

The Savvy Caregiver

Do you care for a family member or friend living with Alzheimer's or another dementia?

This FREE, research-backed class developed by Emory University has been found to decrease caregiver stress and increase caregiver confidence. You will learn:

- An understanding of dementia and changes in your loved one
- Tips on how to provide the best care
- Coping skills for the stages of dementia
- Facts about the progression of dementia, and more.
- A hand-book to complement the classes will be provided.



RESEARCH-BACKED CLASS

Dates, Times and Location

The 6-week class will be on Tuesdays from 9:30am-11:30am starting March 5, 2019 and ending April 9, 2019 at Mt. Hood Adult Day Center-376 NE 219th Ave. Gresham OR 97030.

Registration

To register for the class call Loriann McNeill at (503) 988-8210.

Free care for your loved one is available on site while you are taking the class. Call Cathy Weeg at 503.512.7373 by February 28th, 2019 to register for the free respite; or for more information about their Adult Day Center.