

# 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.



**RESEARCH-BACKED CLASS**

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for
- Understand the progression of dementia
- Learn the skills you need to manage daily life
- Strengthen family and community resources
- Feel better about your ability to provide care for your loved one

## Dates, Times and Location

This is a six week class. Classes will be on Tuesdays from 1:00pm-3pm on February 11, 18, 25, March 3, 10, 17, 2020.

The class will be held at Hollywood Senior Center, 1820 NE 40th Ave. Portland OR 97212.

## Registration

For more information or to register for the class call: Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503.988.8210. If your loved one needs care during the class call Loriann to discuss respite funds to pay for care.