



# SAVVY CAREGIVER VIRTUAL TRAINING PROGRAM

## Are you caring for someone with dementia?

Savvy Caregiver Virtual Training Program is a LIVE online training program designed for caregivers who assist persons with dementia. Improve your caregiving experience by taking this FREE online training program. The training is a series of two-hour classes over seven consecutive weeks.

Please choose one of the following class options:

START DATE	DAY OF THE WEEK	TIME	CONTACT
3/31/2021	Wednesdays	1 pm to 3 pm	Sam 352-692-5246
4/3/2021	Saturdays	9 am to 11 am	Michelle 352-692-5204
4/6/2021	Tuesdays	6 pm to 8 pm	Renee 352-692-5226
4/8/2021	Thursdays	10 am to 12 pm	Judi 352-692-5233
4/26/2021	Mondays	2 pm to 4 pm	Teri 352-692-5220

To register for ANY class please contact us:

- call any one of our team members
- email [savvy@agingresources.org](mailto:savvy@agingresources.org)
- go to [agingresources.org/savvy-caregiver-for-families](http://agingresources.org/savvy-caregiver-for-families)



# BECOME A SAVVY CAREGIVER

WEEK	OBJECTIVES
Week 1	<ul style="list-style-type: none"> <li>❖ Examine the MANY roles of caregiving</li> <li>❖ Understand the different types of dementia</li> <li>❖ Learn about dementia diagnosis &amp; medications</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>❖ Review cognitive losses in dementia</li> <li>❖ Learn to deal with a wide range of emotions</li> <li>❖ Brainstorm ways to self-care</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>❖ Examine contented involvement</li> <li>❖ Learn to fit tasks to abilities and losses</li> <li>❖ Understand the progressive stages of dementia</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>❖ Examine the three anchors of contented involvement</li> <li>❖ Develop more effective responses to problem behaviors</li> </ul>
Week 5	<ul style="list-style-type: none"> <li>❖ Plan strategies for daily tasks and activities</li> <li>❖ Understand the problem of confusion</li> <li>❖ Become a detective in searching out stimuli</li> </ul>
Week 6	<ul style="list-style-type: none"> <li>❖ Build bridges with family and friends</li> <li>❖ Learn to work effectively with medical professionals</li> </ul>
Week 7	<ul style="list-style-type: none"> <li>❖ Learn an easy-to-use model for decision making</li> <li>❖ Review what we have learned</li> <li>❖ Share resources</li> </ul>

Savvy Caregiver is sponsored by Elder Options and the State of Florida, Department of Elder Affairs



800-262-2243