



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 from one of the available class options:

CLASS OPTIONS	START DATE	DAY OF THE WEEK	TIME	CONTACT
1	3/30/2020	Monday	5:30 to 7:30 pm	Renee 352-692-5226
2	3/31/2020	Tuesday	2 to 4 pm	Teri 352-692-5220
3	4/1/2020	Wednesday	10 am to 12 pm	Judi 352-692-5233
4	4/2/2020	Thursday	1 to 3 pm	Sam 352-692-5246

To register for ANY class please contact us:

- call any one of our team members
- email savvy@agingresources.org
- go to agingresources.org/savvy-caregiver-for-families



*Respite reimbursement is available on a limited basis. Please call for more information.

Become a Savvy Caregiver

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

**The Savvy Caregiver Training Program is offered by Elder Options, the Mid Florida Area Agency on Aging.
Elder Helpline: 800-262-2243**

