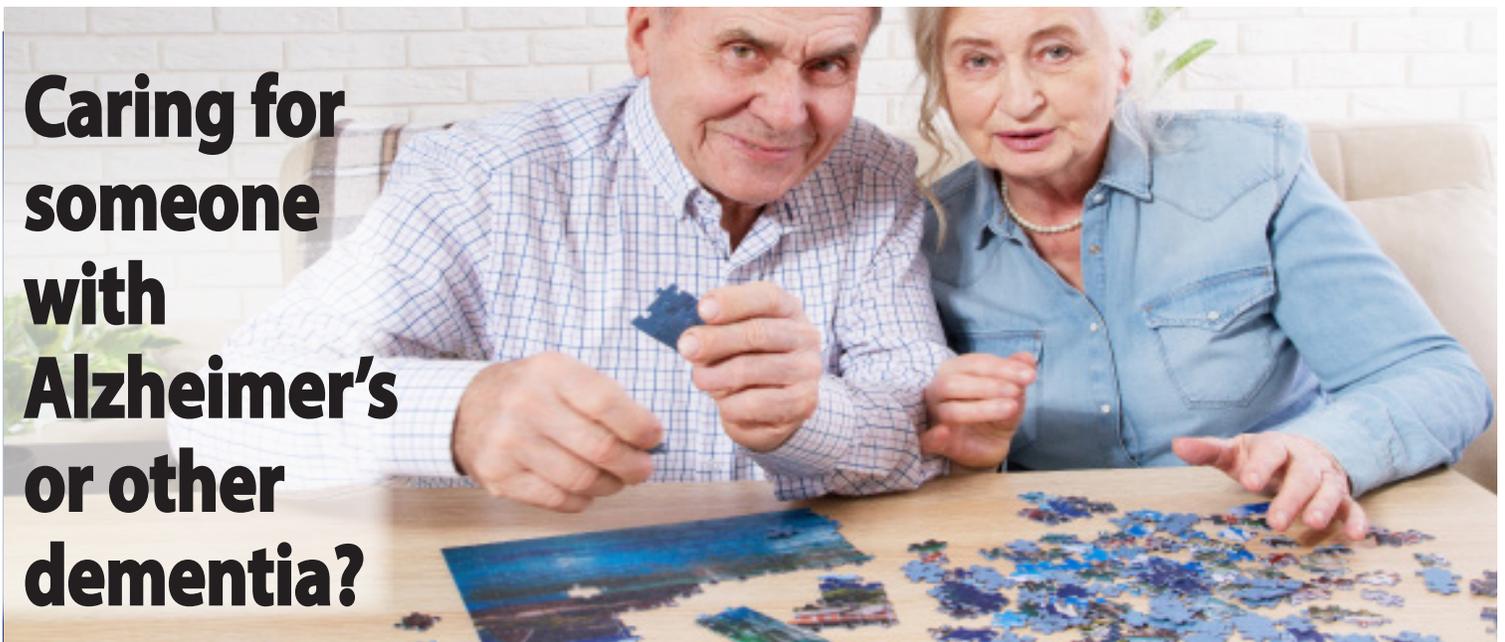


Caring for someone with Alzheimer's or other dementia?



Are you noticing memory loss, confusion or unexpected behaviors?

The Savvy Caregiver Workshop Series

6 weekly two-hour sessions

This workshop is taught by professional instructors using curriculum developed by the University of Minnesota. The workshop is for active caregivers of a family member or friend living at home with dementia. Caregivers learn to develop new strategies for caring for the person living with the disease as well as caring for themselves. These strategies and skills have been shown to decrease the stress of caregiving and increase well-being for both.

- Learn the skills to manage daily life
- Strengthen family resources
- Communicate more effectively
- Take control and set goals
- Understand dementia and the impact it has on you and the person for whom you are caring
- Take care of you!

Group will meet in person.

Date

Thursdays: August 19, 26 and Sept. 2, 9, 16 and 23

Time

10:00 a.m. - 12:00 p.m.

There is no fee to attend. Participants benefit most by attending all sessions.

Class size is limited. Registration is required.

Call 618-344-5008



The mission of St. John's Community Care is to make a difference in the lives of people challenged by aging or disabilities. We accomplish this by providing dependable and compassionate support through direct care, advocacy, education, and outreach to individuals living in the Metro-East community. We live the vision of Christ and His love for all people through our actions and words.

The grantee St. John's Community Care is in compliance with Title VI of the Civil Rights Acts and operates with financial assistance from AgeSmart Community Resources, the Illinois Department on Aging and the United States Administration for Community Living. St. John's Community Care does not discriminate in admission to programs or activities or treatment of employment programs and is in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against, you have the right to file a complaint with AgeSmart Community Resources by calling 618-222-2561.



The programs and services provided by **AgeSmart Community Resources** allow older adults to **remain independent in their homes** and maintain the quality of life fitting to each individual. The Agency serves older adults 60 years of age and older and their caregivers in seven counties in Southwestern Illinois.