
SAVVY *Caregiver*

Caring for a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven professional-level training for non-professional, family caregivers.

The small group discussion classes address the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities with your loved one. The six class sessions will help develop good care management tools through group discussions, skill building, problem solving, assertiveness training, and brainstorming.

Participants will learn to:

- Understand dementia and its effect on behavior
- Develop strategies to build contented involvement in the care recipient
- Develop effective strategies for caregiving and decision making
- Adopt a more strategic outlook on caregiving and work

CAREGIVERU

A Program of AGE of Central Texas

Classes are offered at no cost to participants. CaregiverU courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:
www.CaregiverUcentx.org

For more information and services, please contact:
AGE of Central Texas
(512) 451-4611
www.AGEofCentralTX.org

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