

The ADRC of the Wolf River Region & Menominee Tribal Aging & Long Term Care Present

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills

**November 3 through
December 8, 2021**

6 Wednesdays 2:30- 4:30 PM

**Please register by calling Mary Jo @
The Wolf River Region ADRC**

715-526-4712

Location:

Shawano Library

128 South Sawyer St

Shawano WI 54166

Presented by:

Mary Jo Ruleau/Dementia Care Specialist
Wolf River Region ADRC &
Kristin Waukau/Menominee Tribal
Dementia Care Specialist

Free event

For more information call or email
maryjo@adrcwolfriver.org

